# PRONE TO WANDER

PRAYERS OF

CONFESSION

AND

CELEBRATION

BARBARA R. DUGUID WAYNE DUGUID HOUK

EDITED BY IAIN M. DUGUID

"At a time when some fear that confession of sin will be a turnoff to the gospel, Duguid and Houk show how the heart longing for reconciliation with God can find peace and beauty in biblical confession. Long ago, another wrote that grace is not sweet if sin is not bitter. Duguid and Houk help us face the bitter to taste the sweet."

—**Bryan Chapell**, Senior Pastor, Grace Presbyterian Church, Peoria, Illinois

"When Scripture is scattered like seeds into good soil, a garden grows. This book is a fruitful garden, the fruit of good soil—fragrant, nutritious, beautiful. It calls us into the light, humbles us in our varied needs, delights us in God's many mercies. It is a resource for worshiping honestly and well. And it is a resource for living honestly and well. And it is a resource that will bless you when you put it to work."

—**David Powlison**, Faculty Member, Christian Counseling and Educational Foundation (CCEF), Glenside, Pennsylvania

"This book has many virtues. One is its flexibility in being adaptable to a range of situations, including public worship and private devotions. Another is the careful thought that went into the individual prayers. A third virtue is the rootedness of the individual units in Bible passages. Finally, the table of contents shows at a glance that the book covers the whole of the Christian life. I love the overall aims and method of this book, as well as the execution of details."

**—Leland Ryken**, Professor of English, Wheaton College, Wheaton, Illinois

"I find it easier to learn about God than to talk to him. These devotional prayers assist me in doing both, with the added benefit that they inspire me to pray those prayers with others."

—**Edward T. Welch**, Faculty Member, CCEF, Glenside, Pennsylvania

# PRONE TO WANDER

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BARBARA R. DUGUID AND WAYNE DUGUID HOUK

EDITED BY IAIN M. DUGUID



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To lain/Dad, with love and gratitude for your outrageous patience and kindness to us, and for enduring this process hopefully. Thanks for loving us, bringing out the best in us, and being our steady Doozer.

O to grace how great a debtor
Daily I'm constrained to be!
Let thy goodness, like a fetter,
Bind my wandering heart to thee.
Prone to wander, Lord, I feel it,
Prone to leave the God I love;
Here's my heart, O take and seal it,
Seal it for thy courts above.
—ROBERT ROBINSON, 1758

Foreword	II
Acknowledgments	15
Captivated by Sin	18
God's Promises	20
Loving the World	24
God's Good Gifts	26
Parents and Children	28
Forgetting Our Hope	30
Blessing	32
Christ the King	34
Mercy, Purity, and Humility	36
The Helper of the Hurting	38
Stubborn Blindness	40
Our Hope	42
Delight in the Lord	44
God's Faithfulness	48
Be Still	50
The Wilderness of Sin	52
Seeking True Blessing	54
Covenant Faithfulness	56
Building Our Own Houses	60
Suffering	62

Patience	64
Hope in God	66
Trusting in Men	68
The Fear of the Lord	72
Wisdom	74
Cleansing from Sin	76
Unclean Lips	78
Trust	80
Worshiping the King	84
Forgetting God	88
Wandering	92
The Beatitudes	94
Anger	96
Sexuality	98
Lying	100
Love for Enemies (I)	102
Hypocrisy	104
Forgiveness (1)	106
Fasting	108
Treasure	IIO
Eyes	II2
Conflicting Masters	II4
Anxiety	116
Judging Others	118
Loving Others	120
Following Christ	122
Mercy	124
Compassion	126

Forgiveness (2)	128
Servanthood	130
Behold the Lamb	132
Love for Enemies (2)	136
Great Forgiveness	138
The Cross	140
Pride	142
Light of the World	144
Love (I)	146
Troubled Hearts	148
Doubt	150
False Worship	152
Bondage to Sin (1)	154
Bondage to Sin (2)	156
Prayer	158
God's Provision	160
God's Sovereignty	162
Sloth	164
Unity	166
Love (2)	168
Forgetting the Gospel	170
Reconciliation (I)	172
Dead in Sin	174
Reconciliation (2)	176
Grace	178
Love (3)	180
Truth	182
Sexual Impurity	184

Foolishness	186
A New Will	188
Pressing On	190
Contentment	192
Knowing God's Will	194
Heavenly Mindedness	196
Forgiveness (3)	198
Peace	200
The Heart	202
Holding Fast to Our Confession	204
Dead Works	206
Faithlessness	208
Running the Race	210
Trials	212
Repaying Evil for Evil	214
Humility	216
Sacrificial Love	218
Index of Themes	221
Index of Calls to Confession	223
Index of Assurances of Pardon	225
Index of Sermon Texts for Which the Prayers Were Written	229
Index of Musical Resources	231

# FOREWORD

Confession is good for the soul. Certainly, historic liturgies shaped by the gospel always featured corporate confession as a central element.\* In this they were simply following the biblical pattern of passages like Daniel 9 and Nehemiah 9. Yet these historic and biblical patterns have in many cases disappeared from our contemporary worship services. Some have become uncomfortable with the explicit language of sin, replacing it instead with more therapeutic and positive messages. When we do that, though, we remove the heart of the gospel, eviscerating everything that makes it really good news. If it is not clear what we have been saved from, why is it so tremendous that we have been saved?

Likewise in our own personal devotional lives, many of us have an ambiguous relationship to confession. We may acknowledge that confession ought to be part of our pattern of prayer, in line with the teaching of Jesus' model prayer, "Forgive us our debts, as we also have forgiven our debtors" (Matt. 6:12). Yet for many of us, much of the time, we find that either our prayers of confession are rather shallow and general, or they become mind-numbingly repetitive, confessing the same failings over and over again.

These were the problems that we encountered when we started putting together the order of worship for Christ Presbyterian Church in Grove City, Pennsylvania. We began by using a number of historic prayers of confession, drawn from the Book of Common Prayer and other fine old liturgies. But we soon found that these general prayers of confession were, well, rather general. There is nothing wrong with "acknowledging and bewailing our manifold sins and wickedness" or confessing the fact that we have

<sup>\*</sup> Bryan Chapell, Christ Centered Worship (Grand Rapids: Baker, 2009), 89.

"left undone those things which we ought to have done and have done those things that we ought not to have done," but what exactly are these things that we admit that we have done or not done? If we are "to confess our particular sins particularly," as the Westminster Confession of Faith suggests (15.5), shouldn't our prayers of confession have a bit more particularity to them? So Wayne and Barb started writing particular and specific prayers of confession to go with our service, closely allied with the particular theme of that week's service. We soon discovered that people were taking home the bulletin after church was over and using these prayers in their own devotional lives on a daily basis. We began to recognize that there might be a wider audience for these prayers, both among people tasked with putting together services for their churches and with individuals seeking help for their own private or family devotional life.

The structure of these confessions is straightforward. We begin with a scriptural call to confession, which roots and grounds our confession in God's Word. Some whose consciences are overactive may be inclined to confess actions and attitudes that are not in themselves sinful, while others of us need to be confronted with Scripture to see the reality of the sin to which we so easily grow blind. The Bible is to be our sole rule of faith and practice, and the scriptural call to confession underlines that reality. In many cases the prayers themselves are explicitly Trinitarian, confessing our many failings to the Father, giving thanks to the Son for his death on the cross as well as for his perfect (and specific) obedience in our place which is credited to us by faith, and then asking the Holy Spirit to strengthen us to pursue lives of new obedience.

Of course, the purpose of confessing our sins is not to render us miserable by simply reminding us what great sinners we are. It is to remind us of what a great Savior we have. We confess that "there is no health in us" in order that our hearts may be drawn afresh to the Great Physician of our souls, who has provided for our desperate need for cleansing in the gospel. For that reason, we always follow

<sup>\*</sup> The language of both quotes comes from the 1662 Anglican Book of Common Prayer.

our prayer of confession with a scriptural assurance of pardon: God's authoritative declaration of the forgiveness of each and every one of the sins of his people in Jesus Christ. This is our only hope in life and death. These assurances, too, we have endeavored to make specific, providing gospel encouragement tailored to our particular failings and pointing us afresh to the new life that is ours in Christ.

With a view to use in private devotions, we have provided ninety-three prayers, which represent about three months' worth of daily readings. After that, it would be possible to return to the beginning and repeat the cycle. We have also added indexes of themes, Scriptures cited, and the sermon passages that gave us the focus for these particular prayers. We have suggested hymns or songs to accompany each prayer, representing the music that went with the prayers in their original worship context as well as allusions to hymns and songs within the prayers themselves. In this way, we have sought to give additional help for worship leaders, as well as resources for supporting personal devotion.

Our vast debt to others in this compilation should be evident to all. In particular, Arthur Bennett's *Valley of Vision*\* was inspirational for us, in both its scope and its rich and evocative language of devotion. We stand on the shoulders of giants who have gone before us, whose shoelaces we are not worthy to fasten. My teaching assistant at Grove City College, Clint Estes, proved once again to be an excellent and eagle-eyed editor, helping with drafting the material and saving me from many mistakes. We are also indebted to the team at P&R, and especially Amanda Martin, for many hours of hard work in helping us bring this material to its final form.

It is our prayer that God will continue to use these prayers in the lives of many people, so that we may once again rediscover that, as Martin Luther put it in the first of his ninety-five theses, "the entire Christian life is to be one of repentance."

IAIN M. DUGUID

<sup>\*</sup> Arthur G. Bennett, *The Valley of Vision: A Collection of Puritan Prayers and Devotions* (Edinburgh: Banner of Truth, 1975).

# ACKNOWLEDGMENTS

I would like to thank my husband, Iain, for working hard once again to bring order out of chaos and keep us moving forward with this book. His gentle leadership, sharp mind, and editing super-skills were a rich blessing to us. I also want to thank him for creating the context in which Wayne and I could work together and explore different concepts for corporate prayer in worship. Iain planted Christ Pres., which would become the catalyst and context for writing these prayers, and he hired the ridiculously bright and talented young man who became our son as we lived and ministered together.

I had the rich privilege of becoming Wayne's assistant in his work as music director for our church. It rapidly became evident to me, to lain, and to everyone worshiping with us that God had given wonderful and unusual gifts to this young man, who was just twenty-five at the time. We still marvel today at how God used Wayne to shape the liturgy and worship of our church. Both are simple yet deeply profound, stirring both mind and heart with rich, life-transforming truth from beginning to end. Church planting was the crucible in which we sinned against one another, with pressure abounding and tempers flaring. And each Sunday morning, we gathered for worship and marveled once again at God's faithfulness in providing a rich abundance of all that we needed to help God's family to worship him with joyful awe and reverence. Each service was a grand celebration of how Christ has rescued us from our sin and given us himself. Through our work at Christ Pres., we began to learn the life of honest confession and continual repentance that continues to characterize our church and family life.

I would like to thank all the rest of our precious kids, Jamie, Sam and Peggy, Hannah, Rob, and Rosie, who are enthusiastic worshipers of Jesus Christ and have contributed many hours of labor and encouragement to our church over the years. When I have felt discouraged by my huge mountains of sin, they have reminded me, skillfully and faithfully, that the righteousness of Christ is big enough and strong enough to rescue a mom and pastor's wife as weak and sinful as I am. Their joy in Christ and endless forgiveness is more than I could have ever hoped or longed for, and I must say with all my heart that God has been more than faithful to these covenant kids. To God alone be the glory for his work in their lives.

Barbara R. Duguid



These confessions flowed organically out of relationship and a growing understanding of God's calling to live righteous lives, of our incredible capacity as humans to keep on sinning against him and others anyway, and of God's unchanging determination to seek after desperately wicked sinners and faithfully change them through the powerful work of Christ's life, death, and resurrection. Primarily, I owe thanks to my adopted mom and dad, Barb and Iain Duguid, who had the guts to take in a confused, scared, and emotionally messy twentysomething and teach me the gospel story in all its earthy richness through practical love and investment in my life. I will be forever grateful for your sincere and lively faith, which leads to a godly patience and love for profoundly broken people like me and which has taught me about the character of God.

I am grateful for Christ Presbyterian Church (that is, all of the *people* who make up that sweet congregation), who first corporately spoke these words of confession with me. At Christ Pres. I learned that confession can and should lead to vibrant, sincere, and musical joy, and that confessing to God *together* has a huge impact on everyday relationships. I also owe the Christ Pres. music team a great debt for joining me in my first attempts to explore the importance of connecting confession

to song (King David really knew what he was doing when he wrote Psalm 51).

I also want to thank my siblings, Karen and Larissa, and Jamie, Sam, Hannah, Rob, and Rosie. You guys have the undesirable front-row seats (the splash-zone!) to the living examples of the necessity of confession in my life. You have not only seen, but also been on the receiving end of the angry, rude, distracted, overly sensitive, proud, and all-around ungodly and unloving words and actions that I still need to confess so often. Likewise, my dear friends Josh S., Will K., Laura and Joel A., Amy and Chris C., Lauren and Chad W., Winston and Kim S., Will R., Todd S., Nate H., Michelle G., and Joel B. will all be unsurprised by the confessions in this little book, which come out of real experience of sin and brokenness. But what you all have in common (with so many unnamed friends, family, and coworkers) is the spirit of Christ who loves, forgives, and restores relationships. Thank you for loving me faithfully and being the body of Christ to me.

Finally, I am thankful to God (but not nearly as thankful as I should be) for his pursuing, eternal, gracious, life-changing, and relationship-altering love in Jesus. It's his sacrifice that has made these confessions possible and forgiveness guaranteed.

WAYNE DUGUID HOUK

# CAPTIVATED BY SIN

## ♦ CALL TO CONFESSION: GENESIS 3:6-7

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

#### **PRAYER OF CONFESSION**

O God, our Father,

Forgive us for our many sins. Like Eve, we are easily captivated by the objects that our eyes desire. We fall so often, and when we do, we run and hide in shame instead of running to you to confess our sin and find joy and forgiveness in the cross. You have given us your most cherished treasure, yet we prize many other things more highly than Christ. Forgive us for trusting in our own strength more than in his power to save us completely. We live each day with hearts full of our own desires, minds full of our own agendas and plans for our own self-promotion. Forgive us, Lord.

Jesus, you are our strong salvation. Thank you for invading our world to rescue us from ourselves. We cannot fathom the humility, love, and commitment to your Father's glory, which led you to give up heaven for us. When the Holy Spirit took you into the desert to be tempted by Satan, you kept your eyes fixed firmly on your Father, your soul devoted to serving him in perfect obedience, and your mind saturated with Scripture. You gave up your own glory to be stripped, humiliated, and shattered in death, so that you could serve us and be our substitute. The joy of your life was fixed firmly upon the will of God, and now we find the joy of our lives to be your obedience for us and your death in our place. How can we ever thank you adequately?

Holy Spirit, fill us with everlasting wonder that the gospel is true. You kept your promise to send a Savior; help us to stop

trying to rescue others and ourselves. When we are tempted to sin as Eve did, remind us of Christ, who kept all your laws for us, and fix our eyes on him. Whether we give in to temptation or resist, show us Christ, our only hope for the perfect obedience that we require to stand before you. Give us the kind of heart that serves you with peaceful abandon, unconcerned about our own welfare and reputation, submissive and quiet before you. Cause us to cherish Christ above all our other desires, so that we will be satisfied in him for all eternity. In his name we pray, amen.

# ♦ ASSURANCE OF PARDON: JOHN 3:16-17

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him."

#### **A** HYMNS

"All My Heart This Night Rejoices" "Jesus, Priceless Treasure"

# GOD'S PROMISES

## ◆ CALL TO CONFESSION: GENESIS 17:1-3, 15-17

When Abram was ninety-nine years old the LORD appeared to Abram and said to him, "I am God Almighty; walk before me, and be blameless, that I may make my covenant between me and you, and may multiply you greatly." Then Abram fell on his face. . . .

And God said to Abraham, "As for Sarai your wife, you shall not call her name Sarai, but Sarah shall be her name. I will bless her, and moreover, I will give you a son by her. I will bless her, and she shall become nations; kings of peoples shall come from her." Then Abraham fell on his face and laughed and said to himself, "Shall a child be born to a man who is a hundred years old? Shall Sarah, who is ninety years old, bear a child?"

#### ♣ PRAYER OF CONFESSION

Almighty, infinite Father,

We fall down before you today as glorious saints who love and worship you, and as weak sinners in need of your forgiveness and grace. Like Abraham, we are often far more ready to fall down and laugh at your promises than we are to fall down in awe and wonder at your perfect holiness and astounding love. Your call to walk blamelessly before you weighs heavily on our hearts. Some of us are very aware of just how far short we fall from this command, and we are full of fear and dejected with disappointment in ourselves. Some of us are very blind to our sin and foolishly imagine ourselves to be doing quite well. Lord, thank you that your mercy is more than a match for all our sins of self-hatred and self-righteousness.

As we struggle and fail to live lives of perfect holiness, we thank you for Jesus, who walked blamelessly in our place for thirty-three long years. When Satan tempted him to fall down in worship before him, he chose to obey with absolute faith in you and spotless holiness. With great love and confidence in your promises, he took on all the blame for our disobedience and prideful self-righteousness. By his goodness and death, we are rescued forever from ourselves. Thank you for such a precious redeemer and friend.

Father, fill us with your Holy Spirit and give us faith to believe your promises and live in joyful, confident hope that everything you say is true. When sin threatens to reduce us to despair, show us the covenant love of your Son, crucified for us. Grant us the ability to fall down before the cross each day in confession and repentance, and the grace to shake off our guilty fears and rise with great rejoicing. May the Lord's Supper be a sign and a seal to us of your faithful covenant keeping on our behalf, so that we may be strengthened by it to live as pardoned and reconciled sinners who are dearly cherished by their heavenly Father. Give us growing delight in the blamelessness we have in your wonderful Son, and growing strength to live in holiness and obedience to you. In Jesus' name we pray, amen.

# ASSURANCE OF PARDON: GENESIS 17:19, 7; 21:1-3

God said, "No, but Sarah your wife shall bear you a son, and you shall call his name Isaac. I will establish my covenant with him as an everlasting covenant for his offspring after him."



"And I will establish my covenant between me and you and your offspring after you throughout their generations for an everlasting covenant, to be God to you and to your offspring after you."



The LORD visited Sarah as he had said, and the LORD did to Sarah as he had promised. And Sarah conceived and bore Abraham a son in his old age at the time of which God had spoken to him. Abraham called the name of his son who was born to him, whom Sarah bore him, Isaac.

# **A** HYMNS

"Arise My Soul Arise"

"Poor Sinner Dejected with Fear"

"Thy Mercy, My God"

"Wonderful, Merciful Savior"

# LOVING THE WORLD

# CALL TO CONFESSION: GENESIS 19:15-16; 1 JOHN 2:15-16

As morning dawned, the angels urged Lot, saying, "Up! Take your wife and your two daughters who are here, lest you be swept away in the punishment of the city." But he lingered. So the men seized him and his wife and his two daughters by the hand, the LORD being merciful to him, and they brought him out and set him outside the city.



Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

#### **♦** PRAYER OF CONFESSION

Merciful Lord,

You have chosen us in Christ to belong to you, set apart from all others in this universe to worship you as our Savior. Left to ourselves, we would still be your enemies, strangers to your love and compassion. Thank you that you have rescued us against our wills. Yet, Father, we continue to sin against you day after day. Like Lot, we are strongly attached to this world and would rather linger and enjoy the sinful delights that it offers than flee from it into your presence and love. We take the best gifts that you offer in creation, and we warp them into instruments of self-worship. We think that we are superior to the people of Sodom and Gomorrah, but you know our hearts and our minds, and we are guilty of these things as well. We devote much of our lives to sexual fantasy and romantic obsession, weaving stories and rehearsing images in our minds that make us feel loved and desirable. When we are not tempted to sin in sexual ways, we feel superior to people who

struggle with sexual addictions like pornography and same-sex attraction. Though we can hide these thoughts from others, you know every one of them. Forgive us, we pray.

Father, thank you for giving us a new birth in spite of our sin and rebellion. Lord, part of us longs to be holy and sinless, but there is much in us that still cherishes our sin and clings to it. Please help us to hate our sin and run from it. As you draw us toward heaven, open our eyes and help us to see how offensive our sin is to you, and how damaging it is to us. When we are dazzled by the alluring temptations of sexual and nonsexual sins, teach us that you are the only feast that satisfies our souls deeply and permanently. Fill us with awe and wonder that you give us the radiant robes of your Son's perfection to wear, and carry us to a place of high honor for his glory. Thank you that you have begun a good work in us that nothing can stop, and that one day we will stand before you in the bliss of sinless perfection as Christ's beautiful bride. We give thanks for this in Jesus' name, amen.

#### ♦ ASSURANCE OF PARDON: EPHESIANS 1:3-10

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

## **A** HYMNS

"Alas, and Did My Savior Bleed"

"Carried to the Table"

"Grace Unmeasured"

# GOD'S GOOD GIFTS

### ♦ CALL TO CONFESSION: GENESIS 22:1-3

After these things God tested Abraham and said to him, "Abraham!" And he said, "Here am I." He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you." So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac. And he cut the wood for the burnt offering and arose and went to the place of which God had told him.

#### PRAYER OF CONFESSION

Lord God Almighty,

You graciously and generously fill our lives with many wonderful things. You bless us with friends, family, and wealth that most people in this world can't even imagine. We confess today that we are prone to love your good gifts far more than we love you. We covet and long for things that you haven't given us, or we are filled with fearful anxiety if we think that you might take away the things or people that we have come to love so much. Father, thank you for your deep and endless mercy to rebels like us. We have trampled on the blood of your precious and only Son, time and time again. We know that we deserve your wrath, and yet when we approach you we find grace and mercy instead. Father, we cannot fathom the cost to your heart of pouring out so much anger on your perfect Son. Father, we are so grateful that you were willing to suffer so much for us.

Jesus, thank you that you have disarmed the wrath of God toward us. You never bowed to an idol or loved anything or anyone more than your Father. You offered perfect worship on our behalf, and by your obedience we are made spotlessly clean. Thank you for walking up the hill of sacrifice for us, for carrying the very wood to which you would be nailed, knowing full well that for you there would be no substitute. Thank you for enduring for us the full fury of your Father's just hatred for sin, and

for paying the price for every single idolatrous thought, sinful act, and moment of unbelief we would engage in.

Holy Spirit, help us to see our many idols, and incline our stubborn hearts to repent. Open our blind eyes to see the Lamb of God lifted up for us, so that his redeeming blood could cleanse us from all our self-worship. Draw our eyes to the great throne room in heaven, where he dwells in radiant glory, crowned with honor and interceding for those united to him. Thank you for the certain hope that one day we will join with the thousands upon thousands of the redeemed, falling down before the throne and saying together, "Worthy is the Lamb who was slain, to receive blessing and honor and glory forever." Amen.

## ♣ ASSURANCE OF PARDON: JAMES 1:16-18; LUKE 11:13

Do not be deceived, my beloved brothers. Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. Of his own will he brought us forth by the word of truth, that we should be a kind of firstfruits of his creatures.



"If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

## **A** HYMNS

"Behold the Lamb"

"Depth of Mercy"

"Lamb of God"

Confessing our sins might seem like a gloomy business—God already knows about them, so what's the point of dwelling on failure? But confession is more celebratory than we think. It does not simply remind us of our guilt, but points us to our great Savior, who has atoned for us and lovingly pursues us despite our wandering.

These prayers open with a scriptural call of confession, confess specific sins, thank the Father for Jesus' perfect life and death in our place, ask for the help of the Spirit in pursuing holiness, and close with an assurance of pardon.

Inspired by the Puritan classic *The Valley of Vision*, these prayers were developed for both personal devotions and church use.

"This book calls us into the light, humbles us in our varied needs, delights us in God's many mercies. It is a resource for worshiping honestly and well. And it is a resource for living honestly and well."

— David Powlison, Faculty Member, Christian Counseling and Educational Foundation (CCEF)

"Duguid and Houk show how the heart longing for reconciliation with God can find peace and beauty in biblical confession. . . . help[ing] us to face the bitter to taste the sweet."

-BRYAN CHAPELL, SENIOR PASTOR, GRACE PRESBYTERIAN CHURCH

"This book has many virtues. One is its flexibility in being adaptable to a range of situations, including public worship and private devotions. . . . I love its overall aims and method."

-Leland Ryken, Professor of English, Wheaton College

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