

# **Purify and Cleanse**

## **All to God**

We set our heart, mind, soul, and strength toward doing the will of God. Study the great commandment. Deuteronomy 6:1-8, Matthew 22:37, Mark 12:30, Luke 10:27,

All our heart, mind, soul, strength, and inward parts are to be with God.

## **Examine yourself**

Luke 11:39, Romans 2:29, Romans 7:22, 2 Corinthians 4:16, 2 Corinthians 13:5, Galatians 6:4, James 1:22-24,

We study the list of good and evil to improve our ability in assessing ourselves for such attitudes and character. We discuss such attitudes of mind and heart with others to learn from other's perspectives. We read examples and listen to testimonies describing them.

We search our thoughts, desires, interests, attitudes, and behaviors to identify the good and evil existing with them. We pay close attention to our feelings and thoughts with them.

## **Confession**

Follows thorough self-examination and learning. Once we have identified our wrongs, bitterness, and ways we cling to evil, then we can become able to discuss and confess them. Acts 19:18, James 5:16, 1 John 1:9

Humble - We must be willing to see and sense errors within us. If we do not see and sense our wrongs, we will be less likely to adjust, repent, or give into God's good corrective ways. James 4:6

Contrite - We are to acknowledge our wrongs and hurtful behavior within our hearts. This can feel like sorrow, regret, or brokenness in spirit. This has nothing to do with self-condemnation or self punishment. It's more

about seeing the truth with compassion for God and others. We hurt, because others have been hurt, and we are ready to humbly walk more in the solution of healing. Psalm 34:18

Meek - Words used to describe meek are lowly and modest. This of course has to do with an inward attitude and outward demeanor. This likely would involve not participating in thoughts focused upon self-seeking, self-image, money, envy, pride, etc. Matthew 5:5

## **Repent**

Matthew 4:17, Matthew 9:13, Matthew 11:20, Mark 6:12, Luke 5:32, Luke 13:3-5, Luke 17:3-4, Luke 24:47, Acts 2:38, Acts 3:19, Acts 8:22, Acts 11:18, Acts 17:30, Acts 20:21, Acts 26:20, Romans 2:4, 2 Corinthians 7:9-10, 2 Corinthians 12:21, 2 Timothy 2:25, Hebrews 6:1, 2 Peter 3:9,

We inward turn our thoughts toward God, God's good and righteous ways. As we inwardly practice, ponder, investigate, experience, and learn God's good we can grow it's affects within and around us. The spirit by which we live impacts souls, whether good or evil. Inwardly, there will always be some mix between the two, because we all sin. However, we are called to practice repentance through self-discipline and careful guidance of our inward character.

Hindsight will provide understanding. We will not see the fruit before it is there. Such fruit can be recognized by those who are experienced to see it. Those who understand this process through experience will be more enabled to see it.

## **Restore**

When our sinful ways impact others with harm, we do our part in making amends and attempt to make right such damage. We examine our inward attitude to ensure we are doing it with the right heart and mind. It is always through God's good that we go out to help others, whether to add or repair.