

Kingdom Prayer of Confession or Penitence

Paradoxes (The Valley of Vision)

O Changeless God,
Under the conviction of Thy Spirit I learn that
the more I do, the worse I am,
the more I know, the less I know,
the more holiness I have, the more sinful I am,
the more I love, the more there is to love.
O wretched man that I am!
O Lord, I have a wild heart,
and cannot stand before Thee;
I am like a bird before a man.
How little I love Thy truth and ways!
I neglect prayer,
by thinking I have prayed enough and earnestly,
by knowing Thou hast saved my soul.
Of all hypocrites, grant that I may not be
an evangelical hypocrite,
who sins more safely because grace abounds,
who tells his lusts that Christ's blood cleanseth them,
who reasons that God cannot cast him into hell,
for he is saved,
who loves evangelical preaching, churches,
Christians, but lives unholily.
My mind is a bucket without a bottom,
with no spiritual understanding,
no desire for the Lord's Day,
ever learning but never reaching the truth,
always at the gospel-well but never holding water.
My conscience is without conviction or contrition,
with nothing to repent of.
My will is without power of decision or resolution.
My heart is without affection, and full of leaks.
My memory has no retention, so I forget easily the lessons learned,
and Thy truths seep away.
Give me a broken heart that yet carries home the water of Grace.

Help – First, if the thys, thous, cleanseths, etc., hinder your praying, update the language to suit your preference. That seems like a lot of work, so try reading

the prayer, changing the words as you get to them. You'll be surprised at how good you get at doing it.

Read the prayer slowly, concentrating on each line, and meditate on how the words and meaning relate to you, your sin and your experience. Pray that God will reveal your sin to you, and give you a repentant spirit so you will immediately grieve over the transgression and ask for forgiveness, rather than run and hide in shame as did our first parents. Or worse, to neglect repentance until shame doesn't even accompany your sin anymore.

Pray that God will teach you to obey, ask Him to reduce the frequency and severity of the sins you commit. Remember that God knows every sin, so you are free to be completely honest with Him. Plead that He will change you...He wants to, after all.

Feel free to change the prayer to fit your need and your sin. Write it down, pray it often. When your need changes, change the prayer. Thank God for saving your soul, for saving you from certain, eternal torment in hell. That's what you deserve, that's what we all deserve. Praise His name!