

## **Psalms of sorrow and sadness over my sin**

These 'penitential' psalms reflect the human heart's need and plea for God's mercy

### **1. Psalm 6**

Psalm 6:9 "The Lord has heard my cry for mercy; the Lord accepts my prayer."

### **2. Psalm 32**

Psalm 32:3-5 "When I kept silent, my bones wasted away ... then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord – and you forgave the guilt of my sin."

### **3. Psalm 38**

Psalm 38:4 "My guilt has overwhelmed me like a burden too heavy to bear."

### **4. Psalm 51**

Psalm 51:1 "Have mercy on me, O God .."

Psalm 51:2 "Wash away all my iniquity and cleanse me from my sin."

Psalm 51:4 "Against you, you only, have I sinned and done what is evil in your sight."

Psalm 51:7 "Cleanse me ..."

Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."

Psalm 51:12 "Restore to me the joy of your salvation ..."

Psalm 51:13 "Then I will teach transgressors your ways ..."

### **5. Psalm 102**

Psalm 102:11-13 "My days are like the evening shadow; I wither like grass ... You will arise and have compassion on Zion."

### **6. Psalm 130**

Psalm 130:3-4 "If you, O Lord, kept a record of sins, O Lord, who could stand? But with you there is forgiveness; therefore you are feared."

### **7. Psalm 143**

Psalm 143: 1 "O Lord, hear my prayer; listen to my cry for mercy; in your faithfulness and righteousness come to my relief."