

LENT

A SEASON OF REFLECTION,
RENEWAL, AND PREPARATION

FAST FOCUS | WEDNESDAY, MARCH 9, 2022

Three C's to Remember

“Have mercy on me, O God, according to Your steadfast love, according to Your abundant mercy, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin, for I know my transgressions, and my sin is ever before me. Create in me a clean heart, O God, and put a new and right spirit within me.” ~Psalm 51:1-3, 10 (NRSV)

Psalm 51 is often a focus of reflection during the Lenten season. We are invited to walk with Jesus to the cross, vicariously experiencing with him all that He endured. The journey to the cross, by no means, was an easy one. For Jesus, it was a literal physically and psychologically painful journey. For us today, it is a journey of the heart, lived out in physical and spiritual ways. I believe that Psalm 51, attributed to David, helps us on our journey during this season.

David had sinned with Bathsheba. He is confronted by the prophet Nathan, which brings about the first “C” of this reflection: CONFRONTATION. David is forced to confront his actions as sin, not only against Bathsheba and Uriah, whom he was complicit in having murdered to cover up his sin, but mostly against God, the One he claimed to love, serve, cry to, call on, and trust.

After confronting his sin and yielding to the conviction of his heart, he then had to CONFESS, which is the second “C” of this reflection. To confess sin means to take ownership of our actions. David no longer tried to diminish or hide his sin. He labeled it as sin, transgression, and iniquity. He named it. He did not try to make excuses for it or blame anyone else. The sin was his and his alone.

After confronting and confessing his sin, David then invited God to CLEANSE him, which is the third “C” in this reflection. David realized that he could not cleanse himself. Only God, the one who knows the thoughts and intents of the heart, could make him truly clean. The Lenten season reminds me of what we used to do growing up - spring cleaning, which included hosing off the venetian blinds, washing walls, cleaning baseboards, wood paneling, and curtains; changing bedspreads and comforters; freshening and brightening up the house.

The Lenten journey is a journey of the heart. For it is the heart where we, like David must confront our sin and accept the conviction of the Holy Spirit. It is from the heart where we must truly confess our sin. And, it is from the heart that we must invite Jesus to cleanse us. David could not cleanse himself; neither can we. Salvation, the washing away of our sin, is the work accomplished on the cross and secured by the resurrection.

REFLECT: Reflect on Psalm 51:1-10.

REMEMBER: No sin is too big for God to forgive us. God promises in 1 John 1:9 that if we confess our sins, He is faithful and just to forgive us of our sins and to cleanse us from all unrighteousness.

REQUEST: Dear God, as I walk with you during this journey to the cross, I give you permission to search my heart, I yield to the conviction of the Holy Spirit as I confront my sin(s), I confess my sins before You, and I invite you to cleanse me, wash me, and create in me a clean heart and renew a right spirit in me. I yield, and I give you all the praise, glory, and honor. Thank you, Jesus, for making me new. Amen.

Submitted by: Dr. Deborah Carter

