

# Clean Heart

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Psalm 51:10 (KJV) says “Create in me a clean heart, O God; and renew a right spirit within me.” As followers of Jesus we are called to live with a clean heart — towards God and other people. Having a clean heart will keep us in God’s will and lead towards healthy relationships.

## Clean Heart Check

### Luke 6:45 (NIV)

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

How can we identify the things that are wrong in our own hearts?

### Ephesians 4:30-32 (NIV)

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.  
Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.  
Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Why is it wrong to hold onto bitterness in our hearts?

## How Can We Keep a Clean Heart?

### Ephesians 4:26-27 (NIV)

“In your anger do not sin” : Do not let the sun go down while you are still angry, and do not give the devil a foothold.

When the Bible was written, people went to bed as the Sun went down.

When is a good time to forgive others in our day?

What lets the devil get a foothold into our lives?

How can we avoid giving the devil any control in our hearts?

### Proverbs 4:23 (NIV)

Above all else, guard your heart, for everything you do flows from it.

What do we need to “guard” our heart against?

Have there been times where you let unforgiveness, bitterness or anger into your heart?

## Ask a Friend

How often do you ask God to search your heart?

How does God show you what’s in your heart?

How has this helped you?

## Application

How often should you check your heart?

Create a moment each evening to pray, forgive others and ask God to forgive you.

## Prayer Model

Lord Jesus, I thank you for forgiving me and giving me a way to have a free and clean heart. Help me to forgive each day as you forgive me.

## Key Verse

Ephesians 4:26-27

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

