



TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. ... Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. ... The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

Psalm 51:1-4, 7-8, 17

A broken heart is a good heart

This month our devotions have focused on the dangers of being controlled by our sinful desires. So what happens when sin “hooks” us? Psalm 51 gives us the answer. It was written by King David, Israel's greatest king. God had said that David was “a man after my own heart.” That’s high praise from God.

But David was sinful, just like every human being. Before he wrote Psalm 51, he had done something awful. He had slept with another man’s wife. Then when he couldn’t cover it up, he had the man killed and took the woman as his wife. Adultery, lying, and murder. So God sent a prophet named Nathan to help him realize his actions were sinful. David came face to face with the terrible things he had done. His heart was broken. In his sorrow for what he had done, David wrote Psalm 51. David went to God with his sin-broken heart and asked for forgiveness. Why? Because he knew that God is gracious and merciful. He knew that God forgives sinners.

Have you done something terrible? What kind of sin has hooked you? Don’t pretend it’s not there. Own up to it. Go to God with a broken heart, sorry for what you’ve done. Know that God hasn’t changed. He is still gracious and merciful. He still forgives sinners. He sent Jesus to die on the cross to save us. The apostle Paul wrote to a young man named Timothy, “Christ Jesus came into the world to save sinners, of whom I am the worst.” As God forgave a murderer like Paul and an adulterer like David, he also forgives you.

A broken heart is a good heart, because God gives full forgiveness to those with hearts broken by sorrow over sin.

PRAYER:

Dear God, I have been hooked by temptation, and I have given in to sin. Forgive me for the sake of Jesus my Savior. Give me the joy of knowing that in him all my sins are forgiven, and help me to live my life for you now and always. Amen.