

## Contrite

**Psalm 33:19/34:18-The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.** (KJV)

The Lord is present to help those suffering from a broken heart and contrite spirit. Persons experiencing despair and great suffering have reason to hope in the Lord. Suffering and despair are overcome when turning to the Lord in faith and hope. There is always reason to hope in the Lord and never reason to yield to despair. The Lord Jesus Christ overcame the horrible crucifixion and rose from the dead. The darkness associated with Jesus' Crucifixion is replaced with Resurrection joy.

**Psalm 50:19/51:17-The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.** (KJV)

The believer does well to search deep within the heart and root out any animosity. Resentment, despondency and judging others have no place in the believer's heart. Hope increases as the believer prostrates before the Lord in prayerful humility. The Lord God offers healing embrace to the believer willing to reject sinful ways. Repentance begins with acknowledging personal sin and taking full responsibility, Trusting the Lord facilitates the process of personal transformation in Jesus Christ.

**Isaiah 57:15-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.** (KJV)

When experiencing a low point in earthly life turn full attention to the loving Lord. Devastating news or troubled relationships are best addressed with the Lord's help. The Lord God is very near to every believer reaching out in faith, hope and prayer. God is everywhere from the heights of the heavens and to far-reaches of the earth. God is always within reach even when the believer is at the lowest point in life. No problem or illness are too great to bring to the Lord for the needed perspective.

**Isaiah 66:2-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.** (KJV)

Arrogance and pride are barriers to prayer and communication with the Lord God. Sincerity and humility facilitate entreaties when seeking the Lord God's mercies. Serious repentance will be reflected deeply in the believer's heart, mind and soul. Fear and trembling have a place in repentance when the believer seeks forgiveness. Sins have no proper place in the Christian life and deserve to be firmly repudiated. The Lord's love merits constant gratitude and the believer's lasting remembrance.

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Holy Martyr Conan, Venerable Mark the Ascetic, St. Nicholai of Zicha.

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Hidden Valley, Pennsylvania. Father Rodney Torbic