

# CLEAN HEART AND A CLEAN SPIRIT

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TABERNACLE OF PRAISE – PASTOR G. RICHARDSON

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**Pro 4:23** Keep thy heart with all diligence; for out of it *are* the issues of life.

**Pro 4:24** Put away from thee a froward mouth, and perverse lips put far from thee.

**Pro 4:25** Let thine eyes look right on, and let thine eyelids look straight before thee.

**Pro 4:26** Ponder the path of thy feet, and let all thy ways be established.

**Pro 4:27** Turn not to the right hand nor to the left: remove thy foot from evil.

**Pro 4:23 -**

**Keep thy heart with all diligence** - “Above all keeping,” guard thy heart. He who knows any thing of himself, knows how apt his affections are to go astray.

**Jer 17:9** The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

**Jer 17:10** I the LORD search the heart, *I* try the reins, even to give every man according to his ways, *and* according to the fruit of his doings.

**Psa 139:23** Search me, O God, and know my heart: try me, and know my thoughts:

**Psa 139:24** And see if *there be any* wicked way in me, and lead me in the way everlasting.

## 1. Clean Heart and a Right Spirit:

**Psa 51:1** Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.

**Psa 51:2** Wash me thoroughly from mine iniquity, and cleanse me from my sin.

**Psa 51:3** For I acknowledge my transgressions: and my sin *is* ever before me.

**Psa 51:4** Against thee, thee only, have I sinned, and done *this* evil in thy sight: that thou mightest be justified when thou speakest, *and* be clear when thou judgest.

**Psa 51:5** Behold, I was shapen in iniquity; and in sin did my mother conceive me.

**Psa 51:6** Behold, thou desirest truth in the inward parts: and in the hidden *part* thou shalt make me to know wisdom.

**Psa 51:7** Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.

**Psa 51:8** Make me to hear joy and gladness; *that* the bones *which* thou hast broken may rejoice.

**Psa 51:9** Hide thy face from my sins, and blot out all mine iniquities.

**Psa 51:10** Create in me a clean heart, O God; and renew a right spirit within me.

**Psa 51:11** Cast me not away from thy presence; and take not thy holy spirit from me.

**Psa 51:12** Restore unto me the joy of thy salvation; and uphold me *with thy* free spirit.

## 2. **Keep thy heart:**

**Mat 15:17** Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught?

**Mat 15:18** But those things which proceed out of the mouth come forth from the heart; and they defile the man.

**Mat 15:19** For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

**Mat 15:20** These are *the things* which defile a man: but to eat with unwashen hands defileth not a man.

## 3. **Keep thy Mind:**

**Isa 26:3** Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusteth in thee.

**Isa 26:4** Trust ye in the LORD for ever: for in the LORD JEHOVAH *is* everlasting strength:

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Mat 6:22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

Mat 6:23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great *[is]* that darkness!

## **LUST OF THE FLESH**

Gal 5:16 *[This]* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Gal 5:17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

1. **Our Flesh is our strongest battle** (Not the devil)
2. **The Scripture speaks to us, not to make provision for the flesh:**

**For the flesh lusteth against the Spirit** - The inclinations and desires of the flesh are contrary to those of the Spirit. **They draw us away in an opposite direction, and while the Spirit of God would lead us one way, our carnal nature would lead us another**, and thus produce the painful controversy which exists in our minds. The word “Spirit” here refers to the Spirit of God, and to his influences on the heart.

1Pe 2:11 Dearly beloved, I beseech *[you]* as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;

## **OVERCOMING IMPURE THOUGHTS**

1. **Our battle against impure thoughts is far more than a mental or physical struggle- it is spiritual warfare.** “For

we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

2. Both the Spirit of God and Satan need a person’s mind, will and emotions through which they can express themselves.
3. God knows that our natural inclinations easily betray us. They betray us to lean toward the flesh and the temporal pleasures that Satan offers. (The Spirit indeed is willing, but the flesh is weak)

God wants us to use the pressure of the battles to daily motivation to transform our minds to His way of thinking. This will be achieved by the taking the Sword of the Spirit which is the word of God. **Phi 2:5** **”Let this mind be in you, which was also in Christ Jesus:”**

## **HOW TO TRANSFORM YOUR IMPURE THOUGHT INTO GOOD THOUGHT**

### **1. Memorize the Word of God:**

#### **a. Meditate in His Word day and night:**

**Psa 1:2** But his delight [*is*] in the law of the LORD; and in his law doth he meditate day and night.

**Psa 1:3** And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

### **2. Develop a Consistent Prayer Life:**

**Mat 6:13** And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

**Jud 1:20** But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,

**Jud 1:21** Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.

### 3. Learn to Live in the Fear of God:

- a. A sincere Christian cannot enjoy sensual thoughts unless he temporarily blots the presence of God out of his consciousness. If we knew that God was evaluating every one of our thoughts, we would quickly reject all those that are impure.

**Pro 16:6** By mercy and truth iniquity is purged: and by the fear of the LORD [*men*] depart from evil.

- b. **A moment - by - moment awareness that God is watching and weighing every one of our words, thoughts, actions, and attitudes.**

Gen 16:13 “...Thou God seest me...”

**Pro 15:3** The eyes of the LORD [*are*] in every place, beholding the evil and the good.

**Psa 139:4** For [*there is*] not a word in my tongue, [*but*], lo, O LORD, thou knowest it altogether.

- c. **Learn God’s Limitation to Curiosity:** Undisciplined curiosity is one of Satan’s most powerful means of defeating us in our thought lives. God has given us a marvelous intellect, but with it he gave one limitation. We are not to learn the details of evil.

**Gen 3:5** For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

**Eph 5:10** Proving what is acceptable unto the Lord.

**Eph 5:11** And have no fellowship with the unfruitful works of darkness, but rather reprove [*them*].

**Eph 5:12** For it is a shame even to speak of those things which are done of them in secret.

**Eph 5:13** But all things that are reprovèd are made manifest by the light: for whatsoever doth make manifest is light.

**Phi 2:5** **Let this mind be in you, which was also in Christ Jesus:**

**Phi 2:6** Who, being in the form of God, thought it not robbery to be equal with God:

**Phi 2:7** But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

**Phi 2:8** And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

**Phi 2:9** Wherefore God also hath highly exalted him, and given him a name which is above every name:

**Phi 2:10** That at the name of Jesus every knee should bow, of [*things*] in heaven, and [*things*] in earth, and [*things*] under the earth;

**Phi 2:11** And [*that*] every tongue should confess that Jesus Christ [*is*] Lord, to the glory of God the Father.

## **WHO SHALL ACCEND**

**Psa 15:1** <A Psalm of David.> LORD, who shall abide in thy tabernacle? who shall dwell in thy holy hill?

**Psa 15:2** He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart.

**Psa 15:3** *He that* backbiteth not with his tongue, nor doeth evil to his neighbour, nor taketh up a reproach against his neighbour.

**Psa 15:4** In whose eyes a vile person is contemned; but he honoureth them that fear the LORD. *He that* sweareth to *his own* hurt, and changeth not.

**Psa 15:5** *He that* putteth not out his money to usury, nor taketh reward against the innocent. He that doeth these *things* shall never be moved.