



Welcome to Women's Bible Study

A Ministry of Autumn Ridge Church

March 10, 2010
**The Heart's Cry
for Repentance**
Today's teaching lecture
from *Psalm 51* is by
Michelle Harris

Dear Friends,

We are now a few weeks into the season of Lent, which is meant to prepare our hearts for Good Friday and Easter. Our study today, *The Heart's Cry for Repentance*, comes from Psalm 51 – David's admission of his awful guilt before God for his sins of adultery and murder. It seems fitting that we are studying the subject of repentance today during the season of Lent.

Repentance is different than feeling badly about being caught, or terrible about the consequences. It is an experience both visceral and overwhelming of desperately wanting to be clean, and of never wanting to have a dirty conscience again.

One of the reasons I am not a good backpacker is that I keep trying to wash at every opportunity. To me there's nothing better than arriving in camp by mid-afternoon when it's still sunny enough to splash in a glacial lake or stream...the sensation of being clean after being sweaty and dusty for hours is wonderful. But that longing to be physically clean is only a glimpse of our soul's longing to be truly clean of a bad conscience before God. The gospel of John tells us that one of the roles that the Holy Spirit plays in our lives is to convict us of our sin. But the same Holy Spirit is also our comforter. It's painful, but the process works. When we go to Christ to become clean, by asking him to be our sin bearer and our conscience cleanser, we become clean indeed.

Don't ever forget that there is a remedy for all the bad things we've done in the past that remain on our consciences, tormenting us with the desire to be clean again. We can be, in Christ.

Your friend,

Gretchen Steer

ANNOUNCEMENTS

The Devoted Hearts annual women's conference is April 23-24, 2010, at Autumn Ridge. Tickets and registration are available through Christos BookCenter or online www.devotedheartsrochester.com. Tickets are \$39 until March 31 and \$44 after this date. Optional box lunch is an additional \$6. Buy 10 tickets and get one FREE! Consider attending with your small group.

Next Wednesday, March 17, Gretchen Steer will be speaking on The Heart's Cry of Exasperation, from Numbers 11:4-34.

All of our weekly materials are available at <http://autumnridgechurch.org/adult/women/womens-bible-study.html>. Or contact ARC Women's Ministry and WBS Administrative assistant Michelle Johnson at 288-8880 or marthatooh@hotmail.com or e-mail us at wbs@autumnridgechurch.org.

Inclement weather policy reminder: If the Rochester Public Schools are canceled or start late on any Wednesday, WBS AM AND PM are both cancelled for that day.

CHURCH CALENDAR:

- **March 14- 21, Sharing Hope** campaign commitment and celebration weekends.
- **Family Camp Registration** is currently taking place in the ministry center during weekend services. Dates for camp this year are July 31-Aug. 6. Please contact Mark Foley with any questions at 286-9245.
- **March 1-23 Pictures** for the new church directory take place in Timothy chapel.

If you are new to Women's Bible Study today, please visit us at the registration table so we can place you in a small group (AM) or at a table group (PM).

The Heart's Cry for Repentance

Psalm 51

Michelle Harris



1. Approach to God (v. 1-2)
2. Confession of sin (v. 3-6)
3. Appeal for cleansing (v. 7-9)
4. Desire for inward renewal (v. 10-12)
5. Promise to teach others (v. 13-17)
6. Concluding prayer (v. 18-19)

A Prayer of Confession and Repentance

*Almighty God,
we are unworthy
to come into your presence,
because of our many sins.
We do not deserve any grace
or mercy from you,
if you dealt with us as we deserve.
We have sinned against you,
O Lord, and we have
offended you.
And yet, O Lord,
as we acknowledge our sins
and offenses, so also
do we acknowledge you
to be a merciful God,
a loving and favorable Father,
to all who turn to you.
And so we humbly ask you,
for the sake of Christ your son,
to show mercy to us,
and forgive us all our offenses.
Forgive the sins of our youth,
and the sins of our old age.
By your Spirit, O God, take
possession of our hearts, so that,
not only the actions
of our life,
but also the words
of our mouths,
and the smallest thought
of our minds,
may be guided and
governed by you.
Through Jesus Christ our Lord,
to whom, with you and
the Holy Spirit,
be all honor and glory,
now and forever.
Amen.*

*(Adapted from John Knox's Liturgy of 1560
<http://www.reformedworship.com/conf.htm>)*