

Come Follow me podcast  
Elo Viz production  
Week 34  
Psalms 49-86

Have [mercy](#) upon me, O God, according to thy [lovingkindness](#): according unto the multitude of thy tender mercies [blot out](#) my [transgressions](#).  
Wash me thoroughly from mine iniquity, and [cleanse](#) me from my sin.  
For I [acknowledge](#) my transgressions: and my [sin is](#) ever before me.  
Against thee, thee only, have I [sinned](#), and done *this* evil in thy sight: that thou mightest be [justified](#) when thou speakest, *and* be clear when thou judgest. (Psalms 51:1-4)

These words are from King David after he couldn't take the guilt anymore from the weighty burden of his sin. As you recall he saw a woman bathing as he walked on his roof. He called for her and committed a great sin with her. In an attempt to cover up his sin he dug himself even deeper by murdering her husband. David was not a bad person. He was a weak man who did some bad things. And he felt just as we do when we sin against God and his children. You all know the feeling. There isn't a person alive that hasn't experienced the pains of sin. That heavy weight, that crater in the soul. But oh, what joy and peace we feel when we confess and repent of these sins. After what they believe to be many years following David's transgression he finally musters the courage to confess and repent of his sinful actions. And what courage it took.

This week we will be focusing on Psalms 51 where David confesses his sin in a song. Though sin is not a sunshine and roses topic it is the light on the other side of repentance that we seek. And though you may not be a murderer or an adulterer we all carry our own weaknesses and I hope we are all seeking for a way to lay them down and progress in our lives closer to God.

In Elder Bednar's talk: clean hands and a pure heart. He said this:  
“During the Lord’s three-day ministry in the New World, He taught His doctrine, authorized His disciples to perform priesthood ordinances, healed the sick, prayed for the people, and lovingly blessed the children. As the Savior’s time with the people was drawing to a close, He succinctly summarized the fundamental principles of His gospel.  
Said He, “Now this is the commandment: Repent, all ye ends of the earth, and come unto me and be baptized in my name, that ye may be sanctified by the reception of the Holy Ghost, that ye may stand spotless before me at the last day” ([3 Nephi 27:20](#)).

The basic principles outlined by the Master in this scripture are essential for us to understand and apply in our lives. First was repentance, “a turning of the heart and will to God, and a renunciation of sin”

Repentance is the sweet fruit that comes from faith in the Savior and involves turning toward God and away from sin.

The gospel of Jesus Christ encompasses much more than avoiding, overcoming, and being cleansed from sin and the bad influences in our lives; it also essentially entails doing good, being good, and becoming better. Repenting of our sins and seeking forgiveness are spiritually necessary, and we must always do so. But remission of sin is not the only or even the ultimate purpose of the gospel. To have our hearts changed by the Holy Spirit such that “we have no more disposition to do evil, but to do good continually” This mighty change is not simply the result of working harder or developing greater individual discipline. Rather, it is the consequence of a fundamental change in our desires, our motives, and our natures made possible through the Atonement of Christ the Lord. Our spiritual purpose is to overcome both sin and the desire to sin, both the taint and the tyranny of sin.”

Link:(<https://www.churchofjesuschrist.org/study/general-conference/2007/10/clean-hands-and-a-pure-heart?lang=eng>)

Last week we discussed Jesus as being our good shepherd. That thought came back to me when I considered the lambs that wander off and are lost as the scriptures teach us. Pointing out that He will leave the ninety and nine and go after the one that is lost. How do you think a shepherd would respond when he finally finds the lost lamb? Do you imagine he would say “Darn it you dumb lamb, ive been out here for hours looking for you. Come on let's get back to the flock, the picture in my head forming of him dragging the lamb back home. From what we know of shepherds and specifically the Good shepherd all the pictures i've ever seen depicting Jesus fetching the lost lamb are of Him carrying the lamb calmly on his shoulders, a look of Joy and satisfaction on His face that he was able to find and save the little lamb that He loves so much. The truth is that Jesus is standing waiting with open arms to forgive and welcome any and all of His children back into His fold. It really is all up to us to make those vital steps and changes to be able to be with Him.

Elder Gong shared a story in the April 2019 General conference: he says:  
“A dear friend shared how she gained her precious testimony of the Atonement of Jesus Christ. She grew up believing sin always brought great punishment, borne by us alone. She pleaded to God to understand the possibility of divine forgiveness. She prayed to understand and know how Jesus Christ can forgive those who repent, how mercy can satisfy justice.

One day her prayer was answered in a spiritually transforming experience. A desperate young man came running out of a grocery store carrying two bags of stolen food. He ran into a busy street, chased by the store manager, who caught him and began yelling and fighting. Instead of feeling judgment for the frightened young man as a thief, my friend was unexpectedly filled with great compassion for him. Without fear or concern for her own safety, she walked straight up to

the two quarreling men. She found herself saying, “I will pay for the food. Please let him go. Please let me pay for the food.”

Prompted by the Holy Ghost and filled with a love she had never felt before, my friend said, “All I wanted to do was to help and save the young man.” My friend said she began to understand Jesus Christ and His Atonement—how and why with pure and perfect love Jesus Christ would willingly sacrifice to be her Savior and Redeemer, and why she wanted Him to be.<sup>38</sup>

Our Savior assures us, whatever our circumstances, whoever we are, in the words of Isaiah: “He shall gather the lambs with his arm, and carry them in his bosom.”<sup>41</sup>

Our Good Shepherd calls us in His voice and in His name. He seeks, gathers, and comes to His people. Through His living prophet and each of us, He invites all to find peace, purpose, healing, and joy in the fullness of His restored gospel and on His covenant path. By example, He teaches the shepherds of Israel to minister in His love. He assures us that He carries us next to His heart.”

Link-(<https://www.churchofjesuschrist.org/study/general-conference/2019/04/53gong?lang=eng>)

Some people feel that the commandments are burdensome and that they limit freedom and personal growth. But the Savior taught that true freedom comes only through Him: “If ye continue in my word. Then ye are my disciples indeed; and ye shall know the truth, and the truth shall make you free” God gives commandments for our benefit. They are loving instruction for our happiness and for our physical and spiritual well-being.

The message of the gospel isn't a bunch of rules to follow or meetings to attend. It's not about restrictions or guilt. The message of the restored gospel of Jesus Christ is that we can feel peace, Love, and safety in a world full of chaos and Violence. There is true happiness and freedom that comes from keeping God's commandments.

One of my favorite verses in the Book of Mormon is Alma 25:16. It is speaking about the people of Anti-Nephi-Lehi and how they made this miraculous change in their lives to lay down their weapons of war and covenant to never take them up again. This verse says:

“Now they did not suppose that **salvation** came by the **law** of Moses;” ( meaning the rules and laws that they had to follow)

“but the law of Moses did serve to strengthen their faith in Christ;” (it was by the Laws that they were able to come to know Christ and build a relationship with Him.)

“and thus they did retain a **hope** through faith, unto eternal salvation, relying upon the spirit of prophecy, which spake of those things to come.”

If you have children you know what this feels like. You love all of your children. But when one of them disobeys or breaks a rule you can't help but feel distanced and hurt by their actions. This is precisely the reason that we sometimes feel distant and unheard by God. It is not Him that has moved away from us, it is us that has stepped away from Him. But confession... Oh how bittersweet it can be. At first it is the last thing that we will want to do. We feel the urge to run from it and hide so we will never have to reveal our secrets. But then... once they are in the open and confess to God and man if that is needed how sweet the joy, how light the feeling, how warm is His forgiving touch.

I testify with President Jeffrey R Holland when he said:

“however late you think you are, however many chances you think you have missed, however many mistakes you feel you have made or talents you think you don't have, or however far from home and family and God you feel you have traveled, I testify that you have *not* traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ's Atonement shines.”

Link:

<https://www.churchofjesuschrist.org/study/general-conference/2012/04/the-laborers-in-the-vineyard?lang=eng>

I pray that you will find that light, that hope and that peace in your life.

In the sacred name of Jesus Christ, Amen.