



# REBUILD *this* TEMPLE

DAY 7

S A T U R D A Y , M A R C H 1 5 , 2 0 2 5

## **A HEALTHY VIEW OF CONTRITION**

Contrition is much more than guilt. True contrition is about relationship. Authentic contrition is the key to reconciliation and is deeply rooted in the love that defines our connection with our Creator. It's vital to understand contrition not simply as self-reproach but as an expression of sincere grief over how our actions affect the One who loves us unconditionally.

Our faith is not simply a set of doctrines but a living, breathing relationship with God. At the heart of this relationship is love – an all-encompassing love that God extends to us without reservation. In turn, our call is to respond to this divine love with all our heart, mind, and soul. Sin, then, is not merely rule-breaking but the failure to love as we should. It is a crack in the fabric of our relationship with God.

Too often, our first response to sin is disappointment in ourselves. We look inward, filled with regret and shame for not living up to the standards we set for ourselves or the expectations we perceive others might have. This self-directed contrition is understandable, yet it remains incomplete. It is centered on how we have failed in our eyes, rather than reflecting on our relationship with God. While remorse and a desire for self-improvement are natural, they do not reach the depths of true contrition.

True contrition shifts the focus from ourselves to God, and acknowledges the sorrow we feel for having wounded not only ourselves but more importantly, the heart of God. To illuminate this, consider the human experience of truly hurting someone you deeply love. Imagine disappointing a close friend or family member—someone who has always been there for you, offering love and support without condition. The genuine sorrow you experience does not just spring from self-disappointment; it is steeped in the understanding that your actions have hurt someone you cherish. This awareness invariably deepens your contrition.

Our relationship with God functions similarly, yet on a more profound scale. God is our ultimate beloved, whose love for us surpasses human understanding. When we sin, it is not only about our failure but about grieving a God who has chosen to be in a loving relationship with us despite knowing our imperfections. True contrition arises when we fully grasp the extent of God's love and recognize our sins as violations of this love, prompting us to return to Him with hearts sincerely contrite.

Thus, we understand that contrition, born out of love, transcends mere self-reproach. It is a heartfelt grief over how our sins impact our relationship with God. By acknowledging the relational dimension of sin and repentance, we align our hearts with divine love, opening the way for healing and reconciliation.

## G O I N G D E E P E R

Take an extra 15 minutes for prayer today. Begin by re-reading Psalm 51 one last time. Read it once to familiarize yourself with the text. Then, read it a second time, slowing down to focus on the word or phrase that resonates with you. Read it a third time, again slowly, and see if the same word or phrase still speaks to you. Finally, ask yourself: "What is my attitude towards sin? How does my sin affect God?"