

DAY 8 - January 16, 2023 – Clean House

“When we find a man meditating on the words of God, my friends, that man is full of boldness and is successful.” - *Dwight L. Moody*

Topic Scripture: Romans 8:5-6: *“For those who live according to the flesh have their minds set on the things of the flesh, but those who live according to the Spirit have their minds set on the things of the Spirit. Now the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace”*

Have you ever looked up at your ceiling fan blades or deep down into your couch cushions and noticed the filth that builds up over time? Even though we might clean on a regular basis, there are times when we need to go... a little deeper. We realize that what appeared to be clean on the surface was in all actuality, quite filthy.

The same thing can happen spiritually. As we go about our daily lives, there are things that can build up over time. Even if we regularly worship, pray and read our Bible, the different pressures and cares of this world can quietly build up, and end up consuming our lives. Without even realizing it, we can lose our peace, our joy, and our passion for the things of God. Our service to God, which used to fill us with life and excitement, becomes a duty that we must fulfill.

Fasting is the deep cleaning that helps us take our mind off of the things of this world and instead have a refreshed focus on the things of the Spirit. It is an incredibly effective way to get into the nooks and crannies of our soul and bring all those dusty old habits, broken mindsets and rusty attitudes out into the light of God’s truth. In fasting and prayer, our service to God returns to something we want to do rather than something we have to do. As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Like David, in Psalm 51:10-12, pray that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

Additional Scriptures (CSB)

Psalm 51: *“Be gracious to me, God, according to your faithful love; according to your abundant compassion, blot out my rebellion. Completely wash away my guilt and cleanse me from my sin. For I am conscious of my rebellion, and my sin is always before me. Against you—you alone—I have sinned and done this evil in your sight. So you are right when you pass sentence; you are blameless when you judge. Indeed, I was guilty when I was born; I was sinful when my mother conceived me. Surely you desire integrity in the inner self, and you teach me wisdom deep within. Purify me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Turn your face away from my sins and blot out all my guilt. God, create a clean*

heart for me and renew a steadfast spirit within me. Do not banish me from your presence or take your Holy Spirit from me. Restore the joy of your salvation to me, and sustain me by giving me a willing spirit. Then I will teach the rebellious your ways, and sinners will return to you. Save me from the guilt of bloodshed, God— God of my salvation— and my tongue will sing of your righteousness. Lord, open my lips, and my mouth will declare your praise. You do not want a sacrifice, or I would give it; you are not pleased with a burnt offering. The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God. In your good pleasure, cause Zion to prosper; build the walls of Jerusalem. Then you will delight in righteous sacrifices, whole burnt offerings; then bulls will be offered on your altar.”

Psalm 139: *I said, “I will guard my ways so that I may not sin with my tongue; I will guard my mouth with a muzzle as long as the wicked are in my presence.” I was speechless and quiet; I kept silent, even from speaking good, and my pain intensified. My heart grew hot within me; as I mused, a fire burned. I spoke with my tongue: “LORD, make me aware of my end and the number of my days so that I will know how short-lived I am. In fact, you have made my days just inches long, and my life span is as nothing to you. Yes, every human being stands as only a vapor.*

Selah

Yes, a person goes about like a mere shadow. Indeed, they rush around in vain, gathering possessions without knowing who will get them. “Now, Lord, what do I wait for? My hope is in you. Rescue me from all my transgressions; do not make me the taunt of fools. I am speechless; I do not open my mouth because of what you have done. Remove your torment from me. Because of the force of your hand I am finished. You discipline a person with punishment for iniquity, consuming like a moth what is precious to him; yes, every human being is only a vapor.

Selah

“Hear my prayer, LORD, and listen to my cry for help; do not be silent at my tears. For I am here with you as an alien, a temporary resident like all my ancestors. Turn your angry gaze from me so that I may be cheered up before I die and am gone.”

Philippians 4:8-9: *“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy dwell on these things. Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.”*

Prayer

Father, at times I grow tired and lukewarm in my love and service for You. Forgive me for allowing distractions of the world to take my focus off of You. Please renew the joy of my salvation and give me a fresh passion for You. I want to love You more than life. Thank You that You never grow weary and that Your passion for me is always secure. Amen