

Broken and Contrite Heart

*The LORD is near to those who have a broken heart,
And saves such as have a contrite spirit.—Psalm 34:18*

There can be many roots of a broken heart, a lost love, a wayward child, misunderstanding between friends, and exploitation at work. But as Christians we should have a broken heart over our sin.

When our hearts are broken over sin, it produces a contrite spirit, a feeling of sorrow and remorse over our failure to live up to God's expectations. Isaiah 57:15 reveals this message from God about who will dwell with Him, "*For thus says the High and Lofty One who inhabits eternity, whose name is Holy: I dwell in the high and holy place with him who has a contrite and humble spirit. . . .*"

God knows how prone we are to set our way and our desires above God's will. Our focus needs to be on how we can please the Lord with every moment of our day and follow in His path. When we sin, our hearts should be broken with true remorse. Satan would have us take sin lightly and even make excuses. God expects us to realize how we have hurt our Savior and repent with a contrite heart.

*So rend your heart, and not your garments; Return to the LORD your God . . .
—Joel 2:13*