

## Types of Prayer from the Bible

### Week 3 – REPENTANCE / CONTRITION

The sixth type of prayer is contrition. Contrition is the feeling of remorse and the desire to repent of sin. You are probably familiar with prayers like this, which ask God for forgiveness for things we have done. They are essential prayers that allow us to confess our wrongdoing and reconnect with our forgiving Heavenly Father. Psalm 51 tells us that when we mess up, God desires “a broken and contrite heart” from us. Check out these three prayers from the Bible for examples of prayers of contrition or asking for forgiveness.

#### [Psalm 51:1-4](#)

*“Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.”*

#### [Luke 18:9-14](#)

*“[Jesus] also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: ‘Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you; this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”*

#### [Psalm 32:1-5](#)

*“Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the Lord,’ and you forgave the iniquity of my sin.”*

### Application

It’s often difficult to admit that we have made mistakes or sinned. God already knows every nuance of you, your day, and what you have thought or done. When you bring those things to Him, He offers you forgiveness and freedom from them. Take a few moments to think through your day and week. Are there things for which you need to ask forgiveness? Are there unresolved things from your past that you want God to forgive?