

Selah: Forgiveness

By Albert Ng, August 02, 2026

Against You, You only, have I sinned and done what is evil in Your sight; so You are right in Your verdict and justified when You judge.

Psalm 51:4 (NIV).

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Psalm 51:7 (NIV).

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from Your presence or take Your Holy Spirit from me. Restore to me the joy of Your salvation and grant me a willing spirit, to sustain me.

Psalm 51:10-12 (NIV).

Deliver me from the guilt of bloodshed, O God, You who are God my Saviour, and my tongue will sing of Your righteousness.

Psalm 51:14 (NIV).

My sacrifice, O God, is a broken spirit; a broken and contrite heart You, God, will not despise.

Psalm 51:17 (NIV).

Lesson 1: I am not an exception. Given the right circumstances, I will sin.

Lesson 2: Thank God for your Nathan. Ask God for a Nathan.

Lesson 3: The Journey to Forgiveness

1. Return to the source of life
2. Confess without excuses
3. Mourn your sins
4. Express your desire for a pure heart
5. Express your desire for restoration

REFLECTION QUESTIONS

1. Who is the “Nathan” in my life? If you don’t have one, ask God for one.

2. Are there any hidden sins that I should confess to God? What hinders me from seeking forgiveness from God?