

Soul Strength, Part 5: Confession & Accountability

Psalm 51:1-12 ESV

Pastor Brian Uyeda, October 10 & 11, 2026

Q: How do we restore our relationship with God and those around us?

Repent = I recognize my guilt, reveal it to God, and return to His ways.

¹ Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. ² Wash me thoroughly from my iniquity, and cleanse me from my sin!

³ For I know my transgressions, and my sin is ever before me. ⁴ 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.

⁵ Behold, I was brought forth in iniquity, and in sin did my mother conceive me. ⁶ Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. - Psalm 51:1-6

1. We ask God to forgive us, and we take full _____ for what we did wrong. (Psalm 51:1-4)

⁵ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone. – Psalm 32:5 NLT

- Full accountability removes our barriers with God and with those we've hurt.

Live it out:

Q: What is the one thing I keep avoiding that I'm ready to face today?

Where have I gotten comfortable making my wrong smaller than it really is?

⁷ Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. ⁸ Let me hear joy and gladness; let the bones that you have broken rejoice. ⁹ Hide your face from my sins, and blot out all my iniquities.

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me. ¹¹ Cast me not away from your presence, and take not your Holy Spirit from me. ¹² Restore to me the joy of your salvation, and uphold me with a willing spirit. – Psalm 51:7-12

2. We _____ God to create in us a clean heart and a spirit that remains faithful. (Psalm 51:10)

¹⁷ Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. – 2 Corinthians 5:17

- Only God can create the new heart we need, the same new creation He gives us in Christ.

²⁶ And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. – Ezekiel 36:26

- Asking God to create a clean heart and a faithful spirit is how we depend on Him for the lasting change only He can produce.

Live it out:

Q: Where am I relying on more effort when I need God to create something new in me?

Where have I settled for looking better on the outside while my actions stay the same?