

Create in me a clean heart, O God, and put a new and right spirit within me.” (Ps 51:10)



This sentence is part of a psalm. The psalms are sacred Hebrew hymns contained in the Bible.



This particular verse is taken from Psalm 51 which is called “the psalm of repentance.”



King David was **sincerely sorry** for taking Bathsheba as his wife and for killing her husband, Uriah.

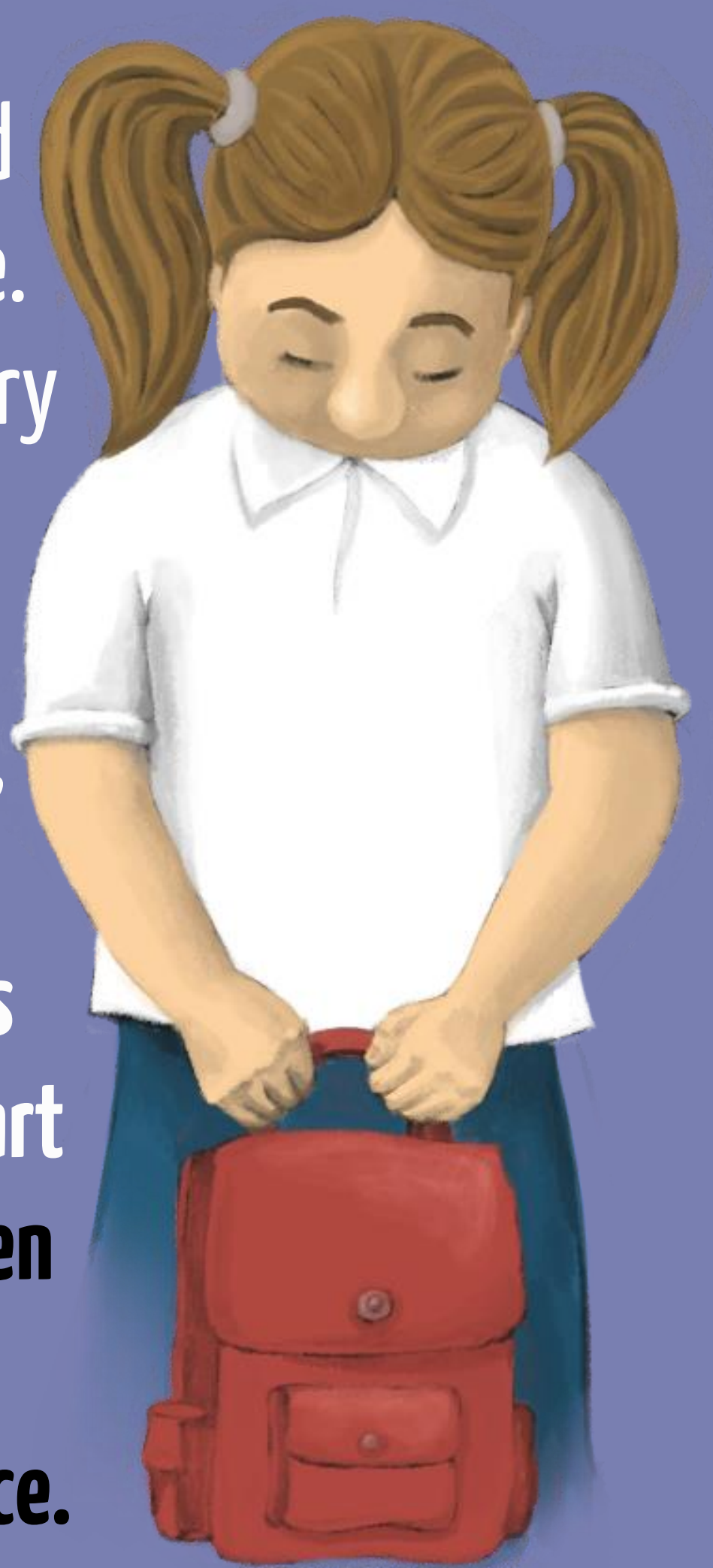
He asked God to pardon him, knowing that only God could give him a “**pure heart.**”

“**Forgiveness does not mean** (...) that you don’t want to face a situation (...); it doesn’t mean saying something is not important when it’s really serious, or that something evil is good. (...)”

“**Forgiveness is a conscious act of the will** and therefore, a free act. It consists in accepting our neighbors as they are (...), as **God accepts us sinners**, no matter what our failures.” [1].

When my teacher found out, I felt really guilty and ashamed of myself.

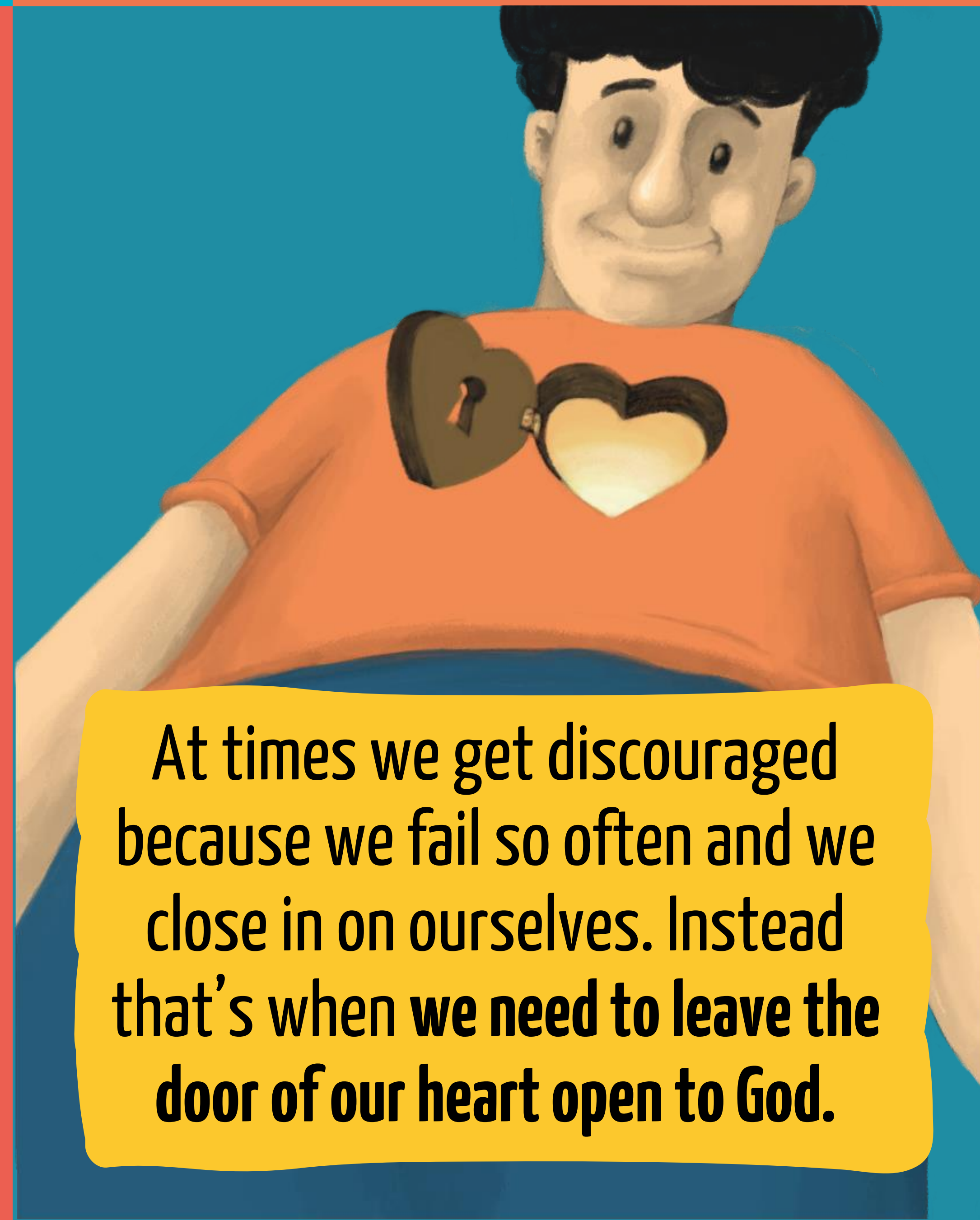
I told my parents, confessing everything and asking them to forgive me. Even though they were very disappointed in me, I felt better by admitting my fault. None of us is perfect, we all make mistakes, but the most important thing is to say you are sorry and start over again. I learned to listen better to the voice of God who speaks in my conscience.



The first step is to recognize that we need God’s forgiveness and to totally trust in him.



At times we get discouraged because we fail so often and we close in on ourselves. Instead that’s when **we need to leave the door of our heart open to God.**



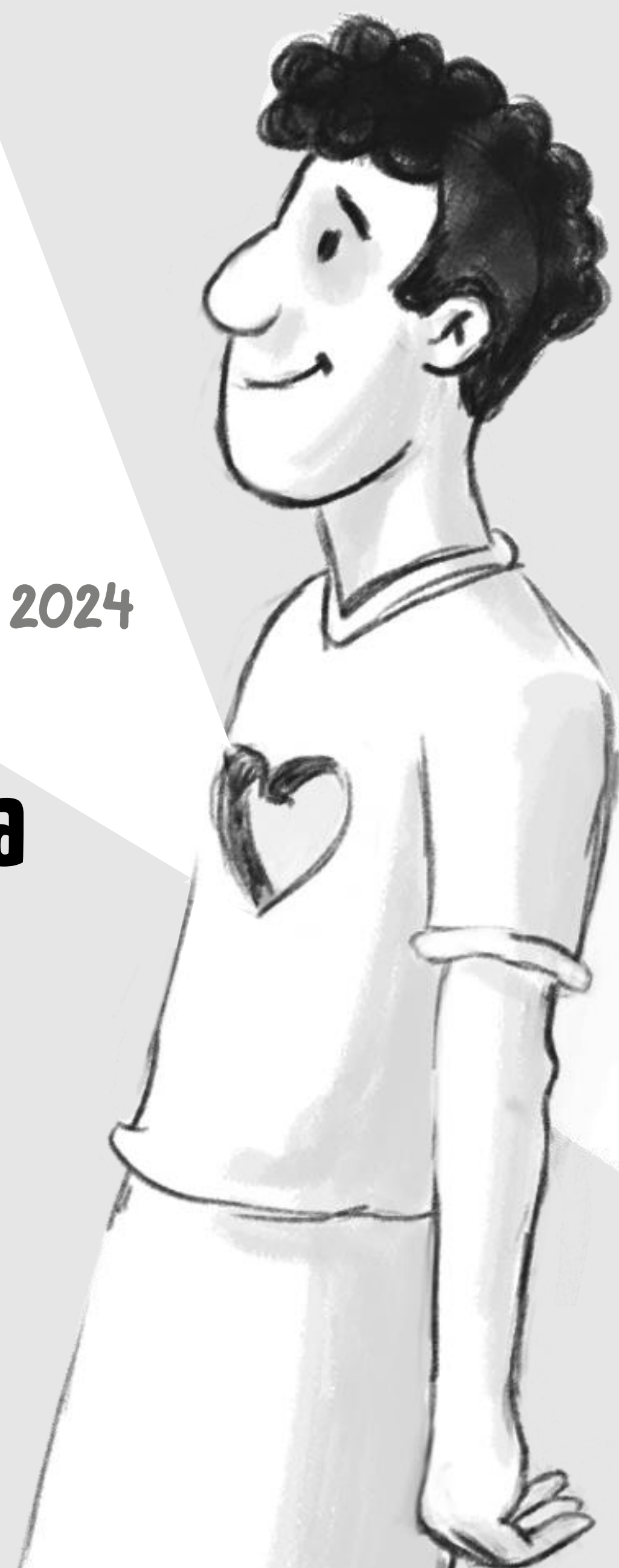
ALYSSA tells us:

My parents gave me permission to participate in a dance contest at my school on the condition that I would get good grades on my report card. I had to dedicate a lot of time to dance practices **and I was so stressed out that I decided to cheat on a test.**



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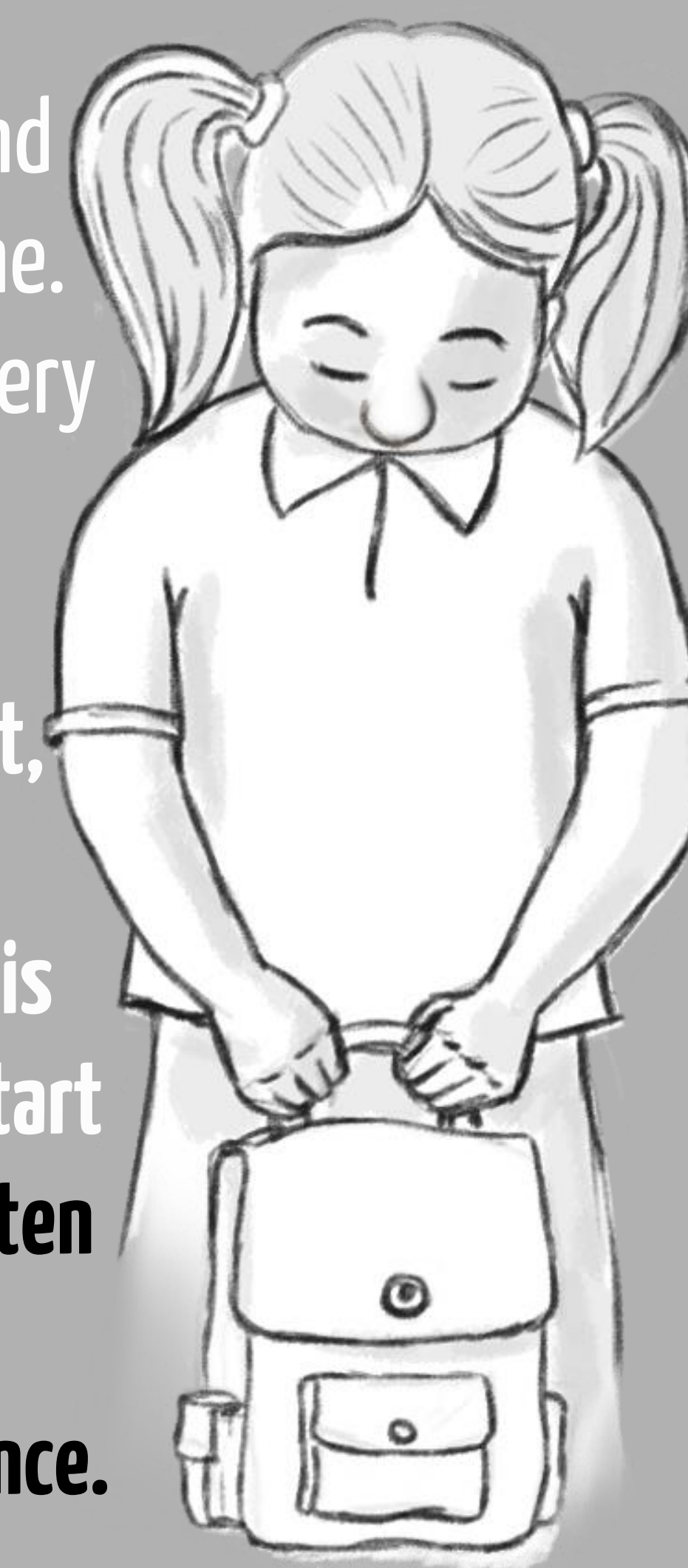
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1. Chiara Lubich, Word of Life, September 1999