

Create in Me a Clean Heart

Create in me a clean heart, O God,
And put a new and right spirit within me.
-Psalms 51:10

Create in me a clean heart, open and receptive, so that I may embrace the many ways you choose to visit my life.

Create in me a clean heart, cleared of the refuse of old battles with others and deadly opposition with myself.

Create in me a clean heart, purified through the daily disruptions and the life encounters that take me beyond my grasping control and ego-centeredness.

Create in me a clean heart, freed from the clutter of cultural enticements, so that I can enjoy the beauty of life's simple things and relish the gifts I easily take for granted.

Create in me a clean heart, bathed from harsh thoughts, shame, and perfectionistic tendencies, warmly welcoming others with the embrace of nonjudgment.

Create in me a clean heart, brushed free of frantic busyness, so that I will have time to dwell with you in the listening space of solitude and silence.

Create in me a clean heart, rinsed of the residue of false messages about identity, enabling my inner goodness and light to shine through all I am and do.

Create in me a clean heart, cleansed of anxiety and lack of trust, restoring in me an enduring faith in your abiding presence and unconditional love.

Create in me a clean heart, scrubbed of racism and prejudice, drawing me toward all as my sisters and brothers.

Create in me a clean heart, washed with your mercy and strengthened by your love, helping me move beyond whatever keeps me from union with you.

Together

Create a clean heart within me God. Dust off the unmindful activity that constantly collects there. De-clutter my heart from harsh judgments and negativity. Wash away my resistance to working through difficult relationships. Rinse off my un-loving so the beauty of my generous and kind heart can shine forth. Remove whatever keeps me from following in your compassionate footsteps. Amen.