

# Vertical Habits

*Scripture Passage*  
*Psalm 51*



# Vertical Habits

*Reflecting on and refining our regularly repeated patterns of conversation with God.*



# Vertical Habits

*Hello*

*I love you*

*I'm sorry*

*Thank you*

*What can I do?*

*Help*

*I'm listening*

*Bless you*



# I am sorry

*One of the hardest lines to say,  
and the hardest to teach to be  
said with meaning.*

## *1. We want to earn/fix/control.*

<sup>1</sup> Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.



# I am sorry

## *2. We are good at coming up with excuses.*

<sup>4</sup> Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.



# I am sorry

## ***3. We struggle to own the depth of our condition.***

<sup>5</sup> Surely I was sinful at birth,  
sinful from the time my mother conceived me.

<sup>6</sup> Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.



# I am sorry

## *4. We underestimate the effects of sin on our well-being.*

<sup>8</sup> Let me hear joy and gladness;  
let the bones you have crushed rejoice.

<sup>9</sup> Hide your face from my sins  
and blot out all my iniquity.



# I am sorry

*The dynamics of confession:*

*A. Own the problem, receive the solution*

<sup>2</sup> Wash away all my iniquity  
and cleanse me from my sin.

<sup>3</sup> For I know my transgressions,  
and my sin is always before me.

<sup>7</sup> Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.





# I am sorry

## *B. Forgive past, reshape future*

<sup>10</sup> Create in me a pure heart, O God,  
and renew a steadfast spirit within me.

<sup>11</sup> Do not cast me from your presence  
or take your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.



# I am sorry

## *C. Experience forgiveness/healing, have an invitational testimony*

<sup>13</sup> Then I will teach transgressors your ways,  
so that sinners will turn back to you.

<sup>14</sup> Deliver me from the guilt of bloodshed, O God,  
you who are God my Savior,  
and my tongue will sing of your righteousness.



# I am sorry

## *D. Honesty about self leads to authentic worship.*

- <sup>15</sup> Open my lips, Lord,  
and my mouth will declare your praise.
- <sup>16</sup> You do not delight in sacrifice, or I would bring it;  
you do not take pleasure in burnt offerings.
- <sup>17</sup> My sacrifice, O God, is a broken spirit;  
a broken and contrite heart  
you, God, will not despise.



# I am sorry

## *E. The start of a movement.*

<sup>18</sup> May it please you to prosper Zion,  
to build up the walls of Jerusalem.

<sup>19</sup> Then you will delight in the sacrifices of the  
righteous,  
in burnt offerings offered whole;  
then bulls will be offered on your altar.

