

How to return from a hard heart:

1. Pray – talk to God, acknowledge, ask for help
2. Repent – ask forgiveness from others
3. Forgive those who hurt you
4. Read scripture – apply it, do it
5. Attend church and small groups – be accountable
6. Return to your first love - childlike faith
7. Resist cynical, critical thoughts toward people
8. Ask for joy, peace and love. Expect to walk in it.

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. [Proverbs 28:13](#)

So then, submit yourselves to God. Resist the Devil, and he will run away from you. Come near to God, and he will come near to you. Wash your hands, you sinners! Purify your hearts, you hypocrites! Be sorrowful, cry, and weep; change your laughter into crying, your joy into gloom! Humble yourselves before the Lord, and he will lift you up. (*James 4:7-10*)

My sins, O God, are not hidden from you; you know how foolish I have been. (*Psalms 69:5*)

But if we confess our sins to God, he will keep his promise and do what is right: he will forgive us our sins and purify us from all our wrongdoing. (*1 John 1:9*)

So then, confess your sins to one another and pray for one another, so that you will be healed. The prayer of a good person has a powerful effect. (*James 5:16*)

And when you stand and pray, forgive anything you may have against anyone, so that your Father in heaven will forgive the wrongs you have done. (*Mark 11:25*)

Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord.” And you forgave the guilt of my sin.

[Psalm 32:5](#)

Psalm 51 - ¹ Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. ² Wash away all my iniquity and cleanse me from my sin.

³ For I know my transgressions, and my sin is always before me. ⁴ 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. ⁵ Surely I was sinful at birth, sinful from the time my mother conceived me. ⁶ Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

⁷ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. ⁸ Let me hear joy and gladness; let the bones you have crushed rejoice.

⁹ Hide your face from my sins and blot out all my iniquity.

¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me.

¹¹ Do not cast me from your presence or take your Holy Spirit from me.

¹² Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Rev 2: I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people...Yet I hold this against you: **You have forsaken the love you had at first.** ⁵ Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.