

How to Be Clean

Healing, Week Five

The pathway toward purity and cleansing isn't perfection. It's confession! To live with a pure heart and clean mind means that we are hiding nothing, and therefore that we have nothing to hide. When we come clean with God, he cleanses us from the inside out!

To Review...

Week One... We are all broken => God is a healer => God offers his healing freely by grace to anyone willing to receive it by faith.

Week Two... Healing starts when we get real about our brokenness, our hurts, our habits, and our hangups.

Week Three... Healing continues as we get our story straight about who God is, who we are, and what our pain really means.

Week Four... The secret to living on the pathway of healing and healthy growth is to give full control of your life to the Spirit of God.

Today, we're going to talk about **CLEANSING** - about how to be clean again!

Ever asked yourself on a practical, physical level, "will I ever be clean again?" When it's raining and muddy and you're working outside or with some plumbing issues or axle grease and you're covered head to toe?

Ever asked that about your kids? When they come in with mud and soot caked under their fingernails and grass stains all over their clothing?

And isn't it a wonderful feeling to stand in a hot, steamy shower while all the dirt gets washed away, down a pipe somewhere and out of your life forever?

I believe that's a big part of healing. Getting clean. Feeling clean. Knowing I'm clean again.

The problem is, because of our sin and our rebellion - because of our hurts, habits, and hangups, it's impossible to get clean. And it can begin to feel a little hopeless.

We ask, how do I get the uncleanness off of my hands?

And more importantly, *how do I get the uncleanness out of my heart?*

Jesus said this...

Matthew 5:8 NLT

God blesses those whose hearts are pure, for they will see God.

So far, a lot of what Jesus has said in the beatitudes we've looked at has seemed paradoxical, but this one seems downright impossible!

Pure hearts? ALL of us have impure hearts, unclean thoughts, and a past that proves our guilt of sin.

I don't believe Jesus intended us to make ourselves pure, apart from his grace in our own effort, to receive his blessing.

Rather I believe Jesus intended us to receive purity from him as a gift of grace, and then to continue to walk in that gift and live it out daily.

THREE BIG REALITIES ABOUT BEING CLEANSED...

1. God HAS MADE you clean.

Because of Jesus' death on the cross, his followers are presently DECLARED pure and clean.

1 Corinthians 6:9-11 NLT

Don't you realize that those who do wrong will not inherit the Kingdom of God? Don't fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality, or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God. Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.

It's a matter of **accepting it as fact, by faith.** It's **by grace.**

Not only that, but...

2. God IS MAKING you clean.

Because of God's faithfulness to his forgiving nature, his followers are progressively BECOMING pure and clean.

1 John 1:9 NIV

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

This is practical - keep **walking in confession and cleansing daily!**

3. God will KEEP you clean.

Because of his promises, his followers will be permanently KEPT pure and clean forever.

1 Thessalonians 5:23-24 NLT

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful.

It's all of grace!

You can only walk in healing to the degree to which you can receive and walk under God's grace.

Do you want to be **CLEAN** today? Do these two things...

1. Believe in Jesus.

2. Receive Jesus and the cleansing he offers.