Spiritual Spring Cleaning presented by The Ministry of YOU

The foundation Scripture is NLT Ephesians 4:16; He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of Love.

I want us to bear in mind and remember our foundation, Scripture. We as active service members in the body of Christ are working on getting healthy spiritually and physically, so we can continually grow in the Love or Character of God. Together we are learning the process of renewing our mind, which I am referring to as “Spiritual Spring Cleaning.” Interestingly, the origin of spring cleaning is considered Judeo-Christian tradition. Spring cleaning dates back to the liberation of the Israelites from Egypt, now celebrated as the holiday (holy day) of Passover. To prepare for Passover, the Torah commands not a crumb of leaven in the house. As a result, one would thoroughly clean the house.

It's spiritual spring cleaning because the house we are cleaning is us! To be more exact, the cleaning of the soul from old unregenerated thoughts. This principle is explained by the Apostle Paul in his letter to the Corinthian Church. AMPC 2 Corinthians 5:14-17; For the Love of Christ controls and urges us and impels us, because we are of the opinion and conviction that (if) One died for all, then all died; And he died for all, so that all those who live might live no longer to and for themselves, but to and for Him Who died and was raised for their sake. Consequently, from now on we estimate and regard no one from a (purely) human point of view (in terms of natural standards of value).

Now, even though we once did estimate Christ from a human viewpoint and as a man, yet now (we have such knowledge of Him that) we know Him no longer (in terms of the flesh). Therefore, if any person is (ingrafted) in Christ (the Messiah) he is a new creation (a new creature altogether); the old (previous moral and spiritual condition) has passed away (spiritual spring cleaning), Behold, the fresh (clean) and new has come. The only way we are going to be willing to spiritually spring clean or renew our minds, is we must believe these passages of Scripture. That our old previous life of the flesh is over, so we get rid of that old life. And in its place, we now have the new life in the Spirit through Christ Jesus. We must be fully persuaded that our Heavenly Father Loves us and have received us as His very own children. This is exactly what John is saying in his letter to his fellow believers. AMPC 1 John 3:1-3; See what quality of Love the Father has given (shown, bestowed on) us, that we should (be permitted to) be named and called and counted the children of God! And so, we are! (John says this with such conviction)

The reason that the world does not know (recognize, acknowledge) us is that it does not know (recognize, acknowledge) Him. Beloved, we are (even here and) now God’s children; it is not yet disclosed (made clear) what we shall be (hereafter), but we know that when He comes and is manifested, we shall (as God’s children) resemble and be like Him, for we shall see Him just as He really is. And everyone who has this hope (resting) on Him cleanses (spiritual spring cleaning) purifies himself (The Ministry of YOU) just as He is pure (chaste, undefiled, guiltless).

The Lord Jesus Christ, the Head of the Church, has given us some insight in how to effectively do spiritual spring cleaning. Jesus, the most successful Person Who ever lived gives us this wise counsel. Why is Jesus the most successful Person Who ever lived? Because He is the Only One Who is Perfect. He never sinned! AMPC Hebrews 4:15; For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning.

We must understand, just like we just read, Jesus was tempted like we are, but He didn’t sin! That makes Him the Authority on living a life free of sin. How was Jesus able to live a sinless life with all the temptation around Him? Because He knows and understands human nature and the flesh and how to overcome it. AMPC John 2:24-25; But Jesus (for His part) did not trust Himself to them, because He knew all (men); and He did not need anyone to bear witness concerning man (needed no evidence from anyone about men), for He Himself knew what was in human nature. (He could read men’s hearts).

So, what is this advice that He has for us so we can share in His success? AMPC Matthew 12:33; Either make the tree sound (healthy and good), and its fruit sound (healthy and good), or make the tree rotten (diseased and bad), and its fruit rotten (diseased and bad); for the tree is known and recognized and judged by its fruit. Jesus is saying that the responsibility of the tree is on us when He said, either make the tree good or make the tree bad. The word make in this verse is the Greek word poieo (poy-eh-o). It means to construct, form or fashion. So clearly, we are constructing a good or bad tree. Not the devil, or other people, it’s us. What is the tree that Jesus is referring to? Because He is pointing to the tree as the true problem.

The dendrite is the tree Jesus is referring to in this verse of Scripture. This is a teaching moment from Jesus. He’s giving us science lessons, anatomy, and physiology. The word dendrite is from the Greek word dendron which means tree. A dendron or dendrite is a branched protoplasmic extension of a nerve cell in the brain. That is why it is referred to as a tree, because it is shaped like branches on a tree. The dendrites are projections from a neuron (nerve cell). Remember, we learned that new nerve cells are born new for us every morning so we can create new healthy positively charged thoughts. Neurons or nerve cells are designed to send and receive information. Once the information is received the information is processed in the soma. At the end of the nerve cell body is the axon. The axon terminal is where the electrical information is converted to a chemical signal to be sent to other cells.

Why is the tree or dendrite so important as Jesus has pointed out? Because its main function is receiving information from the environment or other cells, processing this information, and then transferring this information throughout the body. So, if the information is Good News (the positively charged Word or Thoughts of God); there will be good and healthy branches or dendrites and this goodness and health will be sent throughout the body. If it’s bad news and unhealthy negatively charged words or thoughts of the devil; the branches or dendrites will be bad and unhealthy and will be sent throughout the body.

The signal that begins this process of the dendrite’s receiving information is our thinking. Our thinking is the signal. The electrical signals transmitted are called action potentials. This should remind YOU of what the Word of God has already told us. AMPC Proverbs 23:7; For as he thinks in his heart, so is he. Our thoughts or thinking is the signal that sets this process in motion and the process just continually repeats. This is why it’s so important that we do our spiritual spring cleaning or renewing our minds. The dendrites hold our thoughts or memories.

The Apostle Paul speaks of his own need for a spiritual spring cleaning in his letter to the Romans. AMPC Romans 7:15-18; For I do not understand my own actions (I am baffled, bewildered). I do not practice or accomplish what I wish, but I do the very thing that I loathe (which my moral instinct condemns). Now if I do (habitually) what is contrary to my desire, (that means that) I acknowledge and agree that the Law is good (morally excellent) and I take sides with it. However, it is no longer I who does the deed, but the sin which is at home in me and has possession of me. This statement indicates that Paul understood the dilemma of bad trees or dendrites. Paul discusses being habitual or creatures of habit, doing what he didn’t want to instead of what he wanted to do. We are designed by our Heavenly Father to be creatures of habit. According to Joshua 1:8, whatever we mediate on day and night we are going to habitually do. Based on what we continually meditate on or think about, we will become.

Paul understood that because he kept doing what he didn’t want to do; that it was the old previous condition in charge. He was now just acting out of habit due to the old thoughts or memories stored in him. AMPC Romans 7:18-20; For I know nothing good dwells within me, that is in my flesh. I can will what is right, but I cannot perform it. (I have the intention and urge to do what is right, but no power to carry it out). For I fail to practice the good deeds that I desire to do, but the evil deeds that I do not desire to do are what I am ever doing. Now if I do what I do not desire to do, it is no longer I doing it (it is not myself that acts), but the sin which dwells within me (dendrites or tree) fixed and operating in my soul.

Paul recognized there was something going on that he didn’t understand. He felt like a Frankenstein, as if he had no control over his own body. The Holy Spirit revealed to him exactly what that was. He acknowledges that he received the answer from the indwelling Holy Spirit. AMPC Romans 7:23; But I discern (he discerned this revelation from the Holy Spirit) in my bodily members (in the sensitive appetites and wills of the flesh) a different law (rule of action) at war against the law of my mind (my reason) and making me a prisoner to the law of sin that dwells in my bodily organs (in the sensitive appetites and wills of the flesh).

The Apostle understood he would need to some spiritual spring cleaning or renewing of his mind to be free and no longer a prisoner. We discussed in our previous lesson about the dilemma of crowded hearts, and this is why we need the spiritual spring cleaning. We have to begin the process of getting rid of the old negatively charged unhealthy thoughts or memories and beginning to grow positively charged healthy thoughts which proceed from God. The excellent thing about the process is we can tear down the old negatively charged unhealthy thoughts and build new positively charged healthy thoughts simultaneously. The Holy Spirit our Helper and Teacher, once we decide to develop a disciplined routine of renewing our minds, He will help us. We have to choose as an act of our will to make a lifestyle of neuroplastically rewiring our nerve networks.

The process is driven by us but led (guided) by the Holy Spirit. The Holy Spirit will help us learn how to get into a state of deep intellectual, introspective, self-reflection. Scientific research shows that deep-thinking exercises repeated daily over a period of at least twenty-one days help create long-lasting change. Deep thinking is meditation. Again, scientific research is finally beginning to catch up with the Bible. AMPC Joshua 1:8; This Book of the Law shall not depart out of your mouth, but YOU shall meditate on it day and night, that YOU may observe and do according to all that is written in it. For then YOU shall make your way prosperous, and then YOU shall deal wisely and have good success.

So, as YOU can see, we are the ones driving this process, but the Holy Spirit needs to be leading (guiding us as we drive) because only He knows how to do this correctly and where we are headed. Based on research and study of the human brain, we think at a rate of 6.5 transitions each minute. This would equate to the average young adult would have more than 6,000 thoughts throughout the day. I found it interesting that the Word of God is composed of 600,000 Words. Remember, the Word of God His Thoughts. We have the opportunity each day to think of His 600,000 Thoughts after Him.

In order to begin to uproot the old unhealthy negatively charged thoughts, these toxic thoughts must be brought to your conscious mind. The Holy Spirit searches and knows our mind. He knows all the thoughts or memories being held on the protoplasmic extension of the nerve cells or dendrites. AMPC 1 Corinthians 2:10; The Holy Spirit searches diligently, exploring and examining everything, even sounding the profound and bottomless things of God (the divine counsels and things hidden and beyond man’s scrutiny). KJV Proverbs 20:27; The spirit of man is the candle of the Lord, searching all the inward parts of the belly.

The Holy Spirit resides in our born-again spirit. From His Presence within us, He searches the inward parts of the belly. This word belly is the Greek word beten (beh-ten). It means the seat of mental faculties or the soul. Remember, the soul is compromised of the mind, will, emotions, and imaginations. Our brain functions based on what our mind is doing. So, the Holy Spirit searches looking for the negatively charged thoughts to bring them to our conscious mind so we can deal with them by uprooting them. Then we can replace them with positively charged thoughts which are God’s Thoughts or His Word.

We can’t change what we aren’t aware of. So, the Holy Spirit makes us aware or conscious of what is in our hearts! Then it’s our responsibility to willing be to change it!

“If You keep thinking the way YOU always think, YOU are going to keep doing what YOU always do.”