**Zoom Class: A Broken and Contrite Heart—2/28/2021**

1. Read 1 John 2:1. What reason does John give for writing this epistle?
   1. “My little children, these things I write to you, **so that you may not sin**.”
2. According to Hebrews 12:4, to what length should we go in striving against sin?
   1. “You have not yet resisted to the point of bloodshed in your striving against sin” (NAS).
   2. So we fight against sin even if we have to give our lives in doing so.
3. But who among us has not sinned? 1 John 1:8, 10.
   1. “If we say that we have no sin, we deceive ourselves, and the truth is not in us” (8).
   2. “If we say that we have not sinned, we make Him a liar, and His word is not in us” (10).
   3. Remember, this is written to Christians.
4. What kind of heart should we have, then, when we do sin? What kind of heart is necessary to receive forgiveness? Psalms 34:18; 51:16-17; Isaiah 57:15-18; 66:1-2.
   1. Read the passages.
   2. Broken and contrite heart, contrite and humble spirit, poor and contrite spirit.
5. This broken and contrite heart, or poor and contrite heart—how would you define it? Can you think of any other Biblical terms that describe this same kind of heart?
   1. Broken is from the Hebrew word, shabar (shaw-bar`), meaning to burst or break (down, off, in pieces, up), crush, destroy.
   2. Contrite is from the Hebrew word, dakka, meaning crushed (literally powder)
   3. “My strength fails because of my iniquity, and my bones waste away” (Psalms 31:10).
   4. “Make me hear joy and gladness, that the bones You have broken may rejoice” (Psalms 51:8).
   5. Godly sorrow (2 Corinthians 7:6-11).
   6. Matthew 5:3-4.
6. Society does NOT exactly encourage this kind of heart or mindset. Can you think of any attitudes toward sin, or teaching about sin that might discourage people from having this kind of heart?
   1. Don’t want people to feel guilty. Self-esteem the end all be all.
   2. Less offensive labels for sin.
   3. Grace “covers” all my sin. Sees His righteousness when I sin.
   4. Don’t judge me.
7. Give reasons why we should be broken and contrite about our sin, why we should be “crushed in spirit” (Psalms 34:18, ESV)? Think about both the nature of sin and its consequences.
   1. “I have rebelled against your authority.”
   2. “I have betrayed your love.”
   3. “I have denied the purpose for which you created me.”
   4. “I have brought dishonor to your name.”
   5. It’s “godly sorrow,” because first and foremost, it’s an offense against God.
8. Can you find any examples in the Bible of people with a broken and contrite heart?
   1. Josiah (2 Chronicles 34:26-27).
   2. Manasseh (2 Chronicles 33:9-13).
   3. Sinful woman (Luke 7:36-50).
   4. Prodigal son (Luke 15:11-32).
   5. Contrast in Luke 18:9-14.
9. What is the opposite of a broken and contrite heart? How does the Bible describe it?
   1. Romans 2:4-5; Revelation 3:17.
10. Based on behavior alone, we may look at two Christians and judge one to be strong and the other weak. Explain how in some cases God’s assessment may be just the opposite.
    1. God’s assessment may be just the opposite, because the “struggling Christian” may have a poor and contrite heart, whereas the “strong” one does not. The “struggling Christian” may not be doing as much good as the “strong” one, and presently he may even have a greater struggle with sin, but he knows his condition; he takes correction well; he’s always willing to repent; he humbly seeks forgiveness; and he strives diligently to get better every day. And that’s more than can be said for some “strong” Christians we know.