

Janet Khokhar | The Art of Contentment

Overcoming Failure: Becoming a Woman After God's Heart

Date: _	
Name: _	



The Journey Begins

Overcoming failure and putting the past behind us can feel like an insurmountable task. Yet this task is laid before us in hope and confidence in Jesus who gives us true freedom. Do you remember who it was that God called "a man after His own heart"? King David, so much a hero and a legend that it's easy to elevate him to a myth. But this man was once flesh and blood like us. And like us, he failed. Big time.

David made memorable mistakes: He and his not-so-merry band almost killed a man and the male members of his household over an insult; tens of thousands of Israelites died in a plague that was punishment for David counting his potential army instead of trusting God. Yet we remember David's worst failure with just two people: Bathsheba and Uriah.

Weaving through the historical accounts, we'll follow David from temptation and impulsive sin, to denial and cover up, to shame, repentance, grief and recovery. We, too, will follow our failure through five steps:

Denial/Ducking, Shame, Repentance, Grief, and Recovery.

Over the next five days, we are going to walk with David. With detailed biblical accounts and a deeply personal song between a man and his God, we'll see the story of failure and redemption unfold. David's failure didn't define him or decide his destiny with God. David was still known as "a man after God's own heart." In following David's journey, we will gain confidence, gratitude, and joy that after failing, we, like David, will still be called a woman or "man after His own heart."

Let's push on and put the past behind us.

<u>Goal</u>: Overcome shame from failure by working through the five steps of recovery:

- Denial/Ducking
- Shame
- **♦** Repentance
- ◆ Grief
- Recovery

How to Use this Devotional & Journal

- Dive into the daily devotional and assigned Bible readings
- Complete selfreflection questions
- Print out inspirational quote pages
- Print as many copies
 of the extra notes
 page as you need
- Throw a Goodbye
 Hello Party when
 you're finished
- Sign your Certificate
 of Commitment to
 put the past behind
 you

Day 1: A Story of Failure Stage: Denial/Ducking

Where is the compassionate, honorable king? Where is the man touched by remorse because he cut off Saul's robe while the king hunted for David's life? Where is the man who welcomed a crippled man to dine permanently at the king's table (2 Samuel 9)?

This unflattering account paints a strong contrast between warrior poet and voyeuristic adulterer. Ouch. We wait for the David we know to remember himself, to remember his God, to overcome lust and remain pure.

But David failed. We've failed, too. Maybe our failure was sinful, and maybe it was a poor choice that bore painful consequenc- This was David's "before" moment: "He es.

David was about to make a choice. Until then, he'd tasted little of failure. But now the time was upon him: The moment of failure, the moment of decision - the "before" that changed the "after."

Everything after this moment would change David's life and the future of his kingdom. David's bitter "after" was set in motion by a single slim moment. Our

"afters" often hang on the thinnest threads, too, don't they?

Re-read 2 Samuel 11: 2b "And from the roof he saw a woman bathing, and the woman was very beautiful."

Living in a palace with high walls and a breathtaking view had its advantages: David could see where perhaps he should not.

Some paintings suggest Bathsheba was bathing on her rooftop, exposing herself to anyone with a higher vantage point. Yet nothing in the biblical text backs up this claim. More likely, David could see down into her house.

saw" and chose not to look away.

Maybe our failure started with a small error. We "saw" and didn't look away.

Or we made a choice with the best information we had but the information we "saw" was inaccurate. It didn't reflect the person we truly were and are.

We never imagined the consequences of our first small step toward failure.

Continued on the next page...

Reflection: Think back: What was the moment when you could have made a different decision? Why didn't you? What compelled you to choose that path?

Date	e:

Stage: Denial/Ducking or Confusion

Read: 2 Samuel 11

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We all know what happened next. What David intended as a single night of pleasure exploded into catastrophe when the bill came due: Bathsheba became pregnant.

David was king. If anyone could be excused for messing with another man's wife, it was the nation's supreme leader, right? But the thing is, a husband's exclusive rights to his wife were highly honored in David's culture. Even the idolatrous Egyptians abhorred adultery. That's why Abraham was so afraid to enter Egypt with his gorgeous wife: the Egyptians would rather kill a husband and take his wife than to have sexual relations with a married woman.

In a few months, David's adultery would be quences. We dive into "fix it" mode, obvious in Bathsheba's growing belly. Something must be done. David was now in cover-up mode. His reputation and his honor were at stake. Nothing mattered more than disguising his treachery, not even a man's life.

After failing to get honest, loyal, truly decent Uriah to go home to Bathsheba and cover up David's sin, David took deadly action. David ducked the consequences of sin When news of Uriah's death arrived at Then David said to the messenger, "Thus you shall say to Joab: 'Do not let this thing displease you, for the sword devours one as well as another. Strengthen your attack against the city, and overthrow it.' So encourage him." 2 Samuel 11:25 NKJV

Notes:

David's self-deception was complete. He had utterly failed God, himself, his loyal servant Uriah and Uriah's beloved wife, Bathsheba, Biblical records don't show David beating himself up or writing psalms about how much he reviled murdering Uriah. By all accounts, David went on with life as usual. He ducked consequences, and he denied the truth of what he'd done.

When we've failed, our first reaction may have been to duck or deny the consescrambling to correct or cover up. **Denial** and Ducking is the first step in our Failure-Recovery path. Before we can move on, we must stop denying and dig deep. Feel the pain, name it, own it, be still within it.

Denial can also take the form of confusion. Maybe you aren't trying to excuse yourself or avoid natural consequences, but your feelings are jumbled. You can't make sense of how things went awry. You're puzzled but want to pursue clarity.

the palace, David's reaction was relief, not regret:	Whether you're in straight up denial or wandering in confusion, use the following questions to debrief the situation.
Reflection: What was the truth when you	made your choice?
Reflection: How did you lie to yourself to	justify your choice?

Reflection: What were you feeling at the moment of decision? Anger? Fear? Panic? Hope? Expectation? Entitlement?	Notes:
Deficiency Miles information would be seen to 1995	
Reflection: What information would have made a difference in your choice if you'd had the information at the time?	
 To the person whose choice was not sin but didn't work out the way you hoped: Did you make the best decision you could with the information you had? Sometimes we figure out the "should've could'ves" after years of reflection and learning ourselves. You can't blame your younger self for not knowing better. Your assignment is to ask yourself: Am I still blaming myself for making the best choice I could? Am I denying myself mercy over this decision? Write a message of forgiveness to your younger self. 	

"Success is not final, failure is not fatal: it is the courage to continue that counts."

winston Churchill



Day 2: A Heart Turned to God

Stage: Shame

David should have known that a prophet wouldn't approach him about a judicial case.

The prophet Nathan was smart, though. He knew that directly accusing David of adultery and murder would drive David into defense mode, so Nathan sidled in the back door.

He bypassed denial-and-ducking head mode and went straight for the heart. You can take the shepherd out of the flock, but you can't take the flock out of the shepherd.

Shepherd-turned-king David listened with growing ire to the story of the rich man stealing the poor man's one precious lamb and cooking it for a visitor. As a former shepherd – and usually a man of justice – David pronounced harsh judgment:

"As the Lord lives, the man who has done this shall surely die! And he shall restore fourfold for the lamb, because he did this thing and because he had no pity." 2 Samuel 12: 5-6

Nathan went straight for the heart: "You are the man!"

And this is the power of shame: it leaves us nothing to say before God except what David replied to Nathan: "I have sinned against the Lord." 2 Samuel 12: 13a NKJV. No more denial, no more ducking. Humility. Honesty. Shame.

Later, David found more words to reveal the depth of his grief over his sin. And that's what shame is: grief for a decision that was evil or painful in its consequences.

David's heart saw what his head denied,

and he was ashamed. Psalm 51 is David's cry to God. Few other biblical figures express such personal conviction and vulnerability before God, except for Jesus in the garden of Gethsemane on the night before His crucifixion. If David was in denial/ducking mode before, now David swept into shame at the words of the prophet. David penned these words:

For I acknowledge my transgression,
And my sin is always before me.
Against You, and You only, have I sinned,
And done this evil in Your sight —
That You may be found just when You
speak,

And blameless when You judge. Psalm 51:3-4NKJV

Shame was exactly where David needed to be. When he was in Denial/Ducking mode, David was trapped. Sin had its claws around him and driven the king away from the King of Kings.

Truth cannot enter a heart that has its back turned to God.

When Nathan confronted David, we saw the first cracks in David's armor of selfdenial.

Shame was the first honest cry David's heart uttered since he took another man's wife and slaughtered the betrayed husband.

It must have been music to God's ears.

Shame agreed with God that He was right, and David was wrong. It's the feeling that accompanies conviction of sin.

Continued on the next page...

Date:
Stage: Shame
Read: 2 Samuel 12 Psalm 51
<u>Notes</u> :

While shame is an emotion we want to eliminate, it serves a purpose in realigning our hearts with the truth. Shame leads us to repentance. That's it. Once shame has done its job and led us to repentance then, and only then, is it time to say goodbye.

Shame that hangs around after we've moved through the first four stages – Denial/Ducking, Shame, Repentance, and Grief

- keeps us from moving through the final

step: Recovery.

Chances are, you're working through this devotional because you're stuck because you've given shame more power than it deserves – or requires.

If you've worked through Denial/Ducking or Confusion, then grab those answers from your worksheet and plow through these next questions.

Reflection: David cried to God "For I acknowledge my transgression, And my sin is always before me." Name your sin, or the deep cause of your failure. What is it? For example, maybe you had an affair, so you could write "I betrayed my husband and our family. I ignored what I knew was right so I could feel excited, accepted, worthy, and beautiful. I disobeyed God and chose temporary happy feelings over holiness." Or "I chose that college and major to impress my parents and prove I was an independent adult. I wanted to feel capable, strong, and independent. I chose to ignore my misgivings so I wouldn't look weak or vulnerable."

Confess this to God in a short prayer.

Reflection: At some point, you acknowledged that you'd taken the wrong path, whether sin or a decision that didn't work out favorably. Shame is a sign that something is wrong, and its job is to lead you to repentance. What did your shame teach you? David finally saw that he was the rich, pitiless bully who stole his poor neighbor's one precious, beloved lamb. What did shame help you see about yourself? How have you used this new knowledge?

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

2 Corinthians 5:17 NKJV



Day 3: Brokenness is God's Beautiful

Stage: Repentance

Shame's job is to lead you to repentance. Repentance means to agree with God that shattered its self-denial, its pride, its self-He is right. You turn your back on sin, change direction, and head straight toward to be mended. your Father.

That's your side of the equation. Now it's God's turn: forgiveness. We don't have to wonder if God will keep up His end of the bargain, because He promises:

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

"Faithfulness" means He can be relied upon to show up every time.

"Just" means that God is administering justice to your sin: Jesus already paid for it and that payment is being liberally applied as satisfaction of your unrighteousness.

God loves you, and He wants the relationship restored even more than you do. He waits for you to come to Him with humility and vulnerability, trusting in Him to restore you.

Slate: Clean. Record: Erased. Debt: Cancelled.

David brought his only offerings: humility and vulnerability.

For you do not desire sacrifice, or else I would give it;

You do not delight in burnt offering. The sacrifices of God are a broken spirit, A broken and a contrite heart -These, O God, You will not despise. Psalm 51: 16-17 NKJV

The broken spirit that God treasures is not a spirit wallowing in depression and without hope. That is how the world despairs, and it leads only to death.

The humbled spirit we lift up to God has reliance and offered itself back to its maker

This is a spirit prepared for greatness.

Jesus said:

"And whoever falls on this stone will be broken; but on whomever it falls, it will grind him to powder." Matthew 21:44 NKJV

What good is a broken pot? Its shards cannot hold water. Its dusty remnants only refuse to be swept away.

Except the potter knows better. The potter knows the value of broken things when he crushes the broken shards, mixes them into new clay, and shapes a new pot. The new vessel is stronger because of the broken pieces. You are stronger, too.

God won't waste your brokenness. He will make you into a stronger vessel.

Brokenness is God's beautiful. Beautiful because soon you will look more like Jesus.

When David was broken, he gave that contrite heart to God and waited on Him.

Purge me with hyssop and I shall be clean; Wash me, and I shall be white than snow. Make me hear joy and gladness, That the bones You have broken may rejoice.

Hide Your face from my sins, And blot out all my iniquities. Psalm 51: 7-9 NKJV

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Date: Stage: Repentance Read: Psalm 51 **Notes:**

Repentance is an attitude adjustment.

We've given up our covetousness for our own way. We've given up our unteachable spirit and said, "Thy will be done." We've given up relying on ourselves because His strength is made perfect in weakness.

It was never you anyway. It was always God. Now your heart knows it, too.

Reflection: How has your choice humbled you? What has God taught you in the aftermath of your past failure? How has it brought you closer to Him?

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For you do not desire sacrifice, or else I would give it;

You do not delight in burnt offering.

The sacrifices of God are a broken spirit,

A broken and a contrite heart – These, O God, You will not despise.

Psalm 51: 16-17



Day 4: The Quiet Space Stage: Grief

Wouldn't it be lovely if repentance were the end of the journey? With our spirits restored, renewed, and rested in God, we conquered failure.

That's what I want. Cue the band and march in a victory parade. But a victory parade can't erase the wounds of the battlefield.

Even after we've come through sin/failure and received forgiveness and restoration through repentance, we still need to grieve our loss.

Whether we've failed by sinning or failed by making a choice that didn't work out, we've experienced loss. Loss of opportunity, loss of time, loss of self-confidence, loss of relationships, loss of fellowship with God.

Skipping our period of grief doesn't excuse us from the grief, it only hides it under a blanket of denial. A time of grief is a chance to pause and to take account.

Perhaps you're living through natural consequences. Repentance restored your relationship with God, but didn't patch over the broken parts of your life.

Maybe you had an affair, and your husband is proceeding with a divorce. Maybe you made a poor choice about your college major and you're working in data entry instead of interior design. The road to your dream job stretches far into the distance. Maybe you retreated from godly leadership of your family and retreated into affirmation from your job. Now your teenagers curse at you and dabble in drugs or promiscuity when what they needed was their father.

Repentance is restoration and a new beginning. But grief acknowledges reality and allows you to process your feelings. It's okay not to like the consequences. They stink! Admit it and grieve.

King David was confronted with consequences before he even had a chance to repent. God had already decided on David's consequences before Nathan knocked on the door.

"Thus says the LORD: 'Behold, I will raise up adversity against you from your own house; and I will take your wives before your eyes and give them to your neighbor, and he shall lie with your wives in the sight of this sun. For you did it secretly, but I will do this thing before all Israel, before the sun.' " So David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has put away your sin; you shall not die. However, because by this deed you have given great occasion to the enemies of the LORD to blaspheme, the child also who is born to you shall surely die." 2 Samuel 12: 11-14 **NKJV**

What David did in secret had public ramifications and gave occasion to God's enemies to ridicule the Lord. Our failures start in secret, as a thought in the heart or a desire of the soul, and spread like ripples in a pond. We can't undo the pain, reverse the hurt, or put away the consequences. We need to grieve.

Grief can be ugly. Let it be. Grief can be quiet. Let it be. Grief can be frustrating. Let it be.

Above all, let yourself be still in the grief.

Continued on the next page...

<u>Date:</u>
<u>Stage</u> : Grief
Read: 2 Samuel 12
Psalm 51
<u>Notes</u> :
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Too often we fill up the empty spaces, the painful spaces, with doing instead of being.

David therefore pleaded with God for the child, and David fasted and went in and lay all night on the ground...So David arose just be still and feel your loss. from the ground, washed and anointed

himself, and changed his clothes; and he went into the house of the Lord and worshiped. 2 Samuel 12: 16, 20a NKJV

Grief is like bookends: there's a beginning and an end. In between lies the grace to

How to Grieve Well:

•	Name the	loss: Wh	at has this	failure cost	you? What	have you lost?

Name your feelings: Injustice? Humiliation? Confusion? Anger?

- Get support: Bounce your thoughts and feelings off a trusted friend, counselor, or family member. Talking activates different pathways in your brain versus thinking or writing, so talking may help you process your grief in a different yet healthy way. You could also seek support in an online forum, such as a Facebook group.
- Be kind to yourself: Be patient with yourself as you go through the grief process. No one else can tell you how you should feel, so don't let them. And don't beat yourself up if grieving takes longer than you expected.
- **Worship:** David rose from the ground, washed his dirty face and changed his stinky clothes, and went to the house of the Lord to worship. Worship is a sacred connection between you and God. It has power to bleed away pain and lift the soul to new heights. Now more than ever, cling to the lifeline of worship. God is good, and He is good to you.

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Notes:

•	Reflect: Take stock of where you are in life. Where do you want your life to go? What people can help you grow? What relationship problems are holding you back? What do you keep hearing everywhere and wonder if it's a message for you? What do you want to receive from this grieving process? Besides answering guided questions, give yourself time to free write whatever comes into your mind. Those tangents can lead to trails that follow paths back to your heart.
•	Give yourself hope: Grief will end. Life goes on, and you're going with it. Ask yourself: what do I want from this pain? What good has already come into my life? How can I use this failure experience to help myself? To serve others? How do I want to feel about myself? Through the LORD's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. Lamentations 3:22-23 NKJV
•	Throw a party: After you complete the final step – Recovery – throw a Goodbye Hello Party. How often have we moved into a new season of life, or completed an important life event (graduating from college, first real job, bye bye to bad boyfriend), without saying goodbye? How often have we welcomed new beginning – a baby, a new job, empty nest – without marking the occasion? Now you have permission to say Goodbye and Hello. Have fun!

Our redeeming God wastes nothing. He gathers our failure, like broken shards of clay, and makes beautiful jars that can be filled up with Christ and poured out on other broken hearts.

Janet Khokhar, a redeemed failure



Day 5: A New Experience of God

Stage: Recovery

Fear consumed me. As my digestive health chance to experience situations I was deteriorated, my anxiety grew. I used to drive six hours to visit family and I enjoyed the journey. Getting there is half the fun, right?

Not when you have anxiety. My stomach symptoms were confusing, and abdominal pain arrived unpredictably. My mind ran at high tension and it was hard to relax. Even movies gave me anxiety. So did novels with passages about traffic jams. Because traffic jams meant being trapped where pain could grab hold of me and I couldn't escape.

To protect myself from pain and fear, I stopped going places where they could happen. Soon I could hardly drive eight minutes to the store. My mind was awash with poisonous anticipation as I cruised the veggie aisle at Wal Mart, as I evaluated every blip and twitch for a potential onslaught of pain.

My world got smaller. My kids were trapped with me because mommy couldn't take them many places. Once my autistic son, who has a seizure disorder, had an appointment at Children's National Medical Center in Washington, DC with the neurodevelopmental clinic.

I had always taken Luke there myself. But this time I begged my mom to drive him, and I wrote a pitiful note to the doctor allowing my mom to come in my place. I should have been there for a lot of things. Fear stole that from me.

Anxiety said, "Stay here where you're safe." But it was a lie.

Here's the thing: I never gave my brain a

afraid of, so I never had the opportunity to prove anxiety wrong.

Counselors and doctors in the field of psychology know this and treat anxiety and agoraphobia with exposure therapy.

Exposure therapy introduces the patient to a minor element of the feared object or situation. First, a person terrified of spiders may simply imagine a spider. Next he may look at a photograph of a spider, then a video of a spider crawling on a man's hand. Then he may view a spider inside a glass enclosure.

Perhaps, next, the lid would be removed from the enclosure. At some point the spider may be placed on a table or floor, with no barrier between the patient and spider. Finally, the patient may touch the spider. Or maybe not.

If you've been tormented by shame, you need a new experience with God.

Call it exposure therapy for the soul. It's time to replace shame-based thoughts, feelings, and behaviors with new experiences: experiences of freedom, forgiveness, hope and self-confidence.

Shame is probably the feeling that brought you here. Shame can too often go from a helpful emotion – one that leads us to repentance – to a toxic identity.

Shame is what we are. We perceive ourselves as being fundamentally flawed. Shame becomes the cloak we wear over those flaws.

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Date: **Stage:** Recovery Read: Psalm 51 **Notes:**

Hopefully, as you've worked through these devotions and journal and moved through the five steps, you've broken the power of shame. But you may be left with lingering shame-based feelings.

"I'm a failure."

"I can't do anything right."

"It's my lot in life to stink at what matters."

"I've ruined my life."

The "I" shame has become an identity. Now we are going to kill it.

Our weapon is new experiences of freedom in Christ. Your brain is used to shamebased thinking. Whenever your typical trigger shows up, your brain responds with a shame-based reaction.

Now you're going to replace that shame reaction with a freedom response. When you consistently replace the old with the new, then you develop something amazing: a habit.

Your weapon is the practice of replacing shame-based thoughts with freedom responses until it becomes a habit to think with freedom instead of shame. Congratulations, your new habit is now normal life.

Yes, your old shame-based thoughts will pop up now and then. You may have conquered shame-based thinking, but you haven't let go of the memories. And sometimes memories are triggered.

But you don't need to invite those thoughts and memories in for drinks and dinner. Let them walk on by. A passing shadow across your window, here and gone.

atory shame. A life free to make new choices. A life to be lived.

Replacing shame-based thoughts.

- Shame-based thought: "I'm a failure."
- Freedom response: "I have failed, but that's in the past. I've learned from it, but it's not who I am. Go away."
- Shame-based thought: "I can't do anything right."
- Freedom response: "I did this thing wrong, but it's over. It's not who I am. I'm taking what I learned so I don't do it again. My past doesn't dictate my future. Now move along."
- **Shame-based thought:** "It's my lot in life to stink at what matters."
- **Freedom response:** "I've digested my failure and reflected on it. I'm not doomed to repeat my past. I have all the tools I need to succeed. And if I don't, then I'll ask for help. Now be quiet."

Shame-based thought: "I've ruined my life."

Freedom response: "God is in the redeeming business. Life isn't over until it's over. Until then, I'm going to fight for my good future and the future of the ones I love. I'm not over and I'm not done. Shut up now."

Replace, replace. Retrain your brain and watch your beliefs about yourself transform.

Affirmations replace lies with truth. While they may seem silly, verbalizing your new beliefs helps assimilate them into your person.

You ARE made new. You ARE a new crea-You've got a life to live. A life without pred-tion. God is in the redeeming business and He's not done with you yet.

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Notes:	

Two weeks ago, I drove my son to Children's National Medical Center for an appointment. Yes, I had butterflies in my stomach. Yes, I carefully prepared just in case I had tummy trouble. Yes, I rearended a Mercedes Benz (true).

But I wasn't overwhelmed with terror. Anx- Use this. Use your pain, your grief, your iety doesn't control – I control my anxiety.

That battle was fought experience by experience as I challenged my brain and confronted its false beliefs. Experience by experience of truth, I became victorious.

A final note on Recovery:

It's about you, but it's about more than you. God heals you not just for your own comfort, but so you can comfort others.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1: 3-4 NKJV

David turned his sin into service:

Restore to me the joy of your salvation, And uphold me by Your generous Spirit. Then I will teach transgressions Your ways, And sinners shall be converted to You. Psalm 51: 12-13

freedom, your transformation to comfort others.

I wrote this series on failure and shame because I struggled so much with it myself. As I conquer, I want you to be victors, too.

This is what I love about a redeeming God: He wastes nothing. Your failure, whether by intentional sin or a painful error, is redeemable in Christ.

He gathers the broken shards and makes beautiful jars that can be filled up with Christ and poured out on other broken hearts.

You are now commissioned with suffering and dressed in the armor of God.

Wage war, my friends. Defend the broken hearted, build her up, beautify the face of tears with the compassion you've learnedand earned - through failure.

l'ertific	ate of Commitment
I This is a promise to myse	l f
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that I have left the past bo	ehind me because I am a new creation.
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To the Chief Musician.

A Psalm of David when Nathan the prophet went to him, after he had gone in to Bathsheba.

Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions.

Wash me thoroughly from my iniquity, And cleanse me from my sin.

Psalm 51

For I acknowledge my transgressions,
And my sin is always before me.
Against You, You only, have I sinned,
And done this evil in Your sight—
That You may be found just when You speak,
And blameless when You judge.

Behold, I was brought forth in iniquity,
And in sin my mother conceived me.
Behold, You desire truth in the inward parts,
And in the hidden part
You will make me to know wisdom.

Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.

Make me hear joy and gladness,
That the bones You have broken may rejoice.

Hide Your face from my sins,

And blot out all my iniquities.

Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence, And do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation,
And uphold me by Your generous Spirit.
Then I will teach transgressors Your ways,
And sinners shall be converted to You.

Deliver me from the guilt of bloodshed, O God,

The God of my salvation,

And my tongue shall sing aloud of Your righteousness.

O Lord, open my lips,

And my mouth shall show forth Your praise.

For You do not desire sacrifice, or else I would give it;

You do not delight in burnt offering.

The sacrifices of God are a broken spirit,

A broken and a contrite heart—

These, O God, You will not despise.

Do good in Your good pleasure to Zion;
Build the walls of Jerusalem.
Then You shall be pleased with the sacrifices of righteousness,
With burnt offering and whole burnt offering;
Then they shall offer bulls on Your altar.

Notes


