

Resources for
REPENTING & REJOICING IN THE GOSPEL
both alone and together

Confession

The Ten Commandments — Exodus 20:1-17
“O LORD, rebuke me not in your anger...” — Psalm 6
“For your name’s sake, O LORD, pardon my guilt, for it is great.” — Psalm 25:6-18
“I acknowledged my sin to you, and I did not cover my iniquity...” — Psalm 32
“I confess my iniquity; I am sorry for my sin.” — Psalm 38
“Against you, you only, have I sinned and done what is evil in your sight...” — Psalm 51
“If you, O LORD, should mark iniquities, O Lord, who could stand?” — Psalm 130
“Enter not into judgment with your servant, for no one living is righteous...” — Psalm 143
“All we like sheep have gone astray...” — Isaiah 53:4-6
“Why do you spend your money for that which is not bread?” — Isaiah 55:1-3
“... broken cisterns that can hold no water...” — Jeremiah 2:13
“To us, O LORD, belongs open shame... because we have sinned against you...” — Daniel 9:4-19
Jesus’ Sermon on the Mount — Matthew 5-7
The First and Second Great Commandments — Matthew 22:35-40
“For all have sinned and fall short of the glory of God...” — Romans 3:23
“Wretched man that I am! Who will deliver me from this body of death?” — Romans 7:15-25

Assurance of Pardon

“Blessed is the one whose transgression is forgiven...” — Psalm 32:1-5
“... as far as the east is from the west...” — Psalm 103:8-14
“But with you there is forgiveness, that you may be feared.” — Psalm 130:1-8
“though your sins are like scarlet, they shall be as white as snow...” — Isaiah 1:18
“Can a woman forget her nursing child...? Yet I will not forget you.” — Isaiah 49:14-16
“... the LORD has laid on him the iniquity of us all.” — Isaiah 53:4-6
“I will cleanse them from all the guilt of their sin against me...” — Jeremiah 33:8
“I will sprinkle clean water on you, and you shall be clean...” — Ezekiel 36:25-27
“I will not execute my burning anger...” — Hosea 11:8-9
“You will cast all our sins into the depths of the sea.” — Micah 7:18-20
“For God so loved the world...” — John 3:16-17
“... everyone who believes in him receives forgiveness of sins through his name...” — Acts 10:43
“We have peace with God through our Lord Jesus Christ.” — Romans 5:1-2
“... while we were still sinners, Christ died for us.” — Romans 5:8-9
“There is therefore now no condemnation...” — Romans 8:1
“... but you have received the Spirit of adoption as sons...” — Romans 8:15-17
“Who shall bring any charge against God’s elect?” — Romans 8:31-39
“... canceling the record of debt that stood against us...” — Colossians 2:13-14
“... Christ Jesus came into the world to save sinners...” — 1 Timothy 1:15
“We have been sanctified through the offering of the body of Jesus Christ...” — Hebrews 10:10-14
“He himself bore our sins in his body on the tree...” — 1 Peter 2:24
“If we confess our sins, he is faithful and just to forgive us our sins...” — 1 John 1:5-9

Other Resources

The Deeps

Lord Jesus,
Give me a deeper repentance,
 a horror of sin,
 a dread of its approach;
Help me chastely to flee it,
 and jealously to resolve that my heart
 shall be thine alone.
Give me a deeper trust,
 that I may lose myself to find myself in thee,
 the ground of my rest,
 the spring of my being.
Give me a deeper knowledge of thyself
 as Saviour, Master, Lord, and King.
Give me deeper power in private prayer,
 more sweetness in thy Word,
 more steadfast grip on its truth.
Give me deeper holiness in speech, thought, action,
 and let me not seek moral virtue apart from thee.
Plough deep in me, great Lord,
 heavenly Husbandman,
 that my being may be a tilled field,
 the roots of grace spreading far and wide,
 until thou alone art seen in me,
 thy beauty golden like summer harvest,
 thy fruitfulness as autumn plenty.
I have no Master but thee,
 no law but thy will,
 no delight but thyself,
 no wealth but that thou givest,
 no good but that thou blessest,
 no peace but that thou bestowest.
I am nothing but that thou makest me,
I have nothing but that I receive from thee,
I can be nothing but that grace adorns me.
Quarry me deep, dear Lord,
 and then fill me to overflowing
 with living water.

(from *The Valley of Vision: A Collection of Puritan Prayers & Devotions*)

The General Confession

Almighty and most merciful Father,
we have erred and strayed from your ways like lost sheep.
We have followed too much the devices and desires of our own hearts.
We have offended against your holy laws.
We have left undone those things which we ought to have done,
and we have done those things which we ought not to have done;
and apart from your grace, there is no health in us.
O Lord, have mercy upon us.
Spare all those who confess their faults.
Restore all those who are penitent, according to your promises
declared to all people in Christ Jesus our Lord.
And grant, O most merciful Father, for his sake,
that we may now live a godly, righteous, and sober life,
to the glory of your holy Name. Amen.

(from *Book of Common Prayer*, ACNA 2019)

Proud | Cold | Scared | Hooked

You might use this rubric to quickly examine your day, or the past few hours, before the Lord.

- ↑ **Proud:** Where have I been too self-centered, judgmental, comparing (nose in the air)?
- ↓ **Cold:** Where have I lacked compassion & warmth toward others (head down in the sand)?
- ← **Scared:** Where have I been anxious, motivated by fear (withdrawn inward like a turtle)?
- **Hooked:** Where have I been pulled away after false idols (like a hooked fish)?

*“Lord make me happy enough in the grace of Jesus
to avoid being proud, cold, scared, and hooked.”*

(adapted from Tim Keller’s comments about his own daily prayer practice)

X-ray Questions for Self-Examination

1. What do you love? Hate?
2. What do you want, desire, crave, lust, and wish for? What desires do you serve and obey?
3. What do you seek, aim for, and pursue?
4. Where do you bank your hopes?
5. What do you fear? What do you not want? What do you tend to worry about?
6. What do you feel like doing?
7. What do you think you need? What are your “felt needs”?
8. What are your plans, agendas, strategies, and intentions designed to accomplish?
9. What makes you tick? What sun does your planet revolve around? What do you organize your life around?
10. Where do you find refuge, safety, comfort, escape, pleasure, security?
11. What or whom do you trust?
12. Whose performance matters? On whose shoulders does the well-being of your world rest?
Who can make it better, make it work, make it safe, make it successful?
13. Whom must you please? Whose opinion of you counts? From whom do you desire approval and fear rejection? Whose value system do you measure yourself against? In whose eyes are you living?
Whose love and approval do you need?
14. Who are your role models? What kind of person do you think you ought to be or want to be?
15. On your deathbed, what would sum up your life as worthwhile? What gives your life meaning?
16. How do you define and weigh success and failure, right or wrong, desirable or undesirable, in any particular situation?
17. What would make you feel rich, secure, prosperous? What must you get to make life sing?
18. What would bring you the greatest pleasure, happiness, and delight? The greatest pain or misery?
19. Whose coming into political power would make everything better?
20. Whose victory or success would make your life happy? How do you define victory and success?
21. What do you see as your rights? What do you feel entitled to?
22. In what situations do you feel pressured or tense? Confident and relaxed? When you are pressured,
where do you turn? What do you think about? What are your escapes? What do you escape from?
23. What do you want to get out of life? What payoff do you seek out of the things you do?
24. What do you pray for?
25. What do you think about most often? What preoccupies or obsesses you? In the morning, to what does
your mind drift instinctively?
26. What do you talk about? What is important to you? What attitudes do you communicate?
27. How do you spend your time? What are your priorities?
28. What are your characteristic fantasies, either pleasurable or fearful? Daydreams? What do your night
dreams revolve around?
29. What are the functional beliefs that control how you interpret your life and determine how you act?
30. What are your idols and false gods? In what do you place your trust, or set your hopes? What do you
turn to or seek? Where do you take refuge?
31. How do you live for yourself?
32. How do you live as a slave of the devil?
33. How do you implicitly say, “If only . . .” (to get what you want, avoid what you don’t want, keep what
you have)?
34. What instinctively seems and feels right to you? What are your opinions, the things you feel true?
35. Where do you find your identity? How do you define who you are?

(from chapter 7, “X-ray Questions,” in *Seeing with New Eyes: Counseling and the Human Condition through the Lens of Scripture*, by David Powlison)