¹ Blessed is the one whose transgression is forgiven, whose sin is covered. ² Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. ³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

Selah

⁵ 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.

Selah

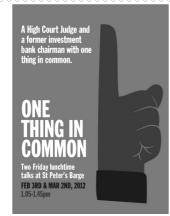
⁶ Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. ⁷ You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance.

Selah

- ⁸ I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

 ⁹ Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.
- ¹⁰ Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD. ¹¹ Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

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Friday, 3 Feb. 1:05-1.45pm

Meet Sir Jeremy Cooke, a former Harlequins rugby player and now a High Court Judge. He has judged many high-profile cases, including the Pakistani match-fixing trial in which he condemned their behaviour as "not cricket". The Honourable Mr Justice Cooke is vice-chairman of the Lawyers' Christian Fellowship.

Next Week: Series: Get Real Talk: Real faith (Hebrews 11) Speaker: James Buchanan

Real Change

Introduction

Never say sorry, it's a sign of weakness

Repentance is recognition (v1-5)

Repentance is rescue (v6-7)

Repentance is responsiveness (v8-11)