



Praying the Blues



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Praying the blues is the process of being Honest to God with the negative stuff in our lives.

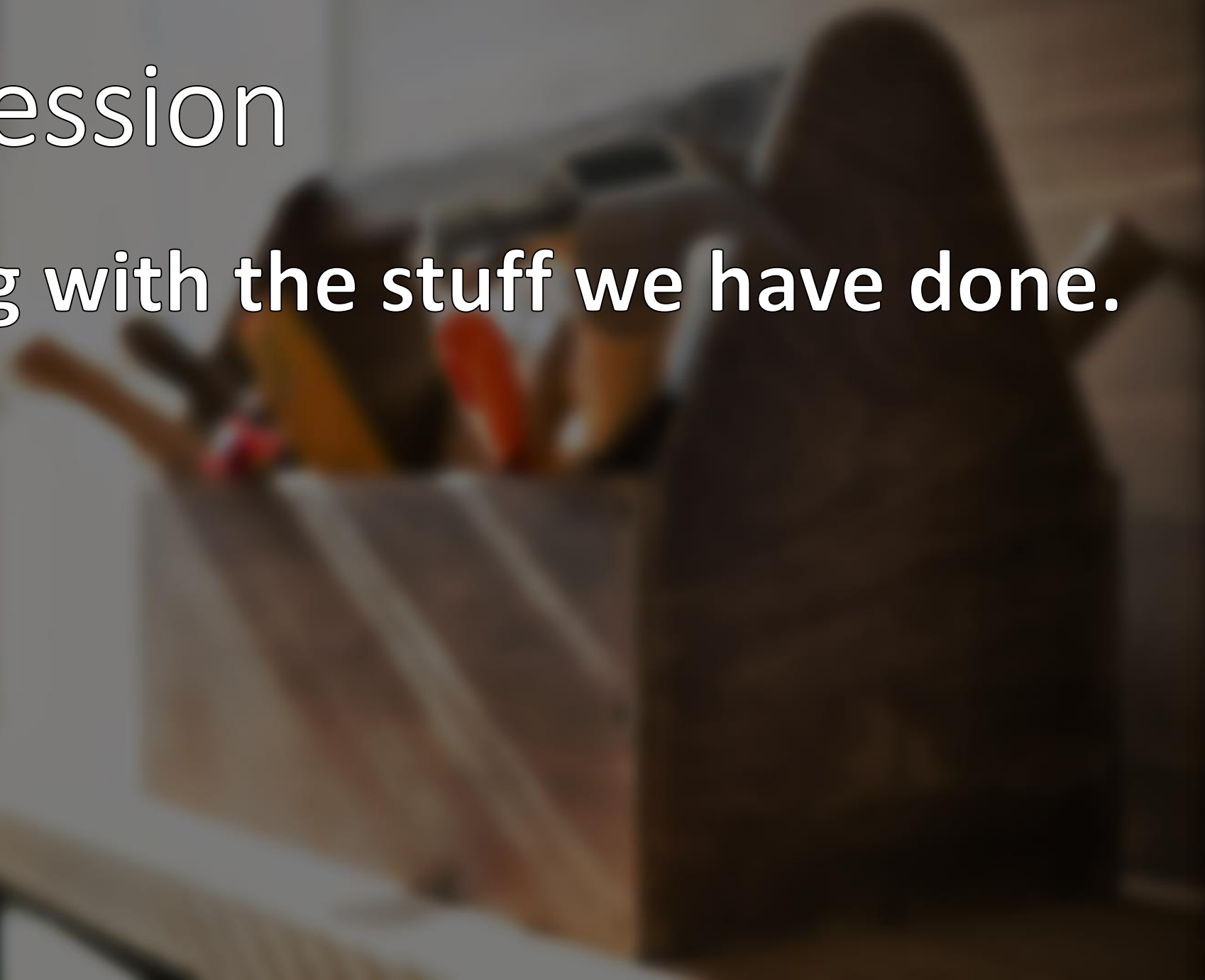
Praying the Blues

Praying the blues is the process of being Honest to God with the negative stuff in our lives.

- The stuff that we have done
- The stuff done to us

Confession

Dealing with the stuff we have done.



Confession

- The Christian life is supposed to be live with the normal rhythm of exhaling confession (and repentance) and inhaling forgiveness.

Confession

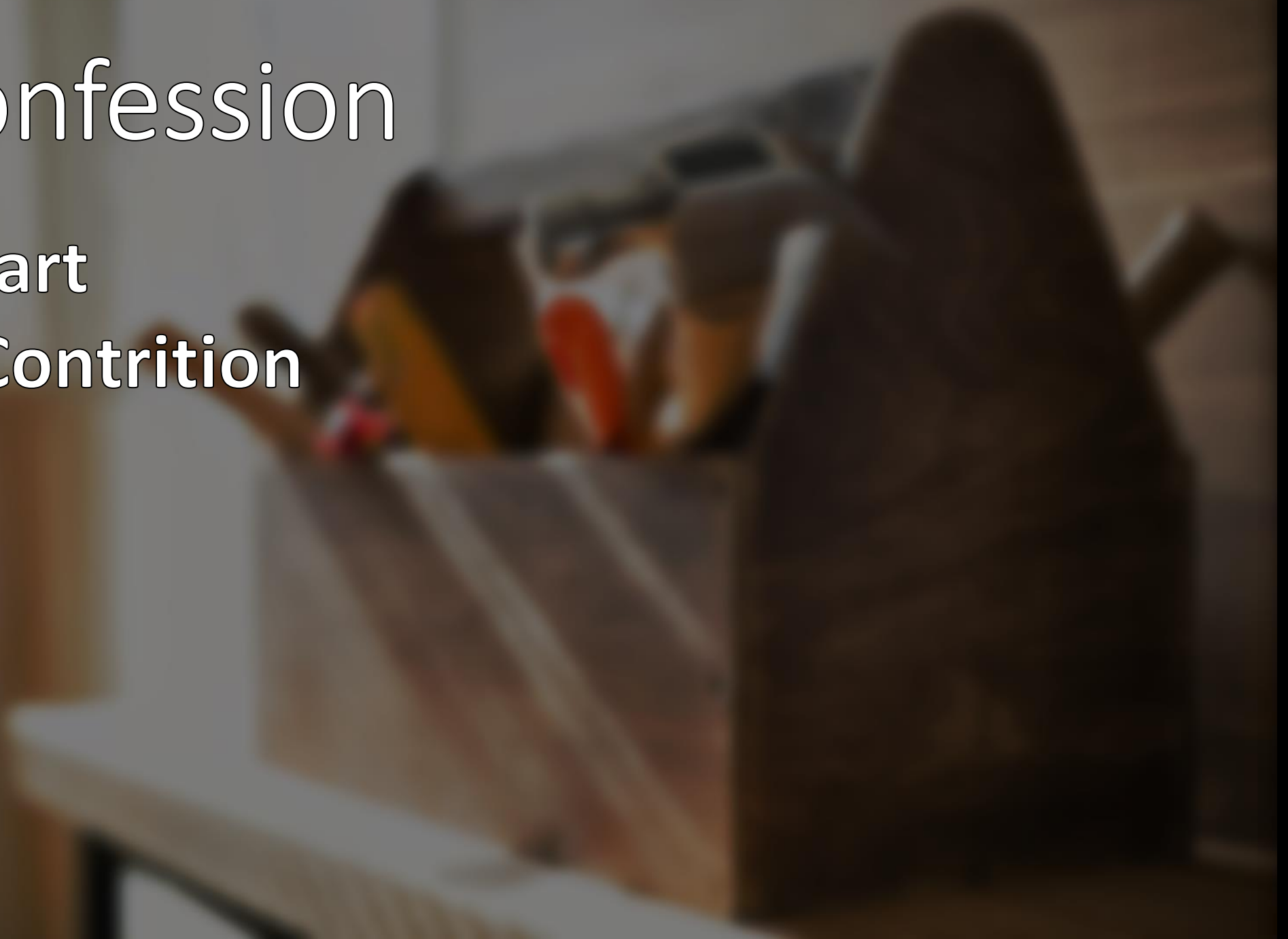
- The dimensions of confession and repentance
- Mind
- Heart
- Will

Confession

- Mind
 - Conviction of sin (guilt)
 - Mea culpa, mea culpa, mea maxima culpa...
 - “Yes, Lord, I Have Sinned: But I Have Several Excellent Excuses” by James W. Moore

Confession

- Heart
 - Contrition



Confession (repentance)

- Will
 - Reparation

Confession (repentance)

- Will
 - Reparation

Confession (repentance)

Lev. 5

¹⁶ They must make restitution for what they have failed to do in regard to the holy things, pay an additional penalty of a fifth of its value and give it all to the priest. The priest will make atonement for them with the ram as a guilt offering, and they will be forgiven.

Confession (repentance)

Lev 6.

- They must make restitution in full, add a fifth of the value to it and give it all to the owner on the day they present their guilt offering.

Confession (repentance)

2 Sam 12

⁵ David burned with anger against the man and said to Nathan, “As surely as the LORD lives, the man who did this must die! ⁶ He must pay for that lamb four times over, because he did such a thing and had no pity.”

Confession (repentance)

- Will
 - Reparation
 - Aversion

Confession

- *Felix culpa*



Psalm 51

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

Psalm 51

² Wash away all my iniquity
and cleanse me from my sin.

Psalm 51

**³ For I know my transgressions,
and my sin is always before me.**

Psalm 51

⁴ 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.

Psalm 51

**⁵ Surely I was sinful at birth,
sinful from the time my mother
conceived me.**

Psalm 51

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

Psalm 51

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

Psalm 51

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

Psalm 51

⁹ Hide your face from my sins
and blot out all my iniquity.

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

Psalm 51

**11 Do not cast me from your presence
or take your Holy Spirit from me.**

**12 Restore to me the joy of your
salvation
and grant me a willing spirit, to
sustain me.**

Psalm 51

**13 Then I will teach transgressors your ways,
so that sinners will turn back to you.**

Psalm 51

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

Psalm 51

**15 Open my lips, Lord,
and my mouth will declare your
praise.**

Psalm 51

¹⁶ You do not delight in sacrifice, or I
would bring it;
you do not take pleasure in burnt
offerings.

Psalm 51

**17 My sacrifice, O God, is a broken
spirit;
a broken and contrite heart
you, God, will not despise.**

Psalm 51

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

Psalm 51

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



Lament

Dealing with the stuff done to us.

Lament

- What Is It? (What it is not)
- How to do it?
- Is it okay?
- Why do it?

Lament

- All deep, healthy personal relationships are based on honesty and trust.
- Praying a lament is an act of being honest to God.
- It is a sign of trust.

Lament

- Wounds that are fully expressed and fully heard begin to lose their power over our lives.

Lament

- Psalm 109



Think about it

- Will you risk being Honest to God about your failures and your wounds?
- In what ways could your time of confession to God be more “complete”?
- What wounds do you tend to ignore or minimize in your prayers?

A brief exercise

