

WORKSHEET: CHAPTER TWO

HEALING THE PAST GOD'S WAY I AM LOVED; I AM FORGIVEN

MEMORY VERSE

Have mercy on me, O God, according to your steadfast love;
according to your abundant mercy blot out my transgressions.

Psalm 51:1

USE THE DISCIPLINE OF *CONFESSION AND REPENTANCE* TO FOCUS ON THE TRUTH OF YOUR IDENTITY IN CHRIST DURING THE NEXT WEEK

DISCIPLINE OF CONFESSION AND REPENTANCE:

Private confession is you and God alone. It is a discipline practiced best at the beginning of the day, throughout the morning, noon and afternoon hours with a touch-up again before you lay down to bed. In other words, it is a continual conversation between you and God. As the Holy Spirit reveals your heart about a person or a situation, about a thought pattern or a feeling that does not line up with Scripture, the best thing to do is confess and repent of it right then and there. The “putting off” of the wrong heart/soul/mind issue and the “putting on” of the right heart/soul/mind issue (Colossians 3) is the best and surest way to protect your unbroken fellowship with a holy God. It is also Biblical to keep short accounts with God and in so doing, to keep the devil from using that circumstance or situation as an opportunity for more sin.

The discipline of confession, Richard Foster in *Celebration of Discipline*, tells us “involves an objective change in our relationship with God and a subjective change in us. It is a means of healing and transforming the inner spirit.” Practiced, daily confession has the power to train our minds toward a right perspective of God. Ignored, and the lack of confession will harden our hearts toward both the sin and the One who condemns the sin through His holiness. A hard heart can not receive nor can it give. It is an impenetrable wall that robs us of joy, of peace and of a right perspective about God. The good news is this, each new day is another opportunity to choose to practice the discipline of confession and repentance. Even in the hardness of our heart (pride), God provides the tools to tear down that wall.

Take the next week and practice daily confession and repentance of any heart motivations, thoughts, emotions, actions or beliefs that run contrary to Scripture and contrary to God’s Word. Remember, as you work through the Scriptures, ask God for wisdom in understanding the text and then wisdom in applying it to your life. Also remember that confession/repentance are the tools by which we enter into the throne room of grace, covered by Jesus’ blood. While we are confident in His atoning work, we must enter always in an attitude of submission and humility. We are unworthy; God is gracious, therefore, we are able to come into His presence.

Have mercy on me, O God, according to your steadfast love;
according to your abundant mercy blot out my transgressions.
Wash me thoroughly from my iniquity, and cleanse me from my sin!
For I know my transgressions, and my sin is ever before me.
Against you, you only, have I sinned and done what is evil in your sight,
so that you may be justified in your words and blameless in your judgment.
Behold, I was brought forth in iniquity, and in sin did my mother conceive me.
Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.
Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
Let me hear joy and gladness; let the bones that you have broken rejoice.
Hide your face from my sins, and blot out all my iniquities.
Create in me a clean heart, O God, and renew a right spirit within me.
Cast me not away from your presence, and take not your Holy Spirit from me.
Restore to me the joy of your salvation, and uphold me with a willing spirit.
Then I will teach transgressors your ways, and sinners will return to you.
Deliver me from bloodguiltiness, O God,
O God of my salvation, and my tongue will sing aloud of your righteousness.
O Lord, open my lips, and my mouth will declare your praise.
For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.
The sacrifices of God are a broken spirit; a broken and contrite heart,
O God, you will not despise.
Do good to Zion in your good pleasure; build up the walls of Jerusalem;
then will you delight in right sacrifices, in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

Psalm 51

DAY ONE: Meditate on Psalm 51: Examine where your heart is in regard to your sin.

A - ADORE the Trinity, the Godhead, Three-in-One

C - CONFESS and REPENT

T - THANK Him for His character, His purposes, His plans for your life

S - SURRENDER (SUPPLICATION) your needs, your wants, your life into His hands

DAY TWO: Read Isaiah 1:10 - 20

Examine your heart of worship toward God. Are you practicing a heart of authentic worship or are you going through the motions?

“Come now, let us reason together, says the LORD:
though your sins are like scarlet, they shall be as white as snow;
though they are red like crimson, they shall become like wool.
If you are willing and obedient, you shall eat the good of the land;
but if you refuse and rebel, you shall be eaten by the sword;
for the mouth of the LORD has spoken.”

Isaiah 1:18 – 20

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DAY THREE: Meditate on Psalm 51: Examine where your heart is in regard to your sin.

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DAY FOUR: Meditate on Hosea 6:1 - 3 Take notice of your need for God.

Come, let us return to the LORD; for He has torn us, that He may heal us; He has struck us down, and he will bind us up. After two days, he will revive us; on the third day he will raise us up, that we may live before him. Let us know; let us press on to know the LORD; His going out is sure as the dawn; He will come to us as the showers, as the spring rains that water the earth. (Hosea 6:1 - 3)

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More Scriptures upon which to meditate as you choose to submit to God’s forgiveness:

Luke 7:41 – 47

Matthew 27:1 – 50

Mark 15:1 – 37

Luke 22:63 – 23:46

John 19:1 – 30

Nehemiah 9:17