



# Facing Ourselves

| Week Four · Lent 2026

## INTRODUCTION

Silence has a way of allowing us to realize what's been going on under the surface. It reveals what we've been carrying: our fears, longings, wounds, habits, and patterns we often avoid or explain away.

Lent invites us to face ourselves. This is not a season for self-condemnation or shame. It is a season for truth, offered in the presence of a gracious God. The slow work of God always includes this kind of honest attention, so we can bring our whole selves into the light. This is not about being fixing ourselves, but about being made whole with God's help.

*Facing ourselves is a deeply courageous and trusting act... BUT we do it, in the presence (face of) the God who knows us perfectly and loves us sacrificially.*

## SCRIPTURE

### Pray Psalm 139 slowly.

Read the psalm aloud, paying attention to the words **known**, **searched**, and **seen**. Invite God to search you and know you, trusting that His gaze is kind and attentive rather than critical. Sit with the truth that you are fully known and fully loved.

O Lord, you have searched me and known me!

<sup>2</sup>You know when I sit down and when I rise up; you discern my thoughts from afar.

<sup>3</sup>You search out my path and my lying down and are acquainted with all my ways.

<sup>4</sup>Even before a word is on my tongue, behold, O Lord, you know it altogether.

<sup>5</sup>You hem me in, behind and before, and lay your hand upon me.

<sup>9</sup>If I take the wings of the morning and dwell in the uttermost parts of the sea,

<sup>10</sup>even there your hand shall lead me, and your right hand shall hold me.

<sup>11</sup>If I say, "Surely the darkness shall cover me, and the light about me be night,"

<sup>12</sup>even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

<sup>13</sup>For you formed my inward parts; you knitted me together in my mother's womb.

<sup>14</sup>I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

<sup>15</sup>My frame was not hidden from you, when I was being made in secret,

<sup>16</sup>Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

<sup>23</sup>Search me, O God, and know my heart! Try me and know my thoughts!

<sup>24</sup>And see if there be any grievous way in me, and lead me in the way everlasting!

Facing ourselves is part of apprenticing under Jesus. As we follow Him, He gently reveals what needs healing, forgiveness, or transformation. This work unfolds slowly, through prayer, confession, fasting, and attentiveness. And even when what we see feels heavy, Scripture assures us that God's mercy is never exhausted, and His love is always patient.

## PRAYER PROMPTS

When we begin to face ourselves honestly, we often discover things we'd rather not see. Sin we've minimized. Patterns we've normalized. Wounds we've learned to live around. Holy Spirit does not ask us to rush past these discoveries or clean them up quickly. It invites us to stay present, trusting that God meets us with mercy rather than accusation.

Psalm 51 gives us language for this posture. David neither defends himself nor hides. He brings the truth of his heart before God and asks for renewal from the inside out. This is the work of repentance. This work is not shame-driven self-improvement, but a turning toward God with honesty and hope for restoration.

While David anticipated the powerful work of Jesus in his death, burial, resurrection and ascension, we look back with worship and awe of what Jesus has done for us. **"And the blood of Jesus, God's son, cleanses us from ALL sin. If we confess our sin, he is faithful and just to cleanse us from ALL unrighteousness"** 1 John 1:8-9.

### Practice honest naming / confession

Without defending or judging yourself, name what you notice as you pray—thoughts, emotions, reactions, habits, or patterns. Speak them plainly before God. Resist the urge to explain or justify. Then with faith in what Jesus accomplished, confess as the Holy Spirit leads you.

### Psalm 51 excerpts...

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.



- <sup>2</sup>Wash me thoroughly from my iniquity,  
and cleanse me from my sin!
- <sup>3</sup>For I know my transgressions,  
and my sin is ever before me.
- <sup>4</sup>Against you, you only, have I sinned  
and done what is evil in your sight,
- <sup>5</sup>Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.
- <sup>6</sup>Behold, you delight in truth in the inward being,  
and you teach me wisdom in the secret heart.
- <sup>7</sup>Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.
- <sup>8</sup>Let me hear joy and gladness;  
let the bones that you have broken rejoice.
- <sup>9</sup>Hide your face from my sins,  
and blot out all my iniquities.
- <sup>10</sup>Create in me a clean heart, O God,  
and renew a right spirit within me.
- <sup>11</sup>Cast me not away from your presence,
- <sup>12</sup>Restore to me the joy of your salvation,  
and uphold me with a willing spirit.

**Sit with God in compassion.**

When something difficult surfaces, pause and ask: How does God see me right now? Imagine God meeting you with patience and tenderness. Remind yourself that you are His daughter or son, you are loved, and secure. Your heavenly Father, knows completely, but is very confident in how Holy Spirit will transform you to become like Jesus.

**INTERCEDE**

Pray that the Underground TN would become a community marked by grace-filled honesty. Ask God to give us courage to face ourselves without fear and humility to walk with one another gently. Pray that our house churches, teams, and families would be safe places for confession, healing, and restoration, shaped by the mercy of Christ.

**CLOSING PRAYER**

*Merciful God,  
You know us fully and love us completely.  
Give us the courage to face ourselves with honesty,  
and grace to trust You with what we see.  
Heal what is wounded, forgive what is broken,  
and renew us from the inside out.  
Form us through the slow work of truth and mercy  
as we apprentice under Jesus.  
Amen.*

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