



PSALMS OF REPENTANCE



Psalm 6 Pattern for Repentance

I. The Cry (1-2)

Psalm 6:1 To the chief Musician on Neginoth upon Sheminith, A Psalm of David. O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure. 2 Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.

II. The Care of God's Delay (3-7)

Psalm 6:3 My soul is also sore vexed: but thou, O LORD, how long? 4 Return, O LORD, deliver my soul: oh save me for thy mercies' sake. 5 For in death there is no remembrance of thee: in the grave who shall give thee thanks? 6 I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears. 7 Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

III. The Cure (8-10)

Psalm 6:8 Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping. 9 The LORD hath heard my supplication; the LORD will receive my prayer. 10 Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

Psalm 32 Living Victoriously

I. The Blessedness of Guilt-free Living (1-2)

Psalm 32:1 A Psalm of David, Maschil. Blessed is he whose transgression is forgiven, whose sin is covered. 2 Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile.

II. The Barrenness of Guilty Living (3-4)

Psalm 32:3 When I kept silence, my bones waxed old through my roaring all the day long. 4 For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

III. The Blessedness of Confessing Sin (5-7)

Psalm 32:5 I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah. 6 For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him. 7 Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

IV. The Beauty of Obeying God (8-11)

Psalm 32:8 I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. 9 Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee. 10 Many sorrows shall be to the wicked: but he that trusteth in the LORD, mercy shall compass him about. 11 Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.

Psalm 38 Godly Sorrow is the Key

I. Cry of the Sorrowful (1)

Psalm 38:1 A Psalm of David, to bring to remembrance. O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.

II. Chastisement for Sin (2)

Psalm 38:2 For thine arrows stick fast in me, and thy hand presseth me sore.

III. Cause for Sorrow (3)

Psalm 38:3 There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin. 4 For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.

IV. Consequences of Sin (5-14)

Psalm 38:5 My wounds stink and are corrupt because of my foolishness. 6 I am troubled; I am bowed down greatly; I go mourning all the day long. 7 For my loins are filled with a loathsome disease: and there is no soundness in my flesh. 8 I am feeble and sore broken: I have roared by reason of the disquietness of my heart. 9 Lord, all my desire is before thee; and my groaning is not hid from thee. 10 My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me. 11 My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off. 12 They also that seek after my life lay snares for me: and they that seek my hurt speak mischievous things, and imagine deceits all the day long. 13 But I, as a deaf man, heard not; and I was as a dumb man that openeth not his mouth. 14 Thus I was as a man that heareth not, and in whose mouth are no reproofs.

V. The Cure of Hope (15-20)

Psalm 38:15 For in thee, O LORD, do I hope: thou wilt hear, O Lord my God. 16 For I said, Hear me, lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me. 17 For I am ready to halt, and my sorrow is continually before me. 18 For I will declare mine iniquity; I will be sorry for my sin. 19 But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied. 20 They also that render evil for good are mine adversaries; because I follow the thing that good is.

VI. Concluding Urgency

Psalm 38:21 Forsake me not, O LORD: O my God, be not far from me.
22 Make haste to help me, O Lord my salvation.

Psalm 51 The Truly Repentant Heart

I. Crying Out for Cleansing (1-2)

Psalm 51:1 To the chief Musician, A Psalm of David, when Nathan the prophet came unto him, after he had gone in to Bathsheba. Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. 2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.

II. Confessing for Cleansing (3-6)

Psalm 51:3 For I acknowledge my transgressions: and my sin is ever before me. 4 Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. 5 Behold, I was shapen in iniquity; and in sin did my mother conceive me. 6 Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.

III. Calling for the Cure (7-14)

Psalm 51:7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. 8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. 9 Hide thy face from my sins, and blot out all mine iniquities. 10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy holy spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit. 13 Then will I teach transgressors thy ways; and sinners shall be converted unto thee. 14 Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. 15 O Lord, open thou my lips; and my mouth shall shew forth thy praise. 16 For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering. 17 The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise. 18 Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem. 19 Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering: then shall they offer bullocks upon thine altar.

Psalm 102 Distress & Deliverance

I. Appeal of the Distressed (1-2)

Psalm 102:1 A Prayer of the afflicted, when he is overwhelmed, and poureth out his complaint before the LORD. Hear my prayer, O Lord, and let my cry come unto thee. 2 Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day when I call answer me speedily.

II. Agony of the Distressed (3-11)

Psalm 102:3 For my days are consumed like smoke, and my bones are burned as an hearth. 4 My heart is smitten, and withered like grass; so that I forget to eat my bread. 5 By reason of the voice of my groaning my bones cleave to my skin. 6 I am like a pelican of the wilderness: I am like an owl of the desert. 7 I watch, and am as a sparrow alone upon the house top. 8 Mine enemies reproach me all the day; and they that are mad against me are sworn against me. 9 For I have eaten ashes like bread, and mingled my drink with weeping, 10 Because of thine indignation and thy wrath: for thou hast lifted me up, and cast me down. 11 My days are like a shadow that inclineth; and I am withered like grass.

III. God Unchangeable (12-28)

Psalm 102:12 But thou, O Lord, shalt endure for ever; and thy remembrance unto all generations. 13 Thou shalt arise, and have mercy upon Zion: for the time to favour her, yea, the set time, is come. 14 For thy servants take pleasure in her stones, and favour the dust thereof. 15 So the heathen shall fear the name of the Lord, and all the kings of the earth thy glory. 16 When the Lord shall build up Zion, he shall appear in his glory. 17 He will regard the prayer of the destitute, and not despise their prayer. 18 This shall be written for the generation to come: and the people which shall be created shall praise the Lord. 19 For he hath looked down from the height of his sanctuary; from heaven did the Lord behold the earth; 20 To hear the groaning of the prisoner; to loose those that are appointed to death; 21 To declare the name of the Lord in Zion, and his praise in Jerusalem; 22 When the people are gathered together, and the kingdoms, to serve the Lord. 23 He weakened my strength in the way; he shortened my days. 24 I said, O my God, take me not away in the midst of my days: thy years are throughout all generations. 25 Of old hast thou laid the foundation of the earth: and the heavens are the work of thy hands. 26 They shall perish, but thou shalt endure: yea, all of them shall wax old like a garment; as a vesture shalt thou change them, and they shall be changed: 27 But thou art the same, and thy years shall have no end. 28 The children of thy servants shall continue, and their seed shall be established before thee.

Psalm 130 The Pardon of Repentance

I. The Appeal (1-2)

Psalm 130:1 A song of degrees. Out of the depths have I cried unto thee, O Lord. 2 Lord, hear my voice: let thine ears be attentive to the voice of my supplications.

II. The Asking (3)

Psalm 130:3 If thou, Lord, shouldest mark iniquities, O Lord, who shall stand?

III. The Answer (4-8)

Psalm 130:4 But there is forgiveness with thee, that thou mayest be feared. 5 I wait for the Lord, my soul doth wait, and in his word do I hope. 6 My soul waiteth for the Lord more than they that watch for the morning: I say, more than they that watch for the morning. 7 Let Israel hope in the Lord: for with the Lord there is mercy, and with him is plenteous redemption. 8 And he shall redeem Israel from all his iniquities.

Psalm 143 Urgency of Repentance

I. Appealing with Urgency (1-2)

Psalm 143:1 A Psalm of David Hear my prayer, O Lord, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. 2 And enter not into judgment with thy servant: for in thy sight shall no man living be justified.

II. Adversary of the Urgent (3)

Psalm 143:3 For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead.

III. Anguish of the Urgent (4)

Psalm 143:4 Therefore is my spirit overwhelmed within me; my heart within me is desolate.

IV. Answer of the Urgent (5-6)

Psalm 143:5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. 6 I stretch forth my hands unto thee: my soul thirsteth after thee, as a thirsty land. Selah.

V. Appeal Renewed (7-12)

Psalm 143:7 Hear me speedily, O Lord: my spirit faileth: hide not thy face from me, lest I be like unto them that go down into the pit. 8 Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. 9 Deliver me, O Lord, from mine enemies: I flee unto thee to hide me. 10 Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness. 11 Quicken me, O Lord, for thy name's sake: for thy righteousness' sake bring my soul out of trouble. 12 And of thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am thy servant.

