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HOW ARE WE TO CLEANSE OURSELVES SPIRITUALLY?

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James, the brother of Jesus, strongly encourages us to "cleanse our hands and purify our hearts." (James 4:8) This is a reference to the Jewish practice of purification (Mark 7:13, 19). James uses this phrase to apply to the Christian's actions seen by others (cleanse your hands) and to the inward attitudes seen only by God (purify your hearts). The purpose behind this admonition, is the Christian's tendency to be "double-minded" (James 1:8) having the desire to please both men (Galatians 1:10) and God (2 Corinthians 5:9).

How does Scripture refer to our "cleansing"?

Cleansing the hands- representing our actions or deeds (Psalm 24:4)

Cleansing our lips- representing our words or tongue (Isaiah 6:5-6)

Cleansing our hearts- representing our affections (Psalm 78:10; 51:1,5,10)

Cleansing our minds- representing our thoughts (James 4:8; Philippians 4:8)

May we all allow the Word of God to cleanse us completely.

God bless! Pat