

3 Repent

When we have made mistakes or done something wrong, we can apologize, but there's more. If we truly feel sorry, then we regret the action and want to change our behavior. This is called *repentance* and it means changing direction or turning back, trying our best not to make the same mistake again. Poet and author Maya Angelou is credited with saying, "Now that I know better, I do better." This is the heart of repentance.

- Psalm 51 is a well-known prayer of King David when he asked for forgiveness and wanted to do better. Read Psalm 51:10 and make a picture of a heart with the words in or around the heart. Decorate the picture as you wish. Display it somewhere you will see it so you can be reminded of this prayer when you need to do better.

- The examen exercise is an ancient way of reviewing our day and seeing the highs and lows of the day: what went well, where did I stumble, how did I see God today, and what can I do better tomorrow? Pray As You Go is an app and website with an examen specifically written for families with children. You can access the recording at bit.ly/FMChildrenExamen.
- Talk together about different scenarios—ones that have happened to you or that you make up—when somebody does something wrong. Wonder how the person might feel and what they might do better next time.

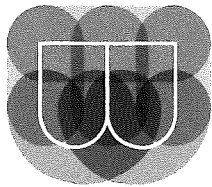
Create a pure heart in me, O God, and put a new and loyal spirit in me. Amen.

Cross out words as you find them in the puzzle. Write the remaining letters in order on the lines below to see what spiritual practice *repent* is part of.

F A U L T S C M
 O C L E A N S E
 N R J O Y L P R
 H E A R T O I C
 O A M E N Y R I
 L T F E S A I F
 Y E G O D L T U
 B R O K E N S L

AMEN	CREATE	HEART	LOYAL
BROKEN	FAULTS	HOLY	MERCIFUL
CLEAN	GOD	JOY	SPIRIT

CONFESS



BIBLE STORY

Based on Psalm 51:1–12, *Good News Translation*

¹Be merciful to me, O God, because of your constant love.

Because of your great mercy wipe away my sins!

²Wash away all my evil and make me clean from my sin!

³I recognize my faults; I am always conscious of my sins.

⁴I have sinned against you - only against you - and done what you consider evil. So you are right in judging me; you are justified in condemning me.

⁵I have been evil from the day I was born; from the time I was conceived, I have been sinful.

⁶Sincerity and truth are what you require; fill my mind with your wisdom.

⁷Remove my sin, and I will be clean; wash me, and I will be whiter than snow.

⁸Let me hear the sounds of joy and gladness; and though you have crushed me and broken me, I will be happy once again.

⁹Close your eyes to my sins and wipe out all my evil.

¹⁰Create a pure heart in me, O God, and put a new and loyal spirit in me.

¹¹Do not banish me from your presence; do not take your holy spirit away from me.

¹²Give me again the joy that comes from your salvation, and make me willing to obey you.

