

**10-11-20**

**Be Attitudes to a Blessed Life: Be Contrite**  
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**Matthew 5:4 (ESV):** "Blessed are those who mourn, for they shall be comforted"

**Hebrews 1:9 (NLT):** "Therefore, O God, your God has anointed you, pouring out the oil of joy on you more than on anyone else."

**John 15:11 (ESV):** "These things I have spoken to you, that my joy may be in you, and that your joy may be full."

**Hebrews 5:7 (NIV 2011):** During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears...

**Isaiah 53:3 (ESV):** ...a man of sorrows and acquainted with grief...

**Acts 20:19 (NIV 2011):** "I served the Lord with great humility and with tears..."

**2 Corinthians 6:10 (NIV 2011):** sorrowful, yet always rejoicing...

**Psalms 119:136 (ESV):** My eyes shed streams of tears, because people do not keep your law.

**Genesis 6:5-6 (ESV):** The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually. And the Lord regretted that he had made man on the earth, and it grieved him to his heart.

**Three ways to partner with God for a contrite heart:**

**1. Repent of our hard-heartedness**

**Matthew 3:8 (ESV):** "Bear fruit in keeping with repentance."

**Romans 9:2 (NIV 2011):** I have great sorrow and unceasing anguish in my heart.

**2. Ask the Holy Spirit**

**2 Corinthians 5:17 (ESV):** Therefore, if anyone is in Christ, he is a new creation...

**Ezekiel 36:26-27 (NIV):** "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws."

**Acts 1:8 (ESV):** "But you will receive power when the Holy Spirit has come upon you..."

**3. Look at the cross daily!**