



8/4/26

Here's a friend's description of the gospel ~ "Jesus is God's own son, sent to take on the weight of all our sins; He willingly went to the cross as the perfect sacrifice for our sins. God raised Him from the dead so that we might have the right to be called sons and daughters of God. He is our savior...He is our King. Jesus is the means to which we can be justified (made right) before our Father God." I love how we can get so many different people sharing the message of the gospel in their unique way of communicating, and yet the message is still the same. At the center of everything is Jesus... our Savior... our King... giving His life for us. How will you rehearse that truth to your heart today?

*Blessings,
Jonna*

Psalms 130 ~

In Matthew 5 Jesus gave "the Sermon on the Mount." He started with the beatitudes. The Be Attitudes. He basically said, "Those who have these attitudes will be blessed by God." One attitude He spoke of was about those who mourn. He said, "Blessed are those who mourn. For they shall be comforted." Scholars like Jerry Bridges speak of this particular mourning as grieving over our sin against God. Others say it's a "both/and grieving... BOTH grieving over my suffering AND grieving over my sin against God. In BOTH cases, Jesus said, "They will be comforted."

That's incredible. Jesus comforts me through the power of the Holy Spirit WHEN I GRIEVE OVER MY SIN AGAINST HIM!!! I NEED to know this!!! It's not that He comforts me when I sin and try to justify it. Then He needs to admonish me. But even then, Hebrews 12:6 says He admonishes His kids who He welcomes into His presence! And Proverbs 3:12 says He admonishes us like a father who delights in his son. Honestly, that blows my mind!!!! First, He sees my sin and admonishes me BECAUSE He delights in me and welcomes me. And then, when I recognize my sin, grieve over hurting my Dad who loves me, and confess it, He COMFORTS me!!! The Greek word means that He comforts me, not from a distance, but up close and personal,

close beside me. I am blown away by such a great love that He would not have a scowl on His face toward me, but He would have love on His face, a sweet smile with open arms, always ready to welcome me home.

I am mourning right now over my sin... not a sin that I've committed outwardly (though I often do that as well), but my inward thoughts that I know don't align with God's heart as I walk through a difficult situation. I'm so thankful and shocked that I can both mourn over the struggle AND over my sin thoughts as I walk through the struggle... and He comforts me. What kind of God would be so compassionate??? O Lord, please help me to embrace this!!!

Psalms 130 is a psalm of mourning over sin. I want to personalize this psalm to the Lord. I will turn to Him. I will complain to Him about my own grief over hurting Him. I will ask Him for help to overcome. I will trust Him even to comfort me... that's just so crazy! I will worship Him for such an incredible love that meets me even in my suffering because of my own sin.

Vs. 1-2 ~ "Out of the depths I cry to You, O LORD Yahweh! O Lord (Adonai, Master), hear my voice! Let Your ears be attentive to the voice of my pleas for mercy!"

My Father, from the depths of my soul I cry to You! Where else would I go? You know every detail of my heart, every detail of my circumstances. No one can speak truth and compassion to my heart like You can. You are my God and my Master. Please hear my voice!!! I will not be silent.

I will not just speak these words with my mind, but I will speak them to You out loud. I know that when I speak out loud, You've designed my brain so that it can calm my fears and anxieties better than when I speak to You in my mind. That's amazing.

This is what I will speak to You out loud... supplications... pleas for Your mercy, Your help... even over how I grieve You. I know from Your word that You hear me. But I still fear that You don't! Please receive my prayers, even though I don't deserve Your mercy. But isn't that what mercy is? Forgiveness and compassion that I don't deserve?

Vs. 3-4 ~ "If You, O LORD Yahweh, should mark iniquities, O Lord Adonai, who could stand? But with You there is forgiveness, that You may be feared."

Lord, if You kept track of all my sins, what hope would I have? My sin is like the pulp in orange juice! It's everywhere!!! Truly, no one could stand in Your presence without guilt if You were to hold our sins against us. O Lord, I need to believe this truth about You or I will be hopeless. I know my thoughts... You know them even better. You know how selfish I am. You know every arrogant thought. O Lord, if You held those against me... as I deserve... I could never stand in Your presence or even bow in Your presence.

I love the sweet words that come next... With You there IS forgiveness. You pardon me. You restore me. You welcome me into Your presence... that You may be feared... that I may be in

awe of You... that I may worship You. The sin I need to grieve over the most is that I've believed lies about You. I've believed that You are disgusted with me, that I live between walls that close in every time I do, say, or think something wrong. But that's not Your heart. O Lord, please forgive me for putting on You what man does. Man holds grudges. Man accuses. You don't.

Vs. 5-6 ~ "I wait for the LORD Yahweh, my soul waits, and in His word I hope; my soul waits for the Lord Adonai more than watchmen for the morning, more than watchmen for the morning."

O Lord, my God and my Master, my Father, my Savior, my Friend, my Helper, my Comforter... I wait for You. I look to You. I put my hope in You. Your word is my hope. I will NOT believe my feelings over Your word. I will not believe the words of any man that don't align with Your word. When I am struggling... when my feelings accuse me as they so often do... I will hold fast to what YOU say. I have it all in writing... so many passages of Your mercy and compassion and grace. I will cry out to You to be my comfort. You are so willing. I will rely on You to lead me, to bring the sunrise of Your love to my soul, of Your mercy that is new every morning. I will release my sin to You AND my guilt. I will welcome Your comfort and forgiveness as I welcome a new day when I see the beauty of Your sunrise.

Vs. 7-8 ~ "O Israel, hope in the LORD! For with the LORD there is steadfast love, and with Him is plentiful redemption. And He will redeem Israel from all his iniquities."

I will speak truth to my soul. O Jonna... Hope in your Lord! Wait for Him. Confidently expect Him to do exactly what He says He will do. He never changes. He never breaks a promise. Not one. The Hebrew transliteration says, "LOOK with hope." O Lord, I will open my eyes and look to You, not to my feelings, not to my circumstances. And this is what I will find every single time... With You there is steadfast love, covenant loyalty love, loving devotion. How is that possible??? You are devoted to me in love! That blows my mind! And it's true!!!

With You there is plentiful redemption. You redeem me. You deliver me from myself... abundantly, over and over again. Micah 7:18 says, "You do not stay angry forever because You delight in steadfast love. You will AGAIN have compassion on me." You redeem, ransom, rescue me from ALL my guilt again and again. O Lord, You rescue me from myself!!!

I have so much hope as I see pray this psalm. I know I'll need to pray it again because I know my spirit will be weary again... and I trust that You will be there to comfort me again, because You never leave me.

O Lord, I turn to You because You are my hope.

I cry and complain to You because I grieve over my guilt.

I ask You for mercy, even for Your comfort. Please remind me yet again that You hold no grudge against me.

I trust that You truly do forgive me, that You truly do love me unconditionally, that Your promise of redemption and rescue and forgiveness is absolute.

I praise You for being so faithful and kind and compassionate and merciful. I'm so grateful. I praise You that 1 John 1:9 says that You not only forgive me for my sins against You, but You also cleanse me from my unrighteousness. Hebrews 12 says that You disciple me in love so that I can share Your holiness and have the peaceful fruit of righteousness. Philippians 1:6 says that You WILL carry on the work You're doing in me until You take me home With You. 2 Corinthians 3:18 says the work You're doing in me is transforming me to be like Jesus.

O Lord, knowing that You're doing this work in me, not to condemn me but to transform me because You love me, is everything. I absolutely put my hope in Your word. I absolutely choose today, this moment, and every moment after this, to trust Your word and not my feelings... to wait for You in faith and not cower from You in fear. I love You. Thank You.