




FOLLOWING JESUS FROM THE HEART

CULTIVATING CHRIST-EXALTING EMOTIONS



FOLLOWING JESUS FROM THE HEART

April 2	Contrition, Psalm 51
April 9	Contrition, John Newton
April 16	NO CLASS
April 23	Trust, Romans 4, George Muller
April 30	Gratitude, Psalm 103
May 7	Gratitude, Joni Eareckson Tada

STUDY SCHEDULE



CONTRITION

PSALM 51; 2 SAMUEL 11-12



FOUNDATION

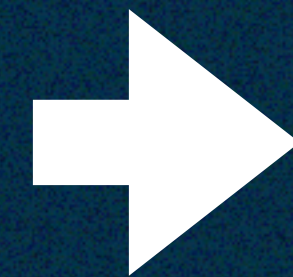
You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.

— Mathew 22: 27-40

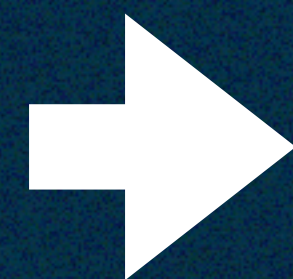
FOUNDATION

THINK (truly)

LOVE (deeply)



DELIGHTING IN GOD



LIVE (rightly)

CONTRITION

To crush. To be broken.

Deep sorrow for sin. Grief of heart for having offended an infinitely holy and benevolent God.

A contrite heart is one in which the natural pride and self-sufficiency have been completely humbled by the consciousness of guilt. It refers to the grief experienced as a consequence of the revelation of sin.

A heart broken to pieces over sin.

CONTRITION

True Christian repentance involves a heartfelt conviction of sin, a contrition over the offense to God, a turning away from the sinful way of life, and a turning towards a God-honoring way of life.

Genuine repentance is not simply a “rethinking” of one’s relationship to sin and God. Repentance must be first rooted in the realization of how sinful an action, emotion, belief, or way of life is. Then, one must be *grieved* by how offensive and grievous sin is to God, not simply afraid of God’s retribution for sin.

— The Gospel Coalition

WHERE AM I?

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

BIBLICAL AIM

To be women who see rightly, comprehend fully, and grieve appropriately the weight and guilt of our sin.

“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



BROKEN HEARTS PLEASE GOD

PSALM 51; 2 SAMUEL 11-12



BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)

**BROKEN HEARTS
PLEASE GOD**

BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)
2. I sin and am sinful (1b, 2, 5)

**BROKEN HEARTS
PLEASE GOD**

BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)
2. I sin and am sinful (1b, 2, 5)
3. Only God can wash me clean (2, 7)

**BROKEN HEARTS
PLEASE GOD**

BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)
2. I sin and am sinful (1b, 2, 5)
3. Only God can wash me clean (2, 7)
4. I never move beyond repentance (3)

**BROKEN HEARTS
PLEASE GOD**

BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)
2. I sin and am sinful (1b, 2, 5)
3. Only God can wash me clean (2, 7)
4. I never move beyond repentance (3)
5. I deserve the fury of the wrath of God (4)

**BROKEN HEARTS
PLEASE GOD**

BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)
2. I sin and am sinful (1b, 2, 5)
3. Only God can wash me clean (2, 7)
4. I never move beyond repentance (3)
5. I deserve the fury of the wrath of God (4)
6. God has written his righteous will upon my heart (6)

**BROKEN HEARTS
PLEASE GOD**

BROKEN HEARTS BELIEVE...

1. God is a God of mercy (1)
2. I sin and am sinful (1b, 2, 5)
3. Only God can wash me clean (2, 7)
4. I never move beyond repentance (3)
5. I deserve the fury of the wrath of God (4)
6. God has written his righteous will upon my heart (6)
7. God's saving, cleansing grace in Christ brings true, lasting, glorious joy (8, 10, 11-12)

**BROKEN HEARTS
PLEASE GOD**