



FOLLOWING JESUS FROM THE HEART

CULTIVATING CHRIST-EXALTING EMOTIONS



HOMework

Passages: Psalm 51 and 2 Samuel 11-12; Psalm 34:18, Isaiah 57:15, Isaiah 66:2, 2 Kings 22:18-19, James 4:8-10, 5:1-2

Restate

What is contrition? How would you define it? How does contrition evidence itself? What heart postures are antithetical to contrition? How does God look upon the broken and contrite? What do I learn from Psalm 51 (and other passages) about contrition?

Reflect

Think about your own spiritual biography. When have you experienced true biblical contrition? What were the circumstances/seasons? How did you experience God's mercy and presence in those seasons? To what degree has your heart been broken by and consistently mourning over your sin? What do you learn from John Newton's biography and life that can serve as a model for your own heart?

Request

In what ways do you need God to work in you to grow you in this heart posture? What do you need him to demolish or birth in you by His Spirit?

Require

What must I do to cultivate a heart of contrition? What does the Scriptures require of me to walk in obedience to possessing true, biblical contrition?

Rely

What does it look like for you walk in dependence on God, fully relying on Him as you seek to cultivate a heart of contrition?.



CONTRITION

PSALM 51; 2 SAMUEL 11-12





BROKEN HEARTS PLEASE GOD

PSALM 51; 2 SAMUEL 11-12



HOW DO I CULTIVATE A HEART OF CONTRITION?

**THINK RIGHTLY ABOUT
THE GOSPEL.**

1. God is a God of mercy
2. I sin and am sinful
3. God can and will wash me clean

WHERE AM I?

- self-justifying
- lack grief over sin
- buried in guilt and shame

SIN IS...

The glory of God not honored.

The holiness of God not revered.

The greatness of God not admired.

The power of God not praised.

The truth of God not sought.

The wisdom of God not esteemed.

The beauty of God not treasured.

The goodness of God not savored.

The faithfulness of God not trusted.

SIN IS...

The promises of God not believed.

The commandments of God not obeyed.

The justice of God not respected.

The wrath of God not feared.

The grace of God not cherished.

The presence of God not prized.

The person of God not loved.

Sinning is any feeling or thought or speech or action that comes from a heart that does not treasure God over all other things.

BROKEN HEARTS CAN BE ASSURED.

Colossians 2:14 — He has cancelled my debt with its legal demands

1 John 4:10 — Jesus bore my wrath for my sins.

Isaiah 53 — God put my transgressions, iniquity, and sin upon Jesus on the cross.

Galatians 3:13 — Jesus took my curse upon him.

WORLDLY SORROW & GODLY GREIF

2 Corinthians 7:9-11

Worldly Sorrow = rooted in pride and self righteousness; leads to death.

Godly Grief = rooted in true thinking, sorrow for sin against God, leads to true repentance and to life.

HOW DOES GOD RELATE TO CONTRITION IN THE HEARTS OF HIS PEOPLE?

“The Lord is near to the brokenhearted and saves the crushed in spirit.” — Psalm 34:18

“The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.” — Psalm 51:17

“For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: “I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite.” Isaiah 57:15

Matthew 5; 2 Kings 22:18-19; James 4:8-10

WHAT CAN I LEARN ABOUT
CONTRITION
FROM JOHN NEWTON?

CONTRITION IN JOHN NEWTON

“Once an infidel and a libertine, a servant of slaves in Africa, was by the rich mercy of our Lord and Savior Jesus Christ preserved, restore, pardoned, and appointed to preach the faith he has long labored to destroy.”

CONTRITION IN JOHN NEWTON

“I am not what I ought to be, I am not what I want to be, I am not what I hope to be in another world; but still I am not what I once used to be, and by the grace of God I am what I am.”

CONTRITION IN JOHN NEWTON

“Whoever is truly humbled — will not easily be angry, nor harsh or critical of others. He will be compassionate and tender to the infirmities of his fellow sinners, knowing that if there is a difference it is grace alone which has made it! He knows that he has the seeds of every evil in his own heart. And under all trials and afflictions he will look to the hand of the Lord, and lay his mouth in the dust, acknowledge that he suffers much less than his iniquities have deserved.”

CONTRITION IN JOHN NEWTON

“How unspeakable wonderful to know that our concerns aware held in the hands that bled for us.”

“Let us chide our cold unfeeling hearts and pray for a coal of fire from the heavenly altar to send us home in a flame of love to him who has thus loved us.”

CONTRITION IN JOHN NEWTON

“Although my memory is fading, I remember two things very clearly:
I am a great sinner and Christ is a great Savior.”

CONTRITION IN JOHN NEWTON

“Amazing grace, how sweet the sound
That saved a wretch like me.”