

The Pathway of Repentance



A Contrite Heart



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GO AND SIN NO MORE

A. Confession of the Sin

B. Contrition over the Sin

C. Correction from the Sin

Lesson 3: **Contrition over the Sin**





1. David embraced his brokenness of heart

Psalms 34:17, 18



¹⁷ *The righteous cry, and the LORD hears*
And delivers them out of all their troubles.

¹⁸ The LORD is near to the **brokenhearted**
And saves those who are **crushed** in spirit

Psalms 51:16, 17



¹⁶ For You do not delight in sacrifice,
otherwise I would give it; You are not pleased
with burnt offering.

¹⁷ The sacrifices of God are a **broken spirit**;
A **broken** and a **contrite heart**, O God,
You will not despise



- **SHAME** is directed towards **self**
- **GUILT** is directed towards **behavior**

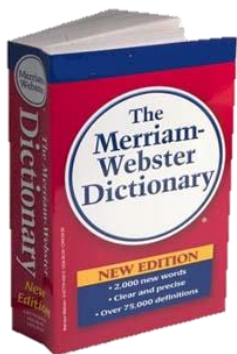
2. Defining Shame — *the current world view of shame dismisses its value*

Definition of Shame

: a feeling of guilt, regret, or sadness that you have because you know you have done something wrong

: ability to feel guilt, regret, or embarrassment

a painful emotion caused by consciousness of guilt, shortcoming, or impropriety



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“Is this the Biblical concept of shame?”



- You are not good enough!
- You are not smart enough!
- You will never succeed!
- You are too fat, too short, too tall, too ugly!
- You are a failure!

moral neutrality

- **SHAME** is directed towards **self**

University axes homecoming 'king' and 'queen,' replaces it with gender-neutral 'royals'

[JENNIFER KABBANY - FIX EDITOR](#) • NOVEMBER 12, 2015
<http://www.thecollegefix.com/post/25044/>



San Diego State University has axed its longtime tradition of naming a homecoming “king” and “queen,” and this year will go with the **gender-neutral term** “royals,” the *Daily Aztec* campus newspaper reports.

As recently as last year SDSU named a homecoming “king” and “queen” during its annual football game, according to the university’s website. But this Saturday when the Aztecs take on the University of Wyoming Cowboys, the Royal Court will end up with the “final two

'The reality is we don't live in a gender-binary system and so really recognizing that in a public way is really important and exciting,'

(Christy Nierva Quiogue, director of the Center for Intercultural Relations)

adds. It’s unclear if those final two “royals” will be male, female, or some other iteration of the

process, candidates were allowed to select themselves to identify themselves,” the *Daily Aztec*

reports. “These gender-inclusive pronouns

aim to dispel the common gender binary of categorizing people as solely masculine or feminine.”



3. Denying shame only creates more problems.

*When I kept silent about my sin,
my body wasted away through
my groaning all day long. For
day and night Your hand was
heavy upon me; My vitality was
drained away as with the fever
heat of summer.*

Psalm 32:3,4



Jeremiah 6:14-15

14 "They have healed the brokenness of My people superficially, Saying, 'Peace, peace,' But there is no peace.

15 "Were they ashamed because of the abomination they have done? They were **not even ashamed** at all; They **did not even know how to blush**. Therefore they shall fall among those who fall; At the time that I punish them, They shall be cast down," says the LORD

Yet you have the brazen look of a prostitute; you **refuse to blush** with shame.

Jeremiah 3:3



4. Characteristics of a contrite heart.

Broken hearted



- **Strong's Exhaustive Concordance 7665**
contrite, [destruction](#)
From daka'; crushed (literally powder, or figuratively, contrite) -- contrite, destruction

Contrite



- **Strong's Exhaustive Concordance 1793**
shabar: to break, [break in pieces](#)
NAS: abolish, break breaks in pieces, crush, demolished, destroy

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But when Simon Peter saw that, he fell down at Jesus' feet, saying, "Go away from me Lord, for I am a sinful man, O Lord!"

Luke 5:8

4. Characteristics of a contrite heart.

- God centered and not self-centered
- Unworthiness
- Awareness of the wrong: Deep remorse & a willingness to change
- A cry for help

*My sin is ever before me.
Against You, You only, I have sinned
And done what is evil in Your sight.*

[Isaiah 57:15](#)

For this is what the high and exalted One says-- he who lives forever, whose name is holy: "I **live** in a high and holy place, but **also with** the one who is contrite and lowly in spirit, to **revive** the spirit of the lowly and to **revive** the heart of the contrite.

[Psalm 147:3](#)

He **heals** the brokenhearted and binds up their wounds.

“God, be merciful to me, the sinner!”

Luke 18:3

5. Brokenness helps us heal & overcome sin.

I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us. For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.

2 Corinthians 7:9, 10





The LORD is near to the **brokenhearted**
And saves those who are **crushed** in spirit.



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