



Christian Prayer of Repentance

This sample prayer is not intended to be repeated as your own personal prayer; rather it is simply an illustration of what God looks for in a heart that repents. True penitence and repentance is not found in syntax—but in the heart, in the soul, and in the mind.

Lord Jesus, please help me.

I confess that I have not lived up to all that I promised when I first gave you my life. You were so gracious to save such a gross sinner, by washing away my sins and giving me a new life. But I grew careless and worldly.¹ I stopped going the way of the cross,² choosing rather to enjoy the pleasures of sin for a season.³ You did so much for me and I repaid you with the utmost ingratitude—for which I am truly sorry.⁴ Lord, please forgive me.⁵

Examine me now. Search my heart and reveal any wickedness so that I may confess it and repent.⁶ And if you reveal something sinful or worldly that I don't feel the slightest pang of guilt about, then break me—that I may become contrite over that which has offended you.⁷ I want to love the things that you love, and hate the things that you hate.⁸ Lord, please lead me back to your Love.⁹

I desire to do good, yet the power to perform it I find not.¹⁰ Again and again stumble and fall. And as much as I try I cannot live a holy life—without which no one shall see God.¹¹ Oh, who can deliver me from such a death?¹² Truly this is not the life you intended that I should live.¹³ I believed in you as my Savior from the consequences of sin. But I never fully comprehended you a Savior who keeps me from sinning.¹⁴ I regarded sin as something I had to resign myself to live with while in this mortal body. Total deliverance was unreal to me.¹⁵ Lord, please help my unbelief.¹⁶

Lord Jesus Christ, I believe that your work on the cross was not only to forgive my sin,¹⁷ but also to keep me from sinning.¹⁸ In faith I call upon you to take away my sinfulness, that is—help me to stop sinning. Give me the victorious Christian life that I've always dreamed about and hungered after.¹⁹ Give me the Holy Spirit,²⁰ so that these spiritually dry veins may be infused with your life, your purity and your holiness—yea, even joy—in the midst of my most challenging trials. From this day forward I receive all trials as coming from your hand alone—specially designed for my best good.²¹ I do not ask that you remove them. I only ask that you help me through them—without my sinning against you or others. And as I go through each trial, let your praises be forever on my lips.²² Lord, please keep me faithful even as you sift me.²³

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Lord, I want to come back to my First Love—in full consecration.**24** I want to spend my days walking in holiness and obedience to your ways.**25** I want to spend my nights in loving, intimate fellowship with you,**26** offering up spiritual songs, fervent prayers, and passionate worship—and all things that are worthy of a Most High God.**27** I want to devote the remainder of my years to the high calling which you have placed upon my life,**28** in serving you, and remaining faithful even in the midst of a sick and sin-filled world. Lord, please accept my offering.**29**

I believe your work on Calvary also includes my healing.**30** You took upon yourself my sickness as well as my sins, and nailed them to the cross.**31** And I thank you for your wonderful sacrifice. If sickness has come upon me through some as yet unconfessed sin, please show me that sin, so that I may immediately plead guilty and repent.**32** However if this sickness has come upon me for nothing I have done, please help me to be patient, and give me strength and faith to bear this trial—even if I may not understand the reason.**33** I come to you solely on your terms alone, and according to your Word alone. Lord, please heal me.

Lord Jesus, this day I give myself to you anew, and return to fulfill my part of our Covenant. Today I fully turn my back on sin and the world, and set my face like a flint toward you and the Kingdom of God.**34** And when through some weakness I stumble and fall, I remind you of your promise to never leave me or forsake me.**35** I trust you to pick me back up and recover me. For you know my frame, and you remember that I am dust.**36**

In faith I believe that you have heard and accepted all that I have spoken. And I know that I now have that for which I have prayed.**37** And when the enemy comes in subtly, to steal away my faith and confidence in you,**38** Lord Jesus, I will call upon you alone to help me, and strengthen me, so that I may steadfastly stand upon your most precious promises.**39**

Oh! Merciful Savior and God, hereafter I shall know you by the name *Jehovah-Shammah*—

...the God who hears me!**40**

NOTES & SCRIPTURES

Scriptures are from the King James Bible

1 Abstain from all appearance of evil. (1Th 5:22)

2 And he that taketh not his cross, and followeth after me, is not worthy of me. (Mat 10:38)

But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world. (Gal 6:14).

3 Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; (Heb 11:25)

4 For many walk, of whom I have told you often, and now tell you even weeping, *that they are* the enemies of the cross of Christ: (Phi 3:18)

For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death. (2Co 7:10)

5 If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness. (1Jn 1:9)

6 Search me, O God, and know my heart: try me, and know my thoughts: And see if *there be any* wicked way in me, and lead me in the way everlasting. (Psa 139:23-24)

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

8 I have found David the *son* of Jesse, a man after mine own heart, which shall fulfil all my will. (Act 13:22)

9 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. (2Ch 7:14)

10 For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but *how* to perform that which is good I find not. (Rom 7:18)

11 For God hath not called us unto uncleanness, but unto holiness. (1Th 4:7)

Follow peace with all *men*, and holiness, without which no man shall see the Lord: (Heb 12:14)

12 O wretched man that I am! who shall deliver me from the body of this death? (Rom 7:24)

13 According as his divine power hath given unto us all things that *pertain* unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. (2Pe 1:3-4)

14 Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them. (Heb 7:25)

And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do *them*. (Eze 36:27)

15 For sin shall not have dominion over you: for ye are not under the law, but under grace. (Rom 6:14)

Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: (Heb 4:6)

16 And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. (Mar 9:24)

17 The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world. (Joh 1:29)

18 Now unto him that is able to keep you from falling, and to present *you* faultless before the presence of his glory with exceeding joy, (Jud 1:24)

19 Blessed *are* they which do hunger and thirst after righteousness: for they shall be filled. (Mat 5:6)

20 And we are his witnesses of these things; and *so is* also the Holy Ghost, whom God hath given to them that obey him. (Act 5:32)

If ye then, being evil, know how to give good gifts unto your children: how much more shall *your* heavenly Father give the Holy Spirit to them that ask him? (Luk 11:13)

21 Thou speakest as one of the foolish women speaketh. What? shall we receive good at the hand

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of God, and shall we not receive evil? In all this did not Job sin with his lips. (Job 2:10)

22 My lips shall utter praise, when thou hast taught me thy statutes. (Psa 119:171)

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23 Though he slay me, yet will I trust in him: but I will maintain mine own ways before him. (Job 13:15)

And the Lord said, Simon, Simon, behold, Satan hath desired *to have* you, that he may sift *you* as wheat: But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren. (Luk 22:31-32)

24 And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. (Deu 6:5)

Nevertheless I have *somewhat* against thee, because thou hast left thy first love. Remember therefore from whence thou art fallen, and repent, and do the first works...To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God. (Rev 2:4-7)

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God. (Rom 12:1-2)

25 I shall not die, but live, and declare the works of the LORD. (Psa 118:17)

26 Ye are my friends, if ye do whatsoever I command you. (Joh 15:14)

27 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (Col 3:16)

28 I press toward the mark for the prize of the high calling of God in Christ Jesus. (Phil 3:14)

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

30 Unto you that fear my name shall the Sun of righteousness arise with healing in his wings. (Mal 4:2)

But he *was* wounded for our transgressions, *he was* bruised for our iniquities: the chastisement of our peace *was* upon him; and with his stripes we are healed. (Isa 53:5)

31 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. (1Pe 2:24)

32 If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness. (1Jn 1:9)

33 And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. (Joh 9:2-3)

34 The Lord GOD will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed. (Isa 50:7)

And it came to pass, when the time was come that he should be *received* up, he stedfastly set his face to go to Jerusalem, (Luk 9:51)

35 *Let your conversation be* without covetousness; and *be content* with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. (Heb 13:5)

36 For he knoweth our frame; he remembereth that we *are* dust. (Psa 103:14)

37 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*. (Mar 11:24)

38 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly. (Joh 10:10)

39 Submit yourselves therefore to God. Resist the devil, and he will flee from you. (Jas 4:7)

40 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. (2Ch 7:14)

Now know I that the LORD saveth his anointed; he will hear him from his holy heaven with the saving strength of his right hand. (Psa 20:6)