

# Create in me a *clean heart,* O God.

## Reflection:

March 2026

Psalm 51:10

There are moments in our journey when prayer becomes very simple. Not long, not poetic, not carefully shaped. Just a cry that rises from the depths of one's being. This verse from Psalm 51 feels like that. It is the prayer of someone who has looked honestly at the state of the heart and realised that no amount of effort, knowledge or resolve can bring the healing that only God can give.

When we whisper, "Create in me a clean heart, O God," we stand in the same space as David - aware of our failures yet drawn to God with trust. This prayer is not a cry of despair. It is the cry of someone who knows that true renewal begins in the presence of a God who never tires of making all things new.

This prayer comes as an invitation amid our Lenten journey. Lent is not merely a season of sacrifice or discipline; it is a season of returning. It is a gentle call to come back to the One who knows us completely and still looks at us with tenderness. This verse becomes a doorway into that homecoming.

If we allow silence to settle, we notice the clutter within: fatigue, resentment, hurried choices, unspoken fears and the quiet ache of feeling unseen or unheard.

There are moments, whether at home, in our workplaces or in the places where we study, when we feel spiritually dry or distant. Sometimes we carry the sting of conversations that left us upset, the discomfort of decisions we did not understand or the sadness of not finding the space we hoped for. A meeting where you felt invisible, where your voice did not matter as much as you hoped, where decisions arise from small circles that you do not fully appreciate. These experiences gather in the heart, often unnoticed and quietly shape the way we pray, love and live.

Every day offers moments when the heart becomes heavy, yet even that longing to return, that faint desire for freshness, is a sign of grace already at work. It is God drawing us back, not through force, but through a quiet longing for something more.

This is why the word "create" is so powerful. David does not ask for an improvement of the heart or a small repair. He asks for creation. Something new. Something only God can do. Renewal is not a project we manage through sheer discipline; it is a grace we allow. Many of us try to fix our inner



struggles by doing more - more activity, more involvement, more effort. These have value, yet they can never replace the deeper work of letting God touch the heart. A clean heart is not a perfect heart; it is a heart that returns again and again, trusting that God welcomes the returning.

Instead of letting these experiences harden the heart, Lent invites us to place them before the Lord with this simple prayer: "Create in me a clean heart, O God."

Let this prayer rise between tasks, between conversations, between expectations. Let it become the breath that steadies you when you feel stretched or unseen. Lent does not ask us to suppress our struggles; it asks us to bring them into the light where they can be transformed.

A clean heart is a free heart. It forgives quickly, listens deeply, hopes patiently and responds without fear. It carries less noise and more peace. It sees God at work even when human structures appear slow to change.

As an international movement, we carry many cultures, gifts and experiences. If this month becomes a time of inner returning for each one of us, then our households, missions, friendships and leadership spaces will breathe with renewed openness - an openness that welcomes diversity, encourages the young and makes room for every gift.

As we journey through Lent, let this be our simple prayer and our steady companion. "Create in me a clean heart, O God."

Shoy Thomas

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