

# A Contrite Heart

The sacrifices of God are a broken spirit: a broken and a **contrite heart**, O God, thou wilt not despise.  
Psalms 51:17

**Contrite:** “Literally, worn or bruised. Hence, broken-hearted for sin; deeply affected with grief and sorrow for having offended God; humble; penitent; as a *contrite* sinner.” (Webster’s 1828)

A contrite heart is a broken heart before the Lord. It refers to one who is humble and sorry to God for his sin. “For **godly sorrow** worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.” (2 Corinthians 7:10)

A broken and contrite heart is the opposite of a proud and arrogant heart. A person should have a broken heart because of his ugly sin against the holy God. Sin is a great offense against our caring Lord and it should greatly displease us as well. Although we can receive forgiveness as we confess our sins (1 John 1:9), we should be sorrowful that we have brought grief to our Lord. “And **grieve not** the holy Spirit of God, whereby ye are sealed unto the day of redemption.” (Eph. 4:30)

Isaiah teaches us: “For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; **I dwell in the high and holy place, with him also that is of a contrite and humble spirit**, to revive the spirit of the humble, and to revive the heart of the contrite ones (Isaiah 57:15) The Holy God receives the humble one who approaches him with reverence.

God is not looking for one who is proud. He will cleanse and revive the ones who have a contrite heart. May we examine our hearts as we approach the most high God.

For all those things hath mine hand made, and all those things have been, saith the LORD: **but to this man will I look, even to him that is poor and of a contrite spirit**, and trembleth at my word. Isaiah 66:2

James Utter

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