



A Rite For Freedom

Light a candle, incense, or other form of light.

Opening Prayer

Light of the World, Holy and Loving One, give me the gift of your compassion, wash me with your joy, and free me from the guilt of my sin. For I have missed the mark, I have broken a relationship I hold dear. And I am lost in sorrow.

Bidding for Help

May Love enlighten my heart, that I may remember all the ways I have missed the mark, but let me remember also my humanity and find peace.

Words of Wisdom

You are invited to read one of the following passages of ancient scripture, or one from your own tradition or choosing.

Come to me, all ye that travail and are heavy laden, and I will refresh you. *Matthew 11:28*

Forgive others, not because they deserve it, but because you deserve peace.
Arab Proverb

Forgiveness is all about personal choice, a decision of the heart to go against natural instinct to repay evil for evil. *Pope John Paul II*

Will they not repent to Allah and ask His forgiveness? For Allah is oft-forgiving, most merciful. *Quran 5:74*

The highest form of wisdom is kindness. *Talmud*

Forgiveness is the final form of love. *Reinhold Niebuhr*

To Confess

Now you are invited to say aloud to a trusted soul friend, write down, or otherwise name the ways you have missed the mark or broken relationship with yourself or others.

Now, in the presence of all that is Loving and Merciful I admit the ways that I have missed the mark, or broken relationships not nearly enough. These things weigh heavy on my soul and I wish to release them...

Specific ways we have missed the mark are articulated. Written or spoken.

Oh Holy and Loving One, and my own soul. I confess my brokenness and am deeply sorry for my failings. They are numerous, so many that I cannot remember them all.

I ask, from all that is Love and from my own soul for the strength and freedom to make right those things I have done wrong, to bind up those things I have broken. I admit that I am human, and that perfection is beyond me. For this reason I ask for the strength to forgive myself and move forward free of guilt and shame.

Pronunciation of Freedom

If this confession was made by writing out mistakes on paper it is suggested at this time that these papers be burned (in a safe manner) while the penitent reads the following blessing. If they are confessed to another person it is appropriate for said person to read the following blessing, laying on hands is appropriate at this time.

You who were made for love, from love, of love may you now find freedom from your guilt. You who are finite and fallible, may you now be released from your shame. May your soul be made new, clean and fresh and may you be empowered to go forth, to make reconciliation with all you have harmed including your own soul that you might be free.

Acceptance of Freedom

The one repenting then states the following intention/prayer as an acceptance of freedom and forgiveness and an intention to rebuild relationship

I accept the gift I have been given, freed from the guilt of not being perfect, and the shame of having broken relationships I love. May I become a balm of healing for others, and for my own soul, that the Love I have found I may share and the Light I have been given I may spread.

From this moment I shall rise, and take one step to heal my relationship with *(name self or other here)* that we might start again, stronger than before.

Snuff the candle or other light source you have lit as a signal that the ritual is complete.