What Is Contrition?

BMCF Messag 8/4/2023



Definitions

- •contrite (adjective) feeling or expressing remorse or penitence; affected by guilt.
 [Merriam-Webster Dictionary]
- **contrition** (noun) a very <u>sorry</u> or <u>guilty feeling</u> about something <u>bad</u> you have done, or the <u>act</u> of <u>showing</u> that you <u>feel</u> like this. [Cambridge Dictionary]

The Bible has a lot to say about contrition...but it uses the word very sparingly.

Here are the few verses where the word actually comes up.

Psa 34:18 [KJV] The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

Psa 34:18 [ESV] and saves the crushed in spirit.

Psa 51:17 [ESV] The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

(Isa 57:15) [ESV]

For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite.

(Isa 66:2) [ESV]

All these things my hand has made, and so all these things came to be, declares the LORD. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.

The best-known passage on contrition is Psalm 51. We will close by looking at that psalm,

But only after we get a fuller picture of the meaning of contrition.

Why do we hear so little about contrition?

1. In our natural fallen state we don't appreciate the place where contrition takes us.

2. In our self-centered and fallen world we are offered the very opposite of contrition: <u>pride</u>, and told we are broken if we don't buy it.

I'm sorry... did I say pride? What I meant was PRIDE!!

"Pride is celebrated in our world. People proudly flaunt their accomplishments, possessions, or qualities they deem admirable in expectation of praise." https://www.gotquestions.org/God-opposes-proud-gives-grace-humble.html

"The kind of pride that stems from self-righteousness or conceit is sin, however, and God hates it because it is a hindrance to seeking Him." [How much more must God hate the "pride" that is merely shorthand for one's sin-filled lifestyle? -CSW]

That kind of PRIDE!! is <u>unrepentant sin</u> and therefore <u>cannot</u> lead to contrition.

So getting back to reason #1:

In our natural fallen state we don't appreciate the place where contrition takes us.

Therefore, we have made several off-ramps, so we don't have to reach that undesired place—contrition.

The BIG Picture...

SIN

SIN

Regret

Remorse

Repentance

Contrition



"Sin is any want of conformity unto, or transgression of, the law of God."

[Shorter Catechism, A:14]

Sorrow

An emotion that <u>can</u> (but does not always) follow knowledge of one's sin.



Sorrow that does not get cancelled out.

Remorse

A gnawing distress arising from a sense of guilt for past wrongs. [Merriam-Webster]

Repentance

The fact of showing that you are very sorry for something bad you have done in the past, and wish that you had not done it.



Feeling or expressing remorse or penitence; affected by guilt.



Contrition is the end state of the sin/guilt continuum because, just as sin separates us from God, contrition brings us back.

Psa 34:18 The LORD is near to the brokenhearted and saves the crushed in spirit.

Our spirits can be crushed by guilt. But God will not leave us there.

Psa 51:17 [ESV] The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

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