

A glowing heart shape formed by flames and smoke against a dark background. The heart is composed of bright orange and yellow flames, with wisps of white and grey smoke rising from it. The background is a dark, smoky gradient.

*A Heart  
of  
True Repentance*

*by  
Mary Greene*

# **A Heart of True Repentance**

**Psalm Fifty-One**

**by  
Mary Greene**

**Written to coincide with Teshuvah  
A forty day season of repentance unto the Lord  
Dedicated to Ruth Bennett**

## **A Heart of True Repentance**

### **30 Day Discovery-Day 1**

#### **A Study of Psalm 51**

*"[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 your loving kindness: according unto the multitude of your tender mercies blot out my transgressions." Psalm 51:1 NKJV*

In the Old Testament, David was the King of Israel. He ruled and reigned over God's chosen people, he fought and won many battles, and he had several wives and many children. He was wealthy and had the favor of God on his life. It would seem that he had everything a man could desire, that all of his pleasures were met. Yet David had a weakness. While on the balcony of his palace over-viewing the vastness of his kingdom, David spied a beautiful young woman bathing on the rooftop of her home. Because of her great beauty, David was drawn in by the lust of his eyes. Then he became drawn in by the lust of his flesh. David, a man after God's own heart, allowed fleshly desire to overwhelm him and cause him to take another man's wife and have sexual relations with her. This was the sin of adultery. And, if that weren't bad enough, David sent the woman's husband into battle on the front lines to be killed so he could marry this woman. The woman's name was Bathsheba meaning, "daughter of an oath". Her husband's name was Uriah meaning, "Yahweh is my flame". David breached the covenant oath of marriage; and, when he killed Uriah, he put out the flame of Yahweh in his life.

David had been confronted by Nathan the prophet, he had lost the life of his baby, the product of the adulterous affair, and he had tried in vain to comfort Bathsheba, now his wife. His world was falling apart. There was only one hope for David. Sin had separated him from his God. The only way for him to be restored back into favor with God was by having "a heart of true repentance" for committing this sin. So David cried out to God for His mercy! Mercy in Hebrew (Strong's Concordance) means the following:

**"mercy"** mercy, gracious, merciful,  
supplication, favor, besought, pity, fair, favorable, favored

David was literally crying out to God for His mercy, in prayer and supplication, beseeching God to have pity on him. He could feel the separation from God caused by the sin. David desired to be restored back into the loving favorable relationship he once had with God. He was crying out for forgiveness! Even though he did not deserve mercy, David cried out to God to be merciful toward him. David knew God's nature; that He was merciful and full of loving-kindness. He also knew that God desired for him to be restored even more than David did. David's grievous plea for

**forgiveness reveals the depth of remorse and sorrow he had for committing this sin. "A heart of true repentance" feels a depth of remorse for sins committed, desires to be restored back into intimacy with the Father, and cries out to God for mercy and forgiveness. God the Father is MERCIFUL! God the Father is FORGIVING! God the Father is full of LOVINGKINDNESS!**

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**PRAYER:**

**Heavenly Father, I have sinned and fall short of your glorious holiness. I have sinned in my thoughts, words and deeds. I am grieved by the things I have done. Father, please forgive me! I call upon your great mercies and your loving-kindness! Please forgive me and restore me back to YOU!!! BLOT OUT ALL MY TRANSGRESSIONS! In the name of Jesus, amen.**

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## A Heart of True Repentance

30 Day Discovery-Day 2

A Study of Psalm 51

*"Wash me thoroughly from my iniquity, and cleanse me from my sin."* Psalm 51:2 NKJV

As King David was crying out to the Lord for mercy and forgiveness from the sin of adultery, he asked the Lord to "wash him thoroughly from his iniquity". The word for "wash" in this verse comes from the Hebrew word "kabac" which means to "tread or trample with the feet", "to wash garments by treading on them under water", or "to purge the soul from sin". The word "thoroughly" in Hebrew is "rabah" and means "to be multiplied or increased". The word "iniquity" in Hebrew is "avon" which means "perversity, depravity, or crime". David's heart cry was for the Lord to literally stamp the depravity and perversity out of his soul over and over again until he was completely free from even the thought of sin.

When we are faced with the results and consequences of making sinful choices, we often times blame others or our circumstances. However, a heart of true repentance will recognize that sin and iniquity is embedded in the fabric of our heart and soul; and a heart of true repentance will desire for it to be completely trampled out. A heart of true repentance desires intimacy with the Lord, and desires to be free from all perversity and depravity. The word "cleanse" in this verse in Hebrew is "tâhêr" which means: (Strong's Concordance)

“tâhêr”

taw-hare'; a primitive root; properly, to be bright;

to be pure (physical sound, clear, unadulterated

Leviticallly, uncontaminated; morally, innocent or holy):

be (make, make self, pronounce) clean, cleanse (self),

purge, purify(-ier, self)

When David was crying out to the Lord to cleanse him of his sin, he was asking to be purified and made holy, to become innocent like a child with a pure heart again. Only God can trample out the filth and impurities embedded in the fabric of our soul. Only God can purge us from all sin and iniquity. Only God can restore us to intimacy, purity and holiness. Through the power of the Blood of Jesus we are washed, cleansed, purified and restored back into intimacy with our Heavenly Father.

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### PRAYER:

Heavenly Father, please forgive me for all my sins. Lord, trample out the sin and

**iniquity over and over again that are embedded into the fabric of my soul until I am clean and pure before You. Lord, cleanse and purify my heart so that I am innocent and holy. Wash me with the Blood of Jesus and make me as white as snow! In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 3**

**Study of Psalm 51**

*"For I acknowledge my transgressions: and my sin is ever before me." Psalm 51:3 NKJV*

King David had cried out unto the Lord to forgive him for the sins of adultery and murder. He asked the Lord to trample out the sins from the fabric of his soul, and to restore him to purity and innocence before the Lord. His desire was to be free from anything that would hinder his intimate relationship with God. In verse three of Psalm 51, David admits that he has sinned. He acknowledges that he has chosen to sin and transgress from his relationship with God. The word for "acknowledge" in Hebrew is "yada" which means: (Strong's Concordance)

**"yada"**

to know

to know, learn to know

to perceive

to perceive and see, find out and discern

to discriminate, distinguish

to know by experience

to recognize, admit, acknowledge, confess

to consider

David was recognizing and admitting that he and he alone was responsible for the decision he had made to commit adultery and to murder. He was confessing his sin to God. The word "transgression" in Hebrew is "pesha" which means: (Strong's Concordance)

**"pasha"**

transgression, rebellion

transgression (against individuals)

transgression (nation against nation)

transgression (against God)

David was confessing that he had "rebelled" against God by choosing to commit this sin. When he confessed his state of rebellion, he was displaying a heart of humbleness and humility. He acknowledged his rebellion, because he did not desire for his heart to become divided or impure in loving God. In the second part of this verse, David says that his "sin" is ever before him. The word "sin" in Hebrew is "chattath" which means: (Strong's Concordance)

**“chattâ’th”**

**an offence (sometimes habitual sinfulness),**

**and its penalt occasion, sacrifice, or expiation; also (concretely) an offender:  
punishment (of sin), purifying(-fication for sin), sin(-ner, offering)**

**The offense that David had committed against God was a habitual sin or a sin that led from one sin to another. There was a pattern of sin. David's heart cry was to be FREE!!! He recognized that there was a stronghold in his life that caused a pattern of sin. He cried out to God acknowledging that pattern, and he was beseeching God to eradicate it from his life. A heart of true repentance desires to be free from ALL sin in order to be able to worship God in Spirit and in Truth. A heart of true repentance desires to be free from anything that would cause rebellion against God. Jesus came to set the captives FREE!! Whom the Son has made FREE is FREE indeed!**

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**PRAYER:**

**Heavenly Father, I acknowledge that I have sinned. I have rebelled against You and Your Truth. I have had a pattern of sin in my life. I want it ALL to be trampled out of the fabric of my soul. I confess that I have sinned. Please forgive me of ALL my sin. Wash me clean with the precious, holy Blood of Jesus Christ and make me clean and pure. In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 4**

**A Study of Psalm 51**

*"Against You, You only, have I sinned, and done this evil in Your sight—that You may be found just when You speak, and blameless when You judge." Psalm 51:4 NKJV*

In the Old Testament, King David had committed the sin of adultery, (having sexual relations with another man's wife), and he committed the sin of murder. The man in the Bible described as "a man after God's own heart", had broken two of the Ten Commandments. In Psalm 51, David described his sin as being committed against "God, and God alone". It would seem that David would have sinned against Uriah too. Uriah was Bathsheba's husband. It was Uriah's wife with whom he had had an affair. It was Uriah whom David had sent to the front lines of battle to be killed. In Psalm 51 the word "sin" in Hebrew means: (Strong's)

**"sin"**

Sin, purify, cleanse sinner committed, offended, blame, done, fault harm loss miss , offender , purge reconciliation , sinful , trespass

Definition of "**sin**" (Webster's Dictionary)

**1 a : an offense against religious or moral law**

**b : an action that is or is felt to be highly reprehensible it's a sin to waste food**

**c : an often serious shortcoming : fault**

**2 a : transgression of the law of God**

**b : a vitiated state of human nature in which the self is estranged from God**

Since Our Heavenly Father, the Lord God Almighty, is the one who established the heavens and the earth, He and He alone has the power and authority to determine what is RIGHT and what is WRONG. ONLY GOD is the Just Judge of the universe. ONLY HE can set the laws of truth and righteousness. ONLY HE can determine what sin and disobedience IS. Man and his thoughts, preferences and opinions simply do not matter when we are determining what God says "SIN" is. In his heart, David KNEW this truth. He knew that he had sinned AGAINST GOD. This "sin" had separated him from the intimate relationship he had established with God. He was estranged from the God that he loved.

Because David understood that our Heavenly Father is also the Just Judge of the universe, and the One who would pass judgment over his life, David cried out for

mercy to God and God alone. Only God could absolve him of the punishment of this crime. Only God could restore David back into intimacy with Him. Only God could redeem the mess that David had made with his own life and the life of Bathsheba. When we sin, we sin against God. Others may feel the effects of our sinful choices, but only God can forgive our sins and cleanse us. Only God can restore us back to Himself. When we choose to commit sin, we become separated from God and His love. Only when we cry out for God's mercy and forgiveness, are we able to be set free from the judgment of sin.

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**PRAYER:**

Heavenly Father, I confess that I have sinned against You and You alone. You are the Just Judge of the universe and only You can forgive me and cleanse me. I cry out for Your mercy! Please forgive me! Have mercy upon me, Most Merciful Father! Forgive me of ALL my sin. Cleanse me and restore me back into intimacy with You. Let the precious, holy Blood of Jesus wash me clean. In the name of Jesus, amen.

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## **A Heart of True Repentance**

**30 Day Discovery-Day 5**

**A Study of Psalm 51**

*"Behold, I was shaped in iniquity; and in sin did my mother conceive me."* Psalm 51:5  
NKJV

In the Old Testament in the book of Psalms, King David was crying out to the Lord for His mercy and forgiveness. David had sinned against the Lord and was beseeching Him to pour out His loving kindness. David fully acknowledged his sin before the Lord, He did not try to blame anyone else for his sinful choices. He realized that he alone was responsible for his actions. David also became fully aware that his sin was ever before him; meaning that he had a pattern of repeated sin, or one sin causing another.

During David's time of soul searching and throwing himself at the mercy of the Lord, he realized that not only did he have a pattern of sin in his life, but that he was born into a "sin-nature". From the garden, Adam and Eve were created in perfection. They did not "KNOW" sin. They only "KNEW" God. They walked in the purity and innocence of an intimate relationship with God without sin. After they had disobeyed the Lord, their nature changed from a God-nature to a sin-nature. Their once pure blood line was now polluted with sin. So every human being from that time forward was formed from two imperfect parents who had a sin-nature. The only exception was and is Jesus Christ, Son of the Living God. David, however, was no exception. He was conceived by two parents who had a sin-nature. So, even in the womb, his blood was polluted with a propensity to sin. The word "shaped" in Hebrew is "chuw1" which means: (Strong's)

**"chuw1"**

to twist, whirl, dance, writhe, fear,  
tremble, travail, be in anguish, be pained  
to dance  
to twist, writhe  
to whirl, whirl about

David was known as a worshiper of the One True God. He was recorded in the Bible as one who radically worshiped the Lord with song and dance. It is interesting to know that the word for "shaped" or "formed" also means "to dance" or "twirl". Even though David's sin nature was being imparted to him in the womb by his natural parents, God was also forming His purpose for David's life as a worshiper! What a mighty God we serve! His mercy and goodness are from everlasting to everlasting! God always has a plan for our lives that trumps our sin nature! The One True God

**desires for us to call upon His name for mercy and forgiveness, so we may inherit the fullness of salvation through Jesus Christ!**

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**PRAYER:**

**Heavenly Father, Please forgive me for all my sin choices. I acknowledge that I was born with a sin-nature, but I also know that I have a destiny of holiness and purity in You! Lord, have mercy on me. Forgive me. Reveal to me Your plan, purpose and destiny for my life. In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 6**

**A Study of Psalm 51**

*"Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom."* Psalm 51:6 NKJV

In the Old Testament in the Book of Psalms, David cried out to the Lord for mercy and forgiveness. Psalm 51 is David's heart cry after he had committed the sins of adultery and murder. In verse 6, David was talking to God the Father, decreeing that He (God) desired "truth" in the inward parts. The word for "truth" in Hebrew is "emeth" and means the following: (Strong's)

**"emeth"**

firmness, faithfulness, truth

sureness, reliability

stability, continuance

faithfulness, reliableness

truth

as spoken

of testimony and judgment

of divine instruction

truth as a body of ethical or religious knowledge

true doctrine

David had recognized that he was born into a sin-nature because of the fall of Adam and Eve. He knew that his blood was polluted with the propensity to sin. Even in the womb, he was being formed by both the hand of God and by the curse of sin. The "truth" of God was what God desired for David's life, the truth of God's Word formed in his innermost being. While David's blood was polluted, his innermost parts were being formed by the hand of God. God was sewing truth, faithfulness, reliability, divine instruction, judgment, and true doctrine. The word for "hidden parts" in Hebrew is "tuwchan" which means: (Strong's)

**"tuwchah"**

inner regions, hidden recesses, inward parts

in the sense of overlaying; (in the plural only)

the kidneys (as being covered); hence (figuratively) the inmost thought:

inward parts

The word "wisdom" in Hebrew is "chokmah" which means: (Strong's)

**"chokmah"**

wisdom

skill (in war)

wisdom (in administration)

shrewdness, wisdom

wisdom, prudence (in religious affairs)

wisdom (ethical and religious)

The hand of the Lord was literally embedding the Truth of God and the Wisdom of God into the very secret, hidden places in David's heart. The Lord was sewing skill in war, wisdom, administrative leadership, prudence in religious affairs, and ethical wisdom. All these attributes and abilities were being knit into the David's character, nature, and personality. Even though we all inherit a sin-nature from the fall of Adam and Eve, we also have the very nature, character and giftings of God sewn into the fabric of our being. Our heavenly father has a destiny and purpose for each of our lives, and He has given us the qualities and giftings to fulfill it.

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**PRAYER:**

Heavenly Father, Thank You for knitting me together in my mother's womb! Thank You for embedding Truth and Wisdom into my innermost being. Lord, please reveal Your plan, purpose and destiny for my life. Forgive me for all my sins. Help me to walk in Your holy, perfect will for me. In the name of Jesus, amen.

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## **A Heart of True Repentance**

**30 Day Discovery-Day 7**

**A Study of Psalm 51**

*"Purge me with hyssop, and I shall be clean."* Psalm 51:7a NKJV

King David was before the Lord God Almighty. He was crying out to God for mercy and forgiveness. He was beseeching the Lord to purify him from all his sins. He knew that he had a sin-nature, yet he also knew that God had a plan for his life. He knew that only by seeking God's forgiveness could he be made clean again. Only by God's intervention in his life could he be restored back to an intimate relationship with God. David knew that God's destiny for his life was woven into the very fabric of his being. So, David cried out to God for mercy. He said, "Purge me with hyssop and I will be clean." The word "purge" in Hebrew is "chatah" and means the following: (Strong's)

**"chatah"**

**to sin, miss, miss the way, go wrong, incur guilt, forfeit, purify from uncleanness to miss**

**to sin, miss the goal or path of right and duty**

**to incur guilt, incur penalty by sin, forfeit**

**to bear loss**

**to make a sin-offering**

**to purify from sin**

**to purify from uncleanness**

**to miss the mark**

**to induce to sin, cause to sin**

**to bring into guilt or condemnation or punishment**

**to miss oneself, lose oneself, wander from the way**

**to purify oneself from uncleanness**

David was asking the Lord to purge him, or purify him from the uncleanness caused by sin. The word "hyssop" in Hebrew is a plant used for medicinal and religious, ceremonial purposes. Hyssop had a cleansing, healing quality. Hyssop was used by the Israelites to apply the blood of the lamb to the lintel and doorposts of the house when the death angel came to Egypt. It cleansed them from sin and protected them from death and destruction. Hyssop was also used by the Levitical priests to apply blood as a sacrifice for cleansing sin in the temple.

**Exodus 12:22**

**And ye shall take a bunch of hyssop, and dip it in the blood that is in the basin, and strike the lintel and the two side posts with the blood that is in the basin; and none of you shall go out at the door of his house until the morning.**

**Lev 14:51**

**And he shall take the cedar wood, and the hyssop, and the scarlet, and the living bird, and dip them in the blood of the slain bird, and in the running water, and sprinkle the house seven times.**

**The word for "clean" in Hebrew is "taher" which means the following: (Strong's)**

**"taher"**

**to cleanse, purify**

**physically**

**ceremonially**

**morally**

**to pronounce clean**

**to perform the ceremony of cleansing**

**to be cleansed, be pronounced clean**

**to purify oneself**

**ceremonially**

**morally**

**to present oneself for purification**

**a primitive root; properly, to be bright; i.e. (by implication) to be pure (physical sound, clear, unadulterated; Levitically, uncontaminated; morally, innocent or holy):—be (make, make self, pronounce) clean, cleanse (self), purge, purify(-ier, self)**

**"Taher" or "Clean" is a condition of holiness, purity, and brightness. It means to be morally and spiritually innocent and cleansed from all sin. David was crying out to the Lord for God to purify him from uncleanness with hyssop, the purifying agent, and make him holy, pure and clean. David desired for the Lord to restore him back to innocence again. It is the heart of God the Father to cleanse us from all sin and restore us back to innocence. He desires for us to be in an intimate loving relationship with Him. It is the power of the precious, holy Blood of Jesus that makes clean and bright!**

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**PRAYER:**

**Heavenly Father, please forgive me for ALL my sin. Purge me with hyssop and I will be clean. Purify me from the uncleanness caused by sin with the cleansing agent of hyssop and the Blood of Jesus. Make me morally and spiritually holy and innocent in Your sight again! In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 8**

**A Study of Psalm 51**

***"Wash me, and I shall be whiter than snow."*** Psalm 51:7b NKJV

King David was crying out to God for mercy and forgiveness for his sins. In Psalm 51, David cried out, "Purge me with hyssop and I will be clean, wash me and I will be whiter than snow." In this scripture, David was asking the Lord to use the cleansing agent of hyssop, the blood of the sacrifice, and the purifying process to cleanse him from all sin. The word "wash" in Hebrew is "kabac" which means the following: (Strong's)

**"kabac"**

to wash (by treading), be washed, perform the work of a fuller  
washer, fuller, treader (participle)  
to wash (garments, person)  
to be washed  
to be washed out

David was asking the Lord to put him through a spiritual washing machine to scrub out all his sin. In the ancient Hebrew the word "wash" also means to submerge under water and trample underfoot. David desired for the Lord to stomp out his sins! He was giving God permission to trample, scrub, wash and use whatever means necessary to get rid of the sin. This was a desperate cry! David was tired of allowing sin rule his life. He wanted to be FREE!!! He knew that if God cleansed him, he would be pure, holy and bright...whiter than snow! The word for "white" in Hebrew is "laban" which means the following: (Strong's)

**"laban"**

to be white  
to make white, become white, purify  
to show whiteness, grow white  
to become white, be purified (ethical)  
to make bricks

**"sheleg"**

snow, whiteness, snow(y)

David wanted to be restored to a place of holiness, purity and uprightness. He wanted to be clean. He wanted to be restored into right, intimate relationship with

**the Lord! Our heavenly Father desires to make us FREE! He wants us to be free from all sin so we can be restored back into intimate relationship with Him.**

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**PRAYER:**

**Heavenly Father, wash me and I will be whiter than snow. Please forgive me of all my sin. Wash me clean. Trample out all the sin from my life and let me shine with Your glory, full of love and light! Let the precious, holy Blood of Jesus wash me clean. Restore me to an intimate relationship with You! In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 9**

**A Study of Psalm 51**

*"Make me hear joy and gladness,"* Psalm 51:8a NKJV

King David's entire world had fallen apart because of the root sin of "lust". He had gazed upon the beauty of Bathsheba and began to lust after her. This uncontrolled fleshly desire drove him to commit adultery, which in turn drove him to commit murder. The love child he had conceived with Bathsheba had died, and the once strong, warrior king was now prostrate on the floor before the Lord crying out for mercy. He pleaded with the Lord to eradicate all sin from his life and forgive him of all sin committed. His body was now in a crumpled heap and his soul was broken to pieces because of his sin. David cried out to God to make him HEAR. The word "hear" in Hebrew is "shama" which means the following: (Strong's)

### **"shama"**

to hear, listen to, obey

to hear (perceive by ear)

to hear of or concerning

to hear (have power to hear)

to hear with attention or interest, listen to

to understand (language)

to hear (of judicial cases)

to listen, give heed

to consent, agree

to grant request

to listen to, yield to

to obey, be obedient

David was crying out for the ability to hear the voice of God and have a heart to obey. He wanted his soul to be in-tune with the Holy One. He wanted to be yielded to the will of God. He knew that he could only have his excruciating sorrow turned back to joy by the command of God. The word for "joy" in Hebrew is "sasown". The word for "gladness" in Hebrew is "simchah". (Strong's)

### **"sasown"**

gladness, joy, exultation, rejoicing

exultation, joy

### **"simchah"**

joy, mirth, gladness

mirth, gladness, joy, gaiety, pleasure

**joy (of God)**  
**glad result, happy issue**

**The bitterness of the consequences of his sin choices was too much to bear. David cried out for God to speak and release joy and gladness over him. He wanted the anguish and pain to disappear. Like David, we need to have a desire to hear the voice of God and obey Him. We need God to move in our lives to eradicate all sin and restore us into deep intimacy with Him. We need GOD! The only true joy and gladness in life comes from an intimate relationship with the One True God.**

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**PRAYER:**

**Heavenly Father, please forgive me of all sin. Wash me clean with the precious, holy Blood of Jesus and make me as white as snow. Speak to the core of my very being and command me to HEAR and OBEY You. Remove all shame and brokenness from the bitter consequences of sin. Release the sound of Your Voice into my inner most being and command JOY and GLADNESS to spring forth. In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 10**

**A Study of Psalm 51**

*"That the bones You have broken may rejoice."* Psalm 51:8b NKJV

David was in a heap on the floor crying out to God. He had repented from his sin, had asked for cleansing, and was now contending for restoration. In part "b" of this scripture, David was describing the degree of the desolation to his soul. He was letting the Lord know how broken and devastated he was. David described himself as having "bones" that were "broken". David's physical bones were not harmed. But his very being was crushed. The word "bones" in Hebrew is "estem" and the word "broken" in Hebrew is "dakah" which mean the following: (Strong's)

### **"estem"**

bone, essence, substance

bone

body, limbs, members, external body

bone (of animal)

substance, self

### **"dakah"**

to crush, be crushed, be contrite, be broken

(Qal) to be crushed, collapse

(Niphal) to be crushed, be contrite, be broken

(Piel)

to crush down

to crush to pieces

The very essence of David's being, his substance, and his very "self" was beaten down. His soul was broken, crushed and contrite. David's mind, will and emotions were crushed to pieces. He was totally distraught. The weight of the guilt of sin had caused him to collapse on the floor. In his distress, David cried out to the Lord for restoration. David desired for the Lord to bring back his joy. The word "rejoice" in Hebrew is "giyl" which means the following: (Strong's)

### **"giyl"**

to spin round (under the influence of any violent emotion),

i.e. usually rejoice, or (as cringing) fear:—be glad, joy, be joyful, rejoice

David was a radical worshiper of the One True God. He had lived a lifestyle of praise, worship and dancing before the Lord! When David was struck by grief, he was

smitten on the floor. He could not sing, dance or twirl about as he had once done. David cried out to God to restore him back to being a radical worshiper. He cried out for a heart of violent love for God to be restored. He cried out for an intense passion for God to overtake and overwhelm him. Only God could restore the passion, violent love and radical praise back to David. Our God desires to restore us to a place of passion for His presence, violent love for Him, and a radical heart to worship Him.

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**PRAYER:**

Heavenly Father, I want to be a radical worshiper of YOU! I want to have a heart of violent love for YOU! I want to have a passion for Your Presence in my life! Come, Holy Spirit and fill me NOW! Lord, overtake and overwhelm me with Your Presence, Your Love, and Your Power! Let me live for You, love You, and reveal You to a lost and dying world. In the name of Jesus, amen.

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**A Heart of True Repentance**  
**30 Day Discovery-Day 11**  
**A Study of Psalm 51**

*"Hide thy face from my sins, and blot out all mine iniquities."* Psalm 51:9 NKJV

As King David was crying out to the Lord for mercy and forgiveness, he asked the Lord to "hide His face" from David's sins. David desired for the Lord to conceal His person, presence and countenance from the sight of David's sins. He did not want the Lord to look upon his unrighteousness. When we have sinned against God, and realize the magnitude of our sin, our humanity is exposed in the light and glory of a perfect, holy God. As humans, we feel shame and humiliation. Our first instinct is, as it was for Adam, to hide or be hidden from the sight of God. The word for "hide in Hebrew is "cathar", the word for "face" in Hebrew is "paniym", and the word for "sins" in Hebrew is "chet", which mean the following: (Strong's)

**"cathar"**

to hide, conceal, to hide oneself  
to be hidden, be concealed, to hide carefully  
to be hidden carefully, be concealed  
to conceal, hide  
to hide oneself carefully

**"paniym"**

face, presence sight countenance , person

**"chet"**

sin , faults , grievously offences

David was petitioning the Lord to conceal His glorious, powerful countenance while David was still immersed in his sin. David's sin was grievous to him and to the Lord. He knew that sin could not dwell in the presence of Almighty God, so was wanted God to withdraw from him. Then David petitioned the Lord to "blot out his iniquities". The word "blot out" in Hebrew is "machah", and the word "iniquities" in Hebrew is "avon" which mean the following: (Strong's)

**"machah"**

blot, put, .out , destroy , wipe , blot  
wipe away abolished marrow , reach ,  
utterly to wipe out, to blot out, obliterate  
to blot out, exterminate

**"avon"**

**perversity, depravity, iniquity, guilt or punishment of iniquity  
iniquity, guilt of iniquity, guilt (as great), guilt (of condition)  
consequence of or punishment for iniquity**

**David desired for the Lord to destroy, demolish, abolish, exterminate and obliterate his iniquity, perversion, depravity, and guilt of sin. Our God is a holy, righteous all-powerful God. When we come humbly before him and confess our sin, He is faithful to forgive us. Not only will He forgive us, but He will completely obliterate our sin and the guilt of sin from our lives.**

---

**PRAYER:**

**Heavenly Father, I have sinned and fall short of Your glory. Please have mercy on me and forgive me. Wash me clean with the precious, holy blood of Jesus and make me as white as snow. Turn Your face away from my sin. Obliterate all the sin from my life and the guilt of sin from my mind. Restore me to the fullness of everything Jesus died on the cross to give me. In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 12**

**A Study of Psalm 51**

*"Create in me a clean heart, O God..."* Psalm 51:10 NKJV

During David's time of repentance to the Lord, he cried out for God to "create in him a clean heart." David had sought God's mercy and forgiveness. He had repented for his sin. He had cried out for all sin to be trampled out of the fabric of his being. Now, David sought the Lord to give him a brand new heart. The word "create" in Hebrew is "bara" which means: (Strong's)

### **"bara"**

**"to create by cutting or carving"**

**to create, shape, form**

**to shape, fashion, create (always with God as subject)**

**of heaven and earth**

**of individual man**

**of new conditions and circumstances**

**of transformations**

**to be created**

**of heaven and earth**

**of birth**

**of something new**

**of miracles**

**to cut down**

**to cut out**

**to be fat**

**to make yourselves fat**

David was crying out for the Lord to "create" in him a clean heart by cutting or carving away all the impurities, worldliness and flesh. He desired for the Lord to perform the miraculous work of His hands by transforming, shaping and fashioning David's heart, life and circumstances to agree with heaven. The word "clean" in Hebrew is "tahowr" and the word "heart" in Hebrew is "leb" which mean the following: (Strong's)

### **"tahowr"**

**pure, clean**

**clean (ceremonially - of animals)**

**pure (physically)**

**pure, clean (morally, ethically)**

**"leb"**

**inner man, mind, will, heart, understanding**

**inner part, midst**

**midst (of things)**

**heart (of man)**

**soul, heart (of man)**

**mind, knowledge, thinking, reflection, memory**

**inclination, resolution, determination (of will)**

**conscience**

**heart (of moral character)**

**as seat of appetites**

**as seat of emotions and passions**

**as seat of courage**

David was asking the Lord to make his heart ethically and morally pure. He desired for his inner man, mind, will and emotions to be clean according to God's standards. He desired for his thinking, conscience, passions, and appetites for life to be in line with God's holy, perfect plan, purpose and will for his life. David knew he alone could not achieve this desire. Only by the miraculous hand of Almighty God, could David's heart be transformed. God desires for us to be free from all sin and anything that would keep us in bondage to the world, the flesh and the enemy of our souls. God desires to set us free from all evil. God desires to create in us a clean heart, holy and pure before the Lord.

---

**PRAYER:**

Heavenly Father, create in ME a clean heart! Forgive me of all my sin. Wash me clean with the precious, holy Blood of Jesus! Carve away all the impurities of the world, the flesh and evil. Shape and form my heart and soul to be pure and holy before You, and in agreement with Heaven. In the name of Jesus, amen.

---

**A Heart of True Repentance**  
**30 Day Discovery-Day 13**  
**A Study of Psalm 51**

*"And renew a steadfast spirit within me."* Psalm 51:10b NKJV

King David was crying out to the Lord God Almighty for mercy, forgiveness, healing and restoration. He had asked the Lord to "renew a steadfast spirit" within him. The word "renew" in Hebrew is "chadash" and the word "steadfast" in Hebrew is "kuwn" which mean the following: (Strong's)

**"chadash"**

to polish a sword  
newness as a sharp, splendid, polished sword  
to be new; causatively, to rebuild:  
renew, repair

**"kuwn"**

to be set up, be established, be fixed  
to be firmly established  
to be established, be stable, be secure, be enduring  
to be fixed, be securely determined  
to be directed aright, be fixed aright, be steadfast (moral sense)  
to prepare, be ready  
to be prepared, be arranged, be settled  
to establish, set up, accomplish, do, make firm  
to fix, make ready, prepare, provide, provide for, furnish  
to direct toward (moral sense)  
to arrange, order  
to be established, be fastened  
to be prepared, be ready  
to set up, establish  
to constitute, make  
to fix  
to direct  
to be established, be prepared  
to be established, be restored

David was asking the Lord not only to cleanse and purify his heart and soul, mind, will and emotions; but also to polish him like a sword ready to do battle again. David's spirit had been beaten down. He was downtrodden. The only hope he had was if the hand of the Lord polished him back to newness as a sharp, splendid sword. David's heart had grown weary and faint. He needed the Lord to re-establish him,

firmly fix him, and prepare his "spirit" to become determined and steadfast once more. The word for "spirit" in Hebrew is "rewach" and the word for "within" in Hebrew is "qereb" which mean the following: (Strong's)

**"ruwach"**

wind, breath, mind, spirit

breath

wind

of heaven

quarter (of wind), side

breath of air

air, gas

vain, empty thing

spirit (as that which breathes quickly in animation or agitation)

spirit, animation, vivacity, vigour

courage

temper, anger

impatience, patience

spirit, disposition (as troubled, bitter, discontented)

disposition (of various kinds), unaccountable or uncontrollable impulse

prophetic spirit

spirit (of the living, breathing being in man and animals)

as gift, preserved by God, God's spirit, departing at death, disembodied being

spirit (as seat of emotion)

desire

sorrow, trouble

spirit

as seat or organ of mental acts

rarely of the will

as seat especially of moral character

Spirit of God, the third person of the triune God, the Holy Spirit, coequal, coeternal with the Father and the Son

as inspiring ecstatic state of prophecy

as impelling prophet to utter instruction or warning

imparting warlike energy and executive and administrative power

as endowing men with various gifts

as energy of life

as manifest in the Shekinah glory

never referred to as a depersonalized force

**"qereb"**

midst, among, inner part, middle

inward part

physical sense

as seat of thought and emotion

**as faculty of thought and emotion  
in the midst, among, from among (of a number of persons)**

**David was asking the Lord to breathe His breath of life into the inner most parts of his being. He desired for the vigor and voracity of the Holy Spirit to be imparted to him once again. He wanted the manifest presence of the Shekinah glory to energize and bring life to him. David wanted his emotions, thoughts, and inner most being to be sealed with the Spirit of the Living God. God the Father desires for us to be restored back to Him. He desires to breathe the breath of the Holy Spirit into our inner most being. He desires to polish us like a sword back to a state of being ready and equipped for battle, being resolute, fixed and established in Him.**

---

**PRAYER:**

**Heavenly Father, please forgive me for all my sin. Wash me clean with the precious, holy Blood of Jesus. Restore me into an intimate relationship with You. Breathe Your breath of life into the inner most parts of my being and polish me like a sharp, splendid sword! In the name of Jesus, amen.**

---

**A Heart of True Repentance**  
**30 Day Discovery-Day 14**  
**A Study of Psalm 51**

*"Do not cast me away from Your presence, and do not take Your Holy Spirit from me."*  
Psalm 51:11 NKJV

As King David was petitioning God for forgiveness and restoration, he cried out to the Lord, "Do not cast me away from Your presence." The word for "cast away" in Hebrew is "shalek" and the word for "presence" in Hebrew is ""paniyim" which mean the following: (Strong's)

**"shalek"**

to throw, cast, hurl, fling  
to throw, cast, throw away, cast off, shed, cast down  
to cast (lots) (fig)  
to be thrown, be cast  
to be cast forth or out  
to be cast down  
to be cast (metaph)

**"paniyim"**

face, faces  
presence, person  
face (of seraphim or cherubim)  
face (of animals)  
face, surface (of ground)  
as adv of loc/temp  
before and behind, toward, in front of, forward, formerly, from beforetime, before  
with prep  
in front of, before, to the front of, in the presence of, in the face of, at the face or front  
of, from the presence of, from before, from before the face of

The presence of the Lord God Almighty is holy and powerful. No evil or sin can dwell in His presence, for He is a holy God. To be in His presence without the atoning blood of a sacrificial lamb would mean death. To come before the Almighty King and Creator of the universe, the God of majesty, glory, power and splendor, without repentance and the appropriate blood atonement would cause one to melt into nothingness. The sheer magnitude of His glorious presence and power is so overwhelming, that human flesh cannot sustain it. In this scripture, David was crying out for the Lord to have mercy. He did not want the powerful presence of the Lord to cast him or hurl him away. He did not want his sin to keep Him from the glorious presence of the Lord. He wanted the mercy of the Lord to wash him clean and

**restore him to the face and heart of Almighty God. God's desire is for us to have an intimate relationship with Him as He did with His only begotten Son, Jesus. Only through a heart of true repentance and the precious, holy Blood of Jesus are we able to establish unity and oneness with God.**

---

**PRAYER:**

**Heavenly Father, please forgive me of ALL sin. Wash me clean with the precious, holy Blood of Jesus and make me as white as snow. Cleanse my heart from ALL sin and iniquity and restore me back to intimacy with You. Do not cast me away from Your face and Your holy presence. Let me cling to Your goodness and mercy. In the name of Jesus, amen.**

---

**A Heart of True Repentance**  
**30 Day Discovery-Day 15**  
**A Study of Psalm 51**

*"And do not take Your Holy Spirit from me."* Psalm 51:11b NKJV

In Psalm 51, verse eleven, David was crying out for the Lord God Almighty not to "take Your Holy Spirit from me". David was beseeching the Lord to remain close to him. David had developed a close, intimate relationship with God when he had been out in the field shepherding his father's sheep. While watching the sheep in the pastures, David learned how to worship the Lord in spirit and in truth. He learned how to come close to God through intimate worship and prayer. He had developed deep intimacy and trust in God. Now, David was seeking the Lord in desperation for God NOT to take His Holy Spirit from him. The word for "holy" in Hebrew is "kodesh" and the word for "spirit" in Hebrew is "ruwach" which mean the following: (Strong's)

**"kodesh"**

apartness, holiness, sacredness, separateness  
apartness, sacredness, holiness  
of God  
of places  
of things  
set-apartness, separateness

**"ruwach"**

wind, breath, mind, spirit  
breath  
wind  
of heaven  
spirit (as that which breathes quickly in animation or agitation)  
spirit (of the living, breathing being in man and animals)  
as gift, preserved by God, God's spirit, departing at death,  
Spirit of God, the third person of the triune God, the Holy Spirit, coequal, coeternal  
with the Father and the Son  
as inspiring ecstatic state of prophecy  
as impelling prophet to utter instruction or warning  
imparting warlike energy and executive and administrative power  
as endowing men with various gifts  
as energy of life  
as manifest in the Shekinah glory  
never referred to as a depersonalized force

**The Holy Spirit is the third person of the triune God. He is the Spirit of God who is our friend, teacher, comforter and breath of life. The Holy Spirit is the life, power and manifest presence of God in our lives. David did not want the Holy Spirit to leave Him. He groaned for the Lord NOT to take the Holy Spirit from him. He knew that it was the Holy Spirit who had empowered him to defeat Goliath and win many battles against his enemies. He knew that without the Holy Spirit, he would be helpless. God desires for us to be in unity and oneness with Him. He desires for us to walk in deep intimacy with Him through the person of the Holy Spirit.**

---

**PRATER:**

**Heavenly Father, thank You for the Holy Spirit! Fill me with Your Holy Spirit, NOW. Lead me, teach me and guide me. Do NOT take Your Holy Spirit from me. Holy Spirit, come fill me, baptize me, and live in and through me. In the name of Jesus, amen.**

---

## **A Heart of True Repentance**

**30 Day Discovery-Day 16**

**A Study of Psalm 51**

*"Restore to me the joy of Your salvation, and uphold me by Your generous Spirit."*

**Psalm 51:12 (NKJV)**

When David asked the Lord to create in him a clean heart and renew a right spirit within him; he was asking the Lord to cleanse his heart and make it a heart in pursuit of God's own heart again. Then David asked the Lord to "restore him to the joy of his salvation". The word for "restore" in Hebrew is "shuwb", the word for "joy" in Hebrew is "sasown", and the word for "salvation" in Hebrew is "yesha" which mean the following: (Strong's)

**"shuwb"**

return, again, turn, back, away, restore, bring, render. answer, recompense, recover, deliver,, put, withdraw,, requite,, miscellaneous

**"sasown"**

gladness, joy, exultation, rejoicing, exultation, joy

**"yesha"**

deliverance, salvation, rescue, safety, welfare  
safety, welfare, prosperity  
salvation  
victory

David was asking the Lord God Almighty to return him to the place where he was full of joy and gladness, because he would be in full salvation, deliverance, safety and victory of the Lord. Notice the word "yesha" in Hebrew, meaning "salvation". Yesha is also referred to as "Yeshua". This is the Hebrew name for Jesus. David wanted to be restored BACK to the joy of his salvation. When he was walking in intimacy and purity with the Lord, he had joy and gladness. He won many victories. He had safety in battle against his enemies. He had prosperity. The fullness of salvation kept David in a place with the Lord where his enemies could not touch him. It was the secret place of the Most High!

In "Yesha" or "Yeshua" there is fullness of joy! Jesus or Yeshua is our salvation. Sin separates us from him, but His very own blood restores us back to Him. JESUS IS SALVATION! YESHUA IS SALVATION! In HIM alone is FULLNESS of JOY! When David cried out to the Lord to restore him back to the joy of his salvation, he was crying out

**to be back in right standing with the Lord. Through the Blood of Jesus and the complete work of the cross of Calvary, we are restored back into right relationship with the Father. Only through Salvation in Jesus can we have the fullness of joy in our lives! JESUS IS OUR SALVATION! JESUS IS OUR JOY UNSPEAKABLE!**

---

**PRAYER:**

**Heavenly Father, restore unto ME the JOY of MY SALVATION in JESUS CHRIST, the SON of the LIVING GOD! Bring me into the joy, safety, deliverance, prosperity, and victory in JESUS! In the name of Jesus, amen.**

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**A Heart of True Repentance**  
**30 Day Discovery-Day 17**  
**A Study of Psalm 51**

*"And uphold me by Your generous Spirit."* Psalm 51:12b NKJV

When King David asked the Lord to "restore to me the joy of Your salvation, and uphold me by Your generous Spirit", he was asking the Lord to bring him back to the place of jubilation and gladness that he had once had in intimacy with the Lord. That place was a place of victory, freedom, deliverance, restoration, healing and safety. It was the place of the fullness of salvation. That place can only be found in the Lord Jesus Christ. In Psalm 51:12, the word for "uphold" in Hebrew is "camak", and the word for "generous" in Hebrew is "nadiyb" which mean: (Strong's)

**"camak"**

to lean, lay, rest, support, put, uphold, lean upon  
to lean or lay upon, rest upon, lean against  
to support, uphold, sustain  
to support or brace oneself  
to sustain, refresh, revive

**"nadiyb"**

inclined, willing, noble, generous  
incited, inclined, willing  
noble, princely (in rank)  
noble (in mind and character)

King David was asking the Lord to allow him to lean or lay upon the Lord; to allow the Lord to support, sustain and refresh him. David was weakened by the extreme distress of the negative consequences of his sin. He needed the strength and power of the Lord on which to lean and rest. He implored the Lord by calling on the noble and generous character of God. David knew that through a heart of true repentance, and a heart to be reconciled back to God, he would appeal to the loving heart and forgiving nature of the Lord. The strength of mind and character of God would be a shelter and strong tower for David. The Lord is a strong tower and a shelter to all who seek His face. We can depend on, lean on and revive ourselves with His strength and nobility. He is a generous, loving, giving God who is a refuge to all who call upon His name.

---

**PRAYER:**

Heavenly Father, forgive me for all my sin. You are my strong tower, a shelter in times of trouble. I know I can lean on You and depend on you. Lord, please support

**me and revive me. Restore me to the joy of my salvation in Jesus! In the name of Jesus, amen.**

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## **A Heart of True Repentance**

**30 Day Discovery-Day 18**

**A Study of Psalm 51**

***"Then I will teach transgressors Your ways, and sinners shall be converted to You."***

**Psalm 51:13 NKJV**

After King David repented, received cleansing, and was renewed, he promised the Lord that he would, "teach transgressors Your ways". The word for "teach" in Hebrew is "tamad", the word for "transgressors" in Hebrew is "pasha", and the word for "ways" in Hebrew is "derek" which mean the following: (Strong's)

**"lamad"**

to learn. teach, exercise in

to learn

to teach

to be taught, be trained

**"pasha"**

to rebel, transgress, revolt

to rebel, revolt

to transgress

to be rebelled against

**"derek"**

way, road, distance, journey, manner

road, way, path

journey

direction

manner, habit, way

of course of life (fig.)

of moral character

King David vowed to God that he would teach, instruct and train the ones who had rebelled, transgressed, revolted, or fallen back into the world, the unbelievers. The very thing in which David would train the unbelievers was in the moral character, manner, nature, habits and path of following God. David was promising that he would make the ways of God known to all unbelievers; so that they would follow God too. A sign of a heart of true repentance is one that is thankful for salvation, one that is given to telling others about the goodness and mercy of God. A sign of a heart of true repentance is one that is a witness of the saving grace of Jesus Christ.

---

**PRAYER:**

Heavenly Father, please forgive me, wash me, revive me, and restore me to the fullness of salvation.. I promise that I will live for You. I promise that I will be a witness of Your saving grace through the Blood of Jesus Christ. I promise I will teach others Your holy perfect ways. In the name of Jesus, amen.

---

**A Heart of True Repentance**  
**30 Day Discovery-Day 19**  
**A Study of Psalm 51**

*"And sinners shall be converted to You."* Psalm 51:13b NKJV

Not only was King David to teach the backsliders and sinners about the ways of God, but David also promised that he would convert those sinners back to the heart of the Lord. The word for "sinners" in Hebrew is "chatta" and the word for "convert" in Hebrew is "shuwb" which mean the following: (Strong's)

**"chatta"**  
sinners, sinful  
exposed to condemnation, reckoned as offenders

**"shuwb"**  
to return, turn back  
to turn back, return  
to turn back  
to return, come or go back  
to return unto, go back, come back  
of dying  
of human relations (fig)  
of spiritual relations (fig)  
to turn back (from God), apostatise  
to turn away (of God)  
to turn back (to God), repent  
turn back (from evil)

Because he was forgiven, cleansed, and restored, King David now had a heart to win the lost! A heart of true repentance desires to reach out to the lost and unsaved world, trying to turn their hearts to Jesus! It is the heart of the Father that NONE should perish, but that ALL should come into everlasting life in Christ Jesus. The Father's heart is for the entire world to know Him and accept His Son Jesus as their personal Savior. God created us and we are HIS! We are NOT OUR OWN! We are bought and paid for with a high price, the Blood of the Lamb. When you have a life-changing encounter with the Most High, you will desire the same things He desires, to win the lost of this world and restore them BACK TO HIM!

---

**PRAYER:**

Heavenly Father, please forgive me for all my selfish desires. Wash me clean with the precious, holy Blood of Jesus. Change my heart from selfish, worldly and evil desires.

**Give me a heart of true repentance, a heart to win the lost of this world and restore them back to YOU! In the name of Jesus, amen.**

---

## **A Heart of True Repentance**

**30 Day Discovery-Day 20**

**A Study of Psalm 51**

*"Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness." Psalm 51:14 NKJV*

The Word of God, the Bible, says, "The wages of sin is death." The price to pay for sin is death, or shedding of blood. When we sin, we cause our blood to become polluted with evil. The penalty to restore us back to purity and holiness is for a sacrifice of pure, holy blood (without sin) to die (or be shed) in our place. We need someone to die in our place who has uncontaminated blood. The only person who ever lived on the face of the earth who was without sin (who had uncontaminated blood) was and is JESUS CHRIST! He died on the cross for OUR SIN. He shed His Blood for US, to make us holy again in the sight of God the Father. The ONLY way to restore us back to right standing with God was through the death and shedding of pure, holy blood. The word "deliver" in Hebrew is "natsal", the word "blood" in Hebrew is "dam", the word "God" in Hebrew is "elohiym", and the word "salvation" in Hebrew is "teshuah" which mean the following: (Strong's)

### **"natsal"**

to snatch away, deliver, rescue, save, strip, plunder  
to tear oneself away, deliver oneself  
to be torn out or away, be delivered  
to strip off, spoil  
to deliver  
to take away, snatch away  
to rescue, recover  
to deliver (from enemies or troubles or death)  
to deliver from sin and guilt  
to be plucked out  
to strip oneself

### **"dam"**

blood (as that which when shed causes death) of man or an animal; by analogy, the juice of the grape; figuratively (especially in the plural) bloodshed (i.e. drops of blood):—blood(-y, -guiltiness), (-thirsty), + innocent

### **"elohiym"**

gods in the ordinary sense; but specifically used (in the plural thus, especially with the article) of the supreme God; occasionally applied by way of deference to magistrates; and sometimes as a superlative:—angels, exceeding, God (gods) (very) great, judges, mighty

**"teshuwah"**

**rescue (literal or figurative, persons, national or spiritual):**

**deliverance, help, safety, salvation, victory**

**King David was crying out for God, Elohim, the Just Judge of the universe to look upon the shed Blood of the Lamb, Jesus Christ, instead of his own blood which was polluted with sin. He was asking the divine magistrate and triune God to declare him innocent because of the SALVATION of the Son, Jesus Christ. Only through the death and Blood of Jesus are we declared innocent and can we receive the fullness of salvation. In Jesus alone do we walk in the fullness of restoration and salvation!**

---

**PRAYER:**

**Heavenly Father, I am crying out for mercy to the Just Judge of the universe. I am crying out for the Blood of the Lamb to speak on my behalf. Decree and declare me innocent because of the death and Blood of Jesus. Deliver me from my bloodguiltiness and make me pure and holy! In the name of Jesus, amen.**

---

## **A Heart of True Repentance**

**30 Day Discovery-Day 21**

**A Study of Psalm 51**

*"...and my tongue shall sing aloud of thy righteousness." Psalm 51:14b NKJV*

After King David sought deliverance from his bloodguiltiness, he promised the Lord that he would declare God's righteousness with singing. The word for "tongue" in Hebrew is "lashown", the word for "sing" in Hebrew is "raman", and the word for "righteousness" in Hebrew is "tsedaqah" which mean the following: (Strong's)

### **"lashown"**

tongue

tongue (of men)

tongue (literal)

tongue (organ of speech)

language

tongue (of animals)

tongue (of fire)

wedge, bay of sea (tongue-shaped)

### **"raman"**

to overcome

to be overcome

to cry out, shout for joy, give a ringing cry

to give a ringing cry (in joy, exaltation, distress)

to cry aloud (in summons, exhortation of wisdom)

to give a ringing cry (in joy, exultation, praise)

ringing cry, singing out (passive)

o cause to ring or sing out (for joy)

rejoicing (participle)

### **"tsedaqah"**

justice, righteousness

righteousness (in government)

of judge, ruler, king

of law

of Davidic king Messiah

righteousness (of God's attribute)

righteousness (in a case or cause)

righteousness, truthfulness

righteousness (as ethically right)

righteousness (as vindicated), justification, salvation

**of God  
prosperity (of people)  
righteous acts**

**Because of David's grateful heart toward God for restoring him back into intimacy with God, he promised he would cry out, shout for joy, sing out, praise and exalt the goodness of God. David was going to use his own tongue and mouth, even tongues of the fire of the Holy Spirit, to shout out the merciful ruling of the Just Judge of the universe. He was going to declare the kingdom, government, righteous acts, and salvation of the Lord! Whom the Son has made free, is free indeed! When you are truly set free from all sin and bondage of evil, you are excited, exuberant, and joyful in declaring the goodness of God. A heart of true repentance will be FREE to sing the praises of the Lord and declare His righteous acts to everyone!!**

---

**PRAYER:**

**Heavenly Father, You are the Just Judge of the universe. You are the one who sets us free from sin, evil, and worldliness by the power of the name and Blood of Jesus. Thank You for setting me free to exalt and praise Your Holy Name! I thank You! I praise You! I exalt You! I sing out Your righteousness to all generations! In the name of Jesus, amen.**

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**A Heart of True Repentance**  
**30 Day Discovery-Day 22**  
**A Study of Psalm 51**

*"O Lord, open my lips, and my mouth shall show forth Your praise."* Psalm 51:15 NKJV

In this verse in Psalm 51, King David was asking the Lord to "open my lips". The word "Lord" in Hebrew is "Adonay", the word "open" in Hebrew is "pathach", and the word "lips" in Hebrew is "saphah" which mean the following: (Strong's)

**"Adonay"**

my lord, lord  
of men  
of God

Lord - title, spoken in place of Yahweh in Jewish display of reverence

**"pathach"**

a primitive root; to open wide (literally or figuratively); specifically, to loosen, begin, plough, carve:—appear, break forth, draw (out), let go free, (en-) grave(-n), loose (self), (be, be set) open(-ing), put off, ungird, unstop, have vent

**"saphah"**

lip, language, speech, shore, bank, brink, brim, side, edge, border, binding  
lip (as body part)  
language  
edge, shore, bank (of cup, sea, river, etc)

David was asking the Lord, Adonay, in a reverential manner, to loosen, unstop, open wide, and break forth his speech and language, so he could praise and worship the Most High. The weight of oppression from sin and disobedience was now removed, and David wanted his mouth to be filled with exaltation of his King. The Word of God says that when we open our mouth, HE will fill it. As we yield to the Holy Spirit, He will loosen our lips and tongue to bring forth praises to our God. He will baptize us, fill us, and overflow in us with the language of the Spirit, praying the perfect prayer through us.

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**PRAYER:**

Heavenly Father, thank You for opening my mouth wide and filling my lips with the language of the Spirit to worship and praise You! Holy Spirit, baptize me, fill me, and overwhelm me so my mouth is filled with the language of the Holy Spirit, praising and exalting Your name forever! In the name of Jesus, amen.

**A Heart of True Repentance**  
**30 Day Discovery-Day 23**  
**A Study of Psalm 51**

*"And my mouth shall show forth Your praise."* Psalm 51:15b NKJV

King David was restored back into intimacy with the Lord through a heart of true repentance, and through the mercy and forgiveness of the Lord. Because David was so grateful for the mighty hand of God delivering him from his affliction, his desire was to exalt the name of the Lord and show forth His salvation to unbelievers. David was asking the Lord to open wide his mouth and then fill it with joy and praises to God. Then he said, "...my mouth shall show forth Your praise". The word for "mouth" in Hebrew is "peh", the word for "show forth" in Hebrew is "hagad", and the word for "name" in Hebrew is "tehillah" which mean the following: (Strong's)

**"peh"**

the mouth (as the means of blowing), whether literal or figurative (particularly speech); specifically edge, portion or side; adverbially (with preposition) according to:—accord(-ing as, -ing to), after, appointment, assent, collar, command(-ment), eat, edge, end, entry, file, hole, in, mind, mouth, part, portion, (should) say(-ing), sentence, skirt, sound, speech, spoken, talk, tenor, to, two-edged, wish, word.

**"nagad"**

stand boldly out opposite; by implication (causatively), to manifest; figuratively, to announce (always by word of mouth to one present); specifically, to expose, predict, explain, praise:—betray, × certainly, certify, declare(-ing), denounce, expound, × fully, messenger, plainly, profess, rehearse, report, shew (forth), speak, × surely, tell, utter.

**"tehillah"**

praise, song or hymn of praise  
praise, adoration, thanksgiving (paid to God)  
act of general or public praise  
praise-song (as title)  
praise (demanded by qualities or deeds or attributes of God)  
renown, fame, glory  
of Damascus, God  
object of praise, possessor of renown (fig)

King David had such a heart of gratitude toward God that his desire was to use his own mouth as an instrument to release sound, speech and commands to boldly announce, declare, profess and proclaim the adoration, renown, glory and fame of God. David's very being had gone through such a transformation from sorrow and

**grief to jubilation and gladness. He had gone from the unbearable weight of sin and separation from God, to the extreme uplifting of deliverance and salvation. DAVID HAD SOMETHING TO SHOUT ABOUT! HE WAS FREE! When we experience the authentic freedom from sin and death to purity and life, we will SHOUT! We will sing and we will dance for joy!**

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**PRAYER:**

**Heavenly Father, restore unto me the JOY of my salvation and renew a right spirit of jubilation and adoration for You in me. Fill me with the JOY of the LORD and cause me to sing and shout Your praises! In the name of Jesus, amen.**

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**A Heart of True Repentance**  
**30 Day Discovery-Day 24**  
**A Study of Psalm 51**

*"For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering."* Psalm 51:16 NKJV

As King David was being restored to intimacy with the Lord, he was declaring that if the Lord would open his mouth and fill it, David would declare God's glory to all the people. In verse sixteen of Psalm 51, David was reminding God that He, God, did not desire a sacrifice. The word for "desire" in Hebrew is "chaphets", the word for "sacrifice" in Hebrew is "shabach", and the word for "give" in Hebrew is "nathan" which mean the following: (Strong's)

**"chaphets"**

to incline to; by implication (literally but rarely) to bend; figuratively, to be pleased with, desire:—any at all, (have, take) delight, desire, favor, like, move, be (well) pleased, have pleasure, will, would

**"shabach"**

sacrifice  
sacrifices of righteousness  
sacrifices of strife  
sacrifices to dead things  
the covenant sacrifice  
the passover  
annual sacrifice  
thank offering

**"nathan"**

a primitive root; to give, used with greatest latitude of application (put, make, etc.):—add, apply, appoint, ascribe, assign, avenge, be (healed), bestow, bring (forth, hither), cast, cause, charge, come, commit, consider, count, cry, deliver (up), direct, distribute, do, doubtless, without fail, fasten, frame, get, give (forth, over, up), grant, hang (up), have, indeed, lay (unto charge, up), (give) leave, lend, let (out), lie, lift up, make, O that, occupy, offer, ordain, pay, perform, place, pour, print, pull, put (forth), recompense, render, requite, restore, send (out), set (forth), shew, shoot forth (up), sing, slander, strike, (sub-) mit, suffer, surely, take, thrust, trade, turn, utter, weep, willingly, withdraw, would (to) God, yield

King David was reminding God that He, God, was not pleased, favorable toward, or delighted with the need to make an animal sacrifice for the covering and forgiveness of sins. David continued to say that if sacrifices pleased God, then he, David, would

**willingly bestow, bring forth, render and deliver them to God. It does not please the Lord for us to sin and then bring Him a sacrifice to cover the sin. We do not make Him happy to live a life where we choose to sin. Sacrifices do not make God happy! Sacrifices do not appease Him! A heart to live for, love and obey Him makes Him happy! God is always after our hearts! He desires a person with a heart to love Him in and be in an intimate relationship with Him. A heart of true repentance is a heart to live holy before the Lord.**

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**PRAYER:**

**Heavenly Father, please forgive me for having a selfish heart to live for the things of this world and to live to satisfy the lust of the flesh. Lord, transform my heart and give me a heart to love You and You alone! Give me a heart to live a holy, pure life before You! In the name of Jesus, amen.**

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**A Heart of True Repentance**  
**30 Day Discovery-Day 25**  
**A Study of Psalm 51**

*"For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering." Psalm 51:16b NKJV*

Sin does not please God. Sacrifices for the forgiveness of sin do not please God. A heart to love, serve, and obey God pleases Him. As David was reminding God that He, God, did not desire sacrifice, he also stated that He, God, did not delight in burnt offerings. The word for "delight" in Hebrew is "ratsah" and the word for "burnt offering" in Hebrew is "olah" which mean the following: (Strong's)

**"ratsah"**

to be pleased with; specifically, to satisfy a debt:—(be) accept(-able), accomplish, set affection, approve, consent with, delight (self), enjoy, (be, have a) favour(-able), like, observe, pardon, (be, have, take) please(-ure), reconcile self

**"olah"**

a step or (collectively, stairs, as ascending); usually a holocaust (as going up in smoke):—ascent, burnt offering (sacrifice), go up to, what is laid on the altar for sacrifice

In the Old Testament a sacrificial lamb was required to be slain on the altar as atonement for sin. The Lord instated this process of redemption as a way for His people to be able to be restored back to Him in intimacy. Sin separates us from God. A sacrifice of blood restores us back to Him. God requires a blood sacrifice, but He does not delight in it. God does not take delight in, enjoy, or become pleased with the killing of an innocent animal. He does not desire for us to HAVE to make a sacrifice in the first place. We do not appease Him when He sees the smoke of the altar of sacrifice ascending to the heavenlies. God delights in us loving Him with all our heart, soul, mind, and strength. God delights in us as we delight in Him. His heart is for us to be in an intimate, loving relationship with Him; one in which we do not desire to do anything that would displease Him, because we love Him so much.

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**PRAYER:**

Heavenly Father, transform my heart to become a heart that loves You with all my mind, soul and strength! Give me a heart to love, serve and obey You. Give me a heart to desire holiness and purity. Purge my life from even the thought of sin. Help me to live for You and love You all the days of my life! In the name of Jesus, amen.

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## **A Heart of True Repentance**

**30 Day Discovery-Day 26**

**A Study of Psalm 51**

*"The sacrifices of God are a broken spirit, a broken and a contrite heart—These, O God, You will not despise." Psalm 51:17 NKJV*

As King David was petitioning God for restoration, he reminded God that He, God, did not desire His people to sin and have to bring a sacrifice. He, God, was not pleased or appeased with a sacrifice offering. Instead, God desires for us to have a heart to love, serve and obey Him out of an intimate relationship with Him. Animal sacrifices are not what touches the heart of God. In Psalm 51 verse seventeen, David reminds God that "the sacrifices of God are a broken spirit, a broken spirit and a contrite heart..." The word for "sacrifice " in Hebrew is "zabach", the word for "God" in Hebrew is "elohiym", the word for "broken" in Hebrew is "shabar", and the word for "spirit" in Hebrew is "ruwach" which mean the following: (Strong's)

### **"zabach"**

sacrifice

sacrifices of righteousness

sacrifices of strife

sacrifices to dead things

the covenant sacrifice

the passover

annual sacrifice

thank offering

### **"elohiym"**

gods in the ordinary sense; but specifically used (in the plural thus, especially with the article) of the supreme God; occasionally applied by way of deference to magistrates; and sometimes as a superlative:—angels, exceeding, God (gods) (-dess, -ly), (very) great, judges, mighty

### **"shabar"**

to break, break in pieces

break, break in or down, rend violently, wreck, crush, quench

to break, rupture (fig)

to be broken, be maimed, be crippled, be wrecked

to be broken, be crushed (fig)

to shatter, break

to cause to break out, bring to the birth

to be broken, be shattered

**"ruwach"**

wind, breath, mind, spirit

breath

wind

of heaven

quarter (of wind), side

breath of air

air, gas

vain, empty thing

spirit (as that which breathes quickly in animation or agitation)

spirit, animation, vivacity, vigor

courage

temper, anger

impatience, patience

spirit, disposition (as troubled, bitter, discontented)

disposition (of various kinds), unaccountable or uncontrollable impulse

prophetic spirit

spirit (of the living, breathing being in man and animals)

as gift, preserved by God, God's spirit, departing at death, disembodied being

spirit (as seat of emotion)

desire

sorrow, trouble

spirit

as seat or organ of mental acts

rarely of the will

as seat especially of moral character

The Lord God Almighty, the one true triune God, desires to have a people who will love Him with all their heart, soul, mind and strength. He desires to be in an intimate relationship with His people. The God of the universe, the Just Judge of the universe, does not desire for us to sin and NEED the blood of an animal sacrifice to restore us back to him. God desires for us to be holy as He is holy, to walk and talk with Him in unity and oneness as Jesus did. He desires for our hearts to be tender toward Him, always yielding to Him in all things. He desires for our spirit man to be in unity with the Holy Spirit resulting in our mind, will and emotions agreeing with God and His Truth.

---

**PRAYER:**

Heavenly Father, please let Your Holy Spirit breathe the breath of life into my spirit and cause me to have a heart to live a life fully yielded to You in all things. Break up the hardened soil of the garden of my heart and make it pliable to receive the love, joy, peace and truth of who You are. Give me a heart to love, serve and obey You with all my heart, soul, mind and strength. In the name of Jesus, amen.

## **A Heart of True Repentance**

**30 Day Discovery- Day 27**

**A Study of Psalm 51**

***"The sacrifices of God are a broken spirit, a broken and a contrite heart—These, O God, You will not despise."** Psalm 51:17b NKJV*

**Our heavenly Father loves us with an everlasting love. His desire for us is to walk with Him in intimacy, unity, and oneness as He did with Jesus while He was on the earth. Father God, desires for us to desire Him above all things. The sacrifices of God, the ones that He prefers, are a broken spirit and a contrite heart; "a broken and contrite Heart will You not despise". The word for "contrite" in Hebrew is "dakah", the word for "heart" in Hebrew is "leb", and the word for "despise" in Hebrew is "brazah" which mean the following: (Strong's)**

### **"dakah"**

**to crush, be crushed, be contrite, be broken  
to be crushed, collapse  
to be crushed, be contrite, be broken  
to crush down  
to crush to pieces**

### **"leb"**

**inner man, mind, will, heart, understanding  
inner part, midst  
midst (of things)  
heart (of man)  
soul, heart (of man)  
mind, knowledge, thinking, reflection, memory  
inclination, resolution, determination (of will)  
conscience  
heart (of moral character)  
as seat of appetites  
as seat of emotions and passions  
as seat of courage**

### **"brazah"**

**to despise, hold in contempt, disdain  
to despise, regard with contempt  
to be despised  
to be despicable  
to be vile, worthless  
to cause to despise**

**Elohim, the one true triune God, desires for us to be His! He does not want the world, the flesh, or the enemy to have a grip on us in any way. He desires for us to walk WITH HIM in holiness and purity. Our God does not desire for animals to be sacrificed on an altar to Him. Instead, He desires for our hearts to be given completely to Him. He desires for us to CHOOSE HIM. A broken and contrite heart is one that has been broken and tilled. All the cares, pleasantries and desires of this world are no longer important to a person with a broken and contrite heart. The only desire they have is to be completely HIS. Their very inner most being, their mind will and emotions, their appetites, emotions and passions are no longer for the things of this world; instead, all they desire is GOD! God does NOT despise a heart that is ON FIRE for Him. He does not have contempt for one who is in hot pursuit of His presence. In fact, God LOVES and is extremely passionate toward us. He is waiting for us to respond to Him with great passion and desire for Him.**

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**PRAYER:**

**Heavenly Father, I thank You that You love me passionately. I thank You for Your heart of love and desire to know me intimately. Take my heart and break it for YOU! Till up the fallow soil of the garden of my heart and fill me with Your passionate love. Overwhelm me with Your presence and glory. Change my heart and give me a heart to DESIRE YOU ALONE! In the name of Jesus, amen.**

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**A Heart of True Repentance**  
**30 Day Discovery-Day 28**  
**A Study of Psalm 51**

*"Do good in Your good pleasure to Zion; build the walls of Jerusalem."* Psalm 51:18  
NKJV

David's final prayer to the Lord was to ask Him to, "do good in Your good pleasure to Zion," and to "build the walls of Jerusalem". The word "good" in Hebrew is "yatab", the word "pleasure" in Hebrew is "ratsewn", the word "build" in Hebrew is "banah", and the word "walls" in Hebrew is "chowmah" which mean the following: (Strong's)

**"yatab"**

to be good, be pleasing, be well, be glad  
to be glad, be joyful  
to be well placed  
to be well for, be well with, go well with  
to be pleasing, be pleasing to  
to make glad, rejoice  
to do good to, deal well with  
to do well, do thoroughly  
to make a thing good or right or beautiful  
to do well, do right

**"ratsewn"**

pleasure, delight, favour, goodwill, acceptance, will  
goodwill, favour  
acceptance  
will, desire, pleasure, self-will

**"banah"**

build, build up builder , made, built again , repair,  
set up, have children, obtain children.

**"chowmah"**

to join; a wall of protection:—wall, walled

King David was interceding for the city of Jerusalem and for the people therein. He was crying out for God to bless and protect His people. David's heart had come full circle. He came back from a selfish sinful place of existence to having a heart for God's people. His focus was no longer on himself. He stepped back into the role of king, priest and leader over the people of God. His heart turned toward them and

**their benefit. David prayed that God would take pleasure in making Jerusalem and its inhabitants beautiful and upright before God. He prayed for God's favor to rest upon the holy city. He prayed for a wall of protection to be around the people of God and all the children of God. When a leader sins, the body usually become infected with sin and eventually is destroyed. So goes the head, so goes the body. But, when a leader truly repents from sin, the adverse effects of sin are averted. David did not want to see the people suffer for his sin. After he made complete repentance, he prayed for God's people. A heart of true repentance desires mercy and not judgment. A heart of true repentance desires restoration, healing and protection for others as well.**

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**PRAYER:**

**Heavenly Father, please forgive me for all my sins. Wash me clean with the precious, holy Blood of Jesus. Lord, restore me back to You. Lord, please eradicate the evil effects of sin from my life, the lives of my family members, and the people in my sphere of influence. Lord, please take pleasure in making us beautiful in YOU. Build up the walls of favor and protection around us. In the name of Jesus, amen.**

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**A Heart of True Repentance**  
**30 Day Discovery-Days 29-30**  
**A Study of Psalm 51**

*"Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar." Psalm 51:19 NKJV*

King David was a man after God's own heart. He had the favor of God, victory in battle, and the crown of the kingdom. Everything on earth that a man could desire was given to him. However, David allowed the lust of the eyes, the lust of the flesh, and the lust of the world to overtake him. He succumbed to temptation, and took another man's wife as his own. This sin of adultery caused a domino effect, resulting in David committing other sins as well. David paid a price for his sins, his family paid a price for his sins, and his kingdom paid a price for his sins. David's saving grace was that he had a heart of true repentance. He humbly bowed before Almighty God, confessed his sins, cried out for mercy, and begged for restoration back into intimacy with God. He asked the Lord to restore his heart. In Psalm 51:19, the Hebrew words are as follows: (Strong's)

**"chaphets"-"pleased"**

to delight in, take pleasure in, desire, be pleased with  
of men  
to take pleasure in, delight in  
to delight, desire, be pleased to do  
of God  
to delight in, have pleasure in  
to be pleased to do

**"zabach"-"sacrifice"**

sacrifice  
sacrifices of righteousness  
sacrifices of strife  
sacrifices to dead things  
the covenant sacrifice  
the passover  
annual sacrifice  
thank offering

**"tsedek"-"righteousness"**

justice, rightness, righteousness  
what is right or just or normal, rightness, justness (of weights and measures)  
righteousness (in government)  
of judges, rulers, kings

of law  
of Davidic king, Messiah  
of Jerusalem as seat of just government  
of God's attribute  
righteousness, justice (in case or cause)  
rightness (in speech)  
righteousness (as ethically right)  
righteousness (as vindicated), justification (in controversy), deliverance, victory,  
prosperity  
of God as covenant-keeping in redemption  
in name of Messianic king  
of people enjoying salvation  
of Cyrus

**"olah" - "offering"**  
whole burnt offering  
ascent, stairway, steps

**"alah" - "burnt offering"**  
to go up, ascend, climb  
to go up, ascend  
to meet, visit, follow, depart, withdraw, retreat  
to go up, come up (of animals)  
to spring up, grow, shoot forth (of vegetation)  
to go up, go up over, rise (of natural phenomenon)  
to come up (before God)  
to go up, go up over, extend (of boundary)  
to excel, be superior to  
to be taken up, be brought up, be taken away  
to take oneself away  
to be exalted

**"par" - "bullock"**  
a bullock (apparently as breaking forth in wild strength,  
or perhaps as dividing the hoof): (+ young) bull(-ock), calf, ox

After David had allowed God to restore him and after he had cried out for restoration, favor and protection for the people of God, David came to a conclusion. When we, God's people, cry out to God for mercy, forgiveness and restoration, we will receive ALL from God. The Lord desires our hearts! When our hearts are right before Him, it is a righteous sacrifice. In the New Testament, we are to offer "ourselves" as a living sacrifice unto the Lord. WE ARE THE SACRIFICE. Jesus made the ultimate sacrifice for us through laying down His life on the cross. He is the once and for all DEATH sacrifice. He paid the price of our sins with His death. Now, we

**offer up to the Lord our lives as a LIVING sacrifice. We LIVE for HIM and we willingly give our hearts and lives to Him. A heart of true repentance is one who decides to LIVE FOR JESUS!**

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**PRAYER:**

**Heavenly Father, I offer ourselves up to You as a living sacrifice. Take my life and use me for Your glory. Live in me and through me, revealing Your heart of love and life to the people of this world. Let me be a righteous sacrifice and sweet fragrance that ascends to Your throne. May my life be pleasing unto You and may I bring You glory all the days of my life. In the name of Jesus, amen.**

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