

## Inward Purifying Principles (Short list)

1. We ought to clearly know how the Bible describes God. We then practice thinking of God in that way.
2. We speak and think the truth and correct dishonesty.
3. God's will is best and most important to us each day within our hearts, minds, and goals. We ought to choose God's ways over our own each day.
4. We make continuous progressive improvements with God's character while examining ourselves for growth.
5. We learn what the Bible means about Good and evil. We learn how God's character aligns with Good and put it into practice.
6. We confess evil we have done and learn to abhor it.
7. We learn and cling to what is Good.
8. We Seek Justice and impartiality in doing Good. We guard against preference and bias (habits, wants, expectations, etc.) "Thy will, not mine, be done."
9. We correct harm done to others and ourselves. We seek to restore our wrongs with humble sincerity for peace.
10. We seek experience in mercy, forgiveness, and compassion both inwardly and outwardly for others and ourselves.
11. We practice patience and peace with gentleness and kindness. We follow an individualized plan.
12. We discuss and pray for these principles daily. We teach others in demonstration and personal experience.

## Long version

Matthew 5:8 Blessed are the pure in heart, For they shall see God.

1. We each read the Bible so that we can see the truth for ourselves. We ought to practice listening to God for spiritual instruction, instead of people. Getting information from the primary source limits distortion of facts; however we still need to practice critical thinking skills and guard against our own deceptive bias.
2. We ought to evaluate our prompting thought messages, rationalizations, and justifications for our choices to ensure they are true and accurate. Are we postponing, avoiding, or deflecting responsibility? We ought to make continued corrections with our thoughts and words toward God's truth. How exactly are we progressing spiritually?
3. Choosing God's will over our own each day is an action which changes our focus and attitude. We ought to humble ourselves and listen carefully for spiritual direction. Our interests ought to be growing in alignment with God's. Our goals ought to be God's love and peace.
4. We set specific goals with measurable objectives and review them regularly to ensure growth.
5. Guidance around Good and evil exists throughout the Bible. We ought to learn what is Good from the Bible and spiritual experiences.
6. We must get honest with another person about the evil we think and practice. We ought to share the effects of practicing evil in our hearts, minds, bodies, and relationships. We ought to learn how it affects truth, love, compassion, humility, peace, patience, mercy, & forgiveness.
7. As we resist evil and put into practice Good ('Good' means good in the Bible), through observation of others and introspection within ourselves, we can learn new spiritual affects from doing Good. We can see life around us differently and shape a new sense of living. The Spirit within us can teach us God's ways as we give ourselves over to Good. New action and participation is essential. Just reading and thinking does not provide enough spiritual experience. The best teachers are those with experience. Demonstration is better than just words. There is no way to explain this without experience. Godly activity is key.

8. God is impartial, but we are partial. We all have preferences, wants, personal bias, and desires that often interfere with God's truth and Goodness.
9. It's practically impossible to go through life without harming anyone. When we practice evil, as the Bible describes evil, each of us experiences spiritual consequences that are difficult to describe. We may feel guilt, anger, fear, shame, anxiety, etc. We may instigate or arouse such feelings in others.

Restitution is often the most challenging and rewarding spiritual experience. As we make right our wrongs we may experience a deeper sense of humility. This humility can open doors for much spiritual growth. We also ought to consider how our actions can affect God's kingdom and spiritual unity. How does our spiritual activity affect everyone as a whole? Some wrongs we have done to others may not easily be corrected. We may cover such wrongs through our tending to God's kingdom with honest and sincere love.

10. We seek growth in mercy, forgiveness, and compassion with continued self evaluation. We realize we are connected spiritually as one spiritual body. We learn how we affect each other and seek the Good for each other. We ought to guard against thinking what we can get from each other (selfish ambition) and think instead how we can encourage each other for Good.
11. We ought to avoid being rushed and hurried. If we are racing around it will impact our spiritual productivity. We ought to practice and patience with peace to increase our spiritual awareness of the here and now. Such improved spiritual awareness can increase our ability to do Good.
12. We must have spiritual experiences with God's Goodness in order to describe it with others. Since we all partake of the same spirit we all ought to be able to understand God's spirit. We ought to share our own personal experience of confession, repentance, corrective action, restitution, and how we increased our inward character and attitude into more alignment with God's Goodness. We ought to demonstrate our improvements of love and peace over time in thought, words, and demeanor. Our actions ought to continue to grow in God's Good.

We ought to spiritually walk alongside others who are practicing these principles.

## How the Bible describes God (NKJV)

Psalm 37:31 The law of their God is in their hearts.

John 4:24 God is spirit, and his worshipers must worship in the Spirit and in truth.

Matthew 5:9 Blessed are the peacemakers, For they shall be called sons of God.

Acts 5:32 the Holy Spirit whom God has given to those who obey Him.”

1 John 4:16 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

Psalm 86:5 For You, Lord, are good, and ready to forgive, And abundant in mercy to all those who call upon You.

John 3:33 God is truthful

Psalm 86:15 But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Daniel 9:9 To the Lord our God belong mercy and forgiveness, though we have rebelled against Him.

1 Corinthians 14:33 God is not a God of disorder but of peace

2 Thessalonians 1:6 God is just: He will pay back trouble to those who trouble you

Romans 2:11 For there is no partiality with God.

Hebrews 12:23 to God the Judge of all, to the spirits of just men made perfect,

James 5:11 The Lord is full of compassion and mercy.

Psalm 73:26 God is the strength of my heart and my portion forever.

2 Thessalonians 3:5 Now may the Lord direct your hearts into the love of God and into the patience of Christ.

Hebrews 12:14 Pursue peace with all people, and holiness, without which no one will see the Lord:

## Our Process

Each of us come into this experience with different mindsets and beliefs about God. Although there may be similarities, there are differences. Creating a path we can see to grow toward something we cannot see is a highly complicated task. Few will seek to explore such complexity. Therefore, this process will be made simple in principles. The struggle will always lie within each of us, the giving ourselves over to God.

Delays and distractions come in many forms and ways. We will all face resistance. Yet we must choose to give ourselves over to the principles. We will choose either to obey God's principles more or our reasons to delay.

### Live by principles

Once we have decided to give ourselves over to God's principles we will then be ready to take action. Peace and patience involves slowing down in our heart, mind, and actions. Sincere love, mercy, and compassion teaches us to relate with others empathetically and help others to grow in a Godly direction. Truth and justice involves impartiality and objectivity. We will need to learn to live in honesty and fairness. Forgiveness saves us from anger, resentment, wrath, tension, and stress from grudges and hate toward others. These principles are all intangible experiences we learn through trial, error, reflection, and collaboration.

### Ensure our growth

Developing anything usually requires a plan. Since we each come from different places in the process we each will need to choose our plan. Some of us may be strong in truth and weak in mercy while others may be strong in compassion and weak in justice. We ought to seek growth in all areas. God is not weak in any of these areas and if we are to obey God we are to pursue God's ways wholeheartedly.

Everyday we are to make such pursuit our main priority. God must be in our daily plans. If God is not in our current plans we are not currently trusting God. Creating goals is part of the journey to help us stay accountable to growth. Within each of us lies self-deception that can lead us away from our pursuit with God. We will all face stumbling blocks as we continue with God.

## Stumbling blocks

Fear, resentment, self-seeking (pride, vanity, envy, lust, etc.), dishonesty, can occupy space within our hearts and minds that block our connection with God. We must humble ourselves, confess it, and seek God's ways for correction. There are areas within our minds and hearts where we participate in evil. We ought to rid ourselves of such evil practices. Twelve Step programs use a method that works to repent from such evil, if we can humble ourselves to let it work. No need to recreate the wheel.

Humility, willingness, honesty, diligence, and courage will be needed to turn from evil and give ourselves over to good. Perseverance and endurance will be necessary to let the patience and peace of God work within our minds and hearts. Imagine a rock being thrown into still water and waiting for the ripples to go away. Evil is like the ripples. The ripples from the evil we acted upon will take some time to diminish and then the peace will begin its work. Letting go of our evil ways is the first part. The second and most important is the letting God.

## Letting God

To let anything work we will need to give it a chance. To let God work in our lives we must utilize God's ways wholeheartedly. God is described by the Bible as; truth, mercy, compassion, justice, patience, peace, forgiveness, and love. In order for such character to work in us we must make that character our focus both inwardly and outwardly. To the extent that we give ourselves over to God may be to the extent that we experience spiritual transformation. There are many reasons the mind may seek to keep us from such action, but none of them will be from God. God not only wants us to grow in this character, God has commanded it. Yet God always commands action that leads to love and peace.

## Transformation can hurt

Letting go of idolatry can be an extremely uncomfortable process. We may not feel God's love and peace in the beginning. We may experience confusion, anger, fear, and much doubt. There are many natural reasons for this struggle. Our minds are challenged with new learning. Our identity and purpose can be quite different. We may change our associations. Doing different, even when we are ridding ourselves of evil, can hurt. Support groups can be a valuable resource. Instead of feeling afraid of such suffering, we can learn from it. We must continue toward the goal; love and peace.