



Pure in Heart

Pure through the Precious One

***“Before we can be cured
we must want to be cured”***

C.S. Lewis

I love you, Lord! Thank You for
first loving me! Please help me
to have a pure heart and head,
pure hands and a pure life - for
Your glory and pleasure...
Amen.



The vision of the **Healthcare Christian Fellowship International (HCFI)** is that health workers may KNOW the Lord, SHOW the Lord and SHARE the Lord... The vision of **CMC Vellore** is to show the Lord by seeking “not to be ministered unto, but to minister” - in the areas of education, excellence in care, and research. This is also OUR vision, together....



Healthcare
Christian
Fellowship
International

October 2013

Dear Friend

Greetings in Jesus' precious Name !

To know the Lord is the best we can experience in life... To know Him intimately and well does not come automatically... We read in Hosea 6:3, "Let us know; let us press on to know the LORD" (ESV), "let us be zealous to know the Lord [to appreciate, give heed to, and cherish Him]" (Amplified)... We need to be zealous to press on to know the Lord! We are encouraged to say with Paul: "[For my determined purpose is] that I may know Him [that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly]..." (Philippians 3:10a). "I count everything as loss compared to the possession of the priceless privilege (the overwhelming preciousness, the surpassing worth, and supreme advantage) of knowing Christ Jesus my Lord..." (3:8a)!!!

I believe this is why we came to the retreat. May the Lord meet with us and teach us..., also to know Him in the beauty of purity. This little booklet summarizes what the Bible teaches on how to have a pure heart - first, how to **GET** a pure heart, now, ...and then also how to **GUARD** (and keep) a pure heart. It is very important, for the Lord Jesus said that the pure in heart will see God (Matt 5:8). **The Good News is—the Lord Jesus and the Holy Spirit came to make this possible!!!!** We hope it'll be a blessing to you.

May you have a blessed time with Him and all gathered in His Name.
SHALOM!

Your brother in Christ
Ephesians 3:8

HOW

to have a Pure Heart?!

We can have a PURE HEART through the Lord Jesus Christ...!!! It is not through our own trying or efforts alone. HE can cleanse us with His precious Blood, wash us with His Word, change us and fill us with His Holy Spirit, and live His pure Life in and through us, moment by moment... He loves us and came to do that. That is why He died on the Cross and rose from the grave, victorious!

No matter what we have done, no matter how dirty our hearts are, no matter what others have done to defile us, we CAN be CLEAN through the Lord Jesus Christ!!! This is wonderful, true Good News!!!!

To *have* a pure heart, we need to

GET a pure heart and then

GUARD the pure heart (and keep it pure)...

In both instances there is something God wants US to do *and* there is something HE has promised to do, and He will do it!

For instance, He says: “**I will cleanse you...**” (Ezekiel 36:25), AND He says: “**Cleanse yourselves...**” (Isaiah 52:11). Both are true! He also says: “**Come close to God** and **He will come close to you.** [*Recognize that you are*] sinners, get your soiled hands clean; [*realize that you have been disloyal*] wavering individuals with divided interests, and purify your hearts [*of your spiritual adultery*].” (James 4:8). In Philippians He says that **we must work OUT** our own salvation ...for **He is working IN** us all the time...!! ***Both go together!!! Both are needed!!***

In the Amplified version it says: “Therefore, my dear ones, ...work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling (self-distrust, with serious caution, tenderness of conscience, watchfulness against temptation, timidly shrinking from whatever might offend God and discredit the name of Christ). [*Not in your own strength*] for it is God Who is all the while effectually at work in you [*energizing and cre-*

ating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight...” (Phil 2:12-13). **HE WILL ENABLE US!**

We read in that beautiful little Psalm 24 (in The Message translation):

Who can climb Mount GOD?
Who can scale the holy north-face?
Only the clean-handed,
only the **pure-hearted**;
Men who won’t cheat,
women who won’t seduce.
GOD is at their side;
with GOD’s help they make it.

Truly—with God’s help we’ll make it! With His help we’ll have pure hearts, and we’ll see Him face to face one day!!!

Now, to look at it in a little more detail, we’ll consider what we can learn from God’s Word about how to GET a pure heart and how to GUARD (and keep) a pure heart, so that we may indeed **have** a pure heart, as Jesus came to make possible for us... First, how to:

GET a pure heart—from Jesus...NOW!

To GET a new, clean, pure heart, God showed us in His Word that the way is to **TURN** back to Him, as I turn away from my sins (that is repentance), **TELL** Him (confess) my sins, without any excuses, **TOTALLY SURRENDER** to Him (in weakness and desperation), and **TRUST** in Him (rely on Him, have confidence in Him, lean on Him, believe in Him) and what He did on the Cross and promised to do for me and in me, NOW... We see this in Ezekiel 33:11, Zechariah 1:3, Psalm 32, Psalm 51, 1 John 1:7,9, Isaiah 30:15, Mark 1:15, Ezekiel 36:24-33, Hosea 6:1-3, and Hosea 14:1-9.

GUARD a pure heart—through Jesus, always.

“Above all that you guard,” God says, “Keep and **GUARD** your heart with all vigilance...” (Proverbs 4:23). **How to GUARD** (and keep) a pure heart, He shows us further in His Word. It involves the following 14 aspects of our life...

Fellowship

with Jesus

We read in 1 Corinthians 1:9 that “God is faithful, by whom you were called into the FELLOWSHIP with His Son, Jesus Christ.” It is only as we have daily, regular, hearty FELLOWSHIP with Jesus alone (in our Quiet Time), and continued FELLOWSHIP with Him during the day (in everything) that we’ll be ready to resist temptation. Without that FELLOWSHIP with Jesus, our spiritual immunity will become deficient (We’ll get spiritual AIDS). God gives me His Word and cleanses me with His blood—that I may have FELLOWSHIP with Him (1 Jo 1:1-9). I need to feed this FELLOWSHIP and fend for it (protect it) all the time. My life depends on it. Actually, it IS my life!!!

Flee

FLEE youthful passions..., FLEE the evil desires of youth (2 Timothy 2:22). FLEE from impurity in thought, word and deed; FLEE from all sexual looseness and immorality (1 Corinthians 6:18; Ampl). FLEE the lust of the flesh [*craving for sensual gratification*] and the lust of the eyes [*greedy longings of the mind*] and the pride of life [*assurance in one's own resources or in the stability of earthly things*]” (1 John 2:16) ...and keep far away from it. Stay away and stay far away! Proverbs 4:14-15 AVOID it (practically)!!!

Fight

FIGHT against sin, FIGHT against evil thoughts, FIGHT against the flesh, the worldly spirit and the evil spirits (& Satan). FIGHT against (and be violent against - Matt 11:12) whatever my hinder or harm my relationship with God. FIGHT and CUT OFF or PLUCK OUT whatever causes me to sin!!! (Matt 5:27-30). Submit to God and FIGHT, resisting the devil & temptation (Jam 4:7). FIGHT, capturing every thought and making it obedient to Christ!!!! (2 Co 10:3-5). FIGHT, by saying “NO!!!!” to ungodliness & worldly passions (Titus 2:11-12). This is a fight of faith...

Faith

FAITH in God is needed in all of this. Not faith in our efforts; not faith in faith, but FAITH in God and in His promises, and in what He did for us on the Cross! It is through FAITH in God that we are saved (Eph 2:8). It is through FAITH in God that we have victory over the world (1 John 2:5)! Our fight is a fight of FAITH!! (1 Tim 6:12). FAITH that He is faithful and will not allow me to be tempted above what I am able to endure, but will always give me a way to escape, and help me to be victorious!!! Thank You, Lord!

Filled

with Holy Spirit

I need to ever be continually FILLED with the Holy Spirit! (Ephesians 5:18). The HOLY Spirit enables me to live a HOLY life. HE IN ME!!! He works in me, He enables me, moment by moment... He helps me to be watchful, He helps me to flee, He helps me to have faith, He helps me to fight, He reminds me of God's promises, He helps me cherish God's pure pleasures. Through the Holy Spirit I mortify (deadens; kill) the evil deeds prompted by my body, and remain pure in heart and life (Rom 8:13). The power of the Holy Spirit breaks the power of sin in my life (Romans 8:2; 6:14)!! When I'm FILLED with Him, I won't be filled with sin... He gives me power to resist temptation, *and* to run away when necessary!!! I receive Him and are FILLED by faith (having turned to God in repentance and surrender)... (John 7:39; Galatians 3:2,14).

Feed

I need to FEED the life of the Spirit in me, as well as FEED the life of my new spirit (the new nature God put in me; the new heart He gave me!!! Ezek 36:26). If I FEED the life of the spirit (the new nature) in me, it will be stronger and NOT be easily overcome by the life of the flesh (the life of the old nature); Rom 8:5,13 & Galatians 5:16-26. ...I FEED the life in/of the spirit through spending time with God alone, reading His Word, eating His Word; through prayer; through reading and listening to godly things and people and music, etc.; through obeying God; through witnessing and working with God; through fellowship with pure people, etc...

Famish

While feeding the life in the spirit, I need to FAMISH the "flesh" and the old nature and the fleshly desires. It means I starve it, take away its "food", do not give it fuel, do not feed it with thoughts about it, do not feed it with pictures through my eyes (on TV or my cell phone or on internet!!!), or with sounds (of sensuous music or soulful music) through my ears, or with whatever I taste through my mouth, or with whatever sensations or pleasures I feel in my body (for food or sleep or sex or touch). To FAMISH the flesh is another way of saying I *mortify* ("kill"; "put to death") the rule and dominion of the flesh and sin in my life... The Bible says I have to do it, but through the Spirit helping me (Romans 8:13). It means I don't feed the fire of lust... If I don't "feed" a fire, it'll go out!!!! If I "feed" it with fresh fuel, it will burn more and more!!!

Fix

my eyes on Jesus

With God's help and an effort of my will, I look away from all that will distract and FIX and focus *my eyes* on the Lord Jesus (Hebrews 12:2,3) and on His Word (Psalm 119:9,11). Job made a covenant with his eyes not to look with lust at a girl (Job 31:1). I make the same covenant with my eyes. This is very, very important!!!! Men often sin with their eyes. Many have roving eyes, impure eyes - but Jesus came to give them pure eyes and to help them keep it pure! Obviously, women also sin with their eyes... Furthermore, I also FIX *my thoughts* on things above (heavenly) and on whatever is pure, whatever is honourable, whatever is worthy of praise (Philippians 4:8)...

Friends

My FRIENDS are to be godly friends, who call on the Lord from a pure heart (2 Timothy 2:22b). God says in 1 Corinthians 15:33, "Do not be so deceived and misled! Evil companionships (communion, associations) corrupt and deprave good manners and morals and character." He is right. I realize it is easier to pull someone DOWN from a table than to pull someone UP onto a table!!!!!! Also, if I am a friend of the world, I am God's enemy (James 4:4) and if I love the world, the love of the Father is NOT in me (1 John 2:15). I'll have pure FRIENDS & seek to be one too! An accountability friend can be very helpful...!

Foresee

I need to always be very alert and watchful, and to FORESEE temptation coming, & take radical, quick, preventive action!!! I need to ***WATCH and pray and run away!*** When I learn to FORESEE temptation, it'll make conquering easier (if I want to conquer). If I FORESEE the times when I am more vulnerable to temptation, I can (with God's help) take precautions against sinning... The "**H.A.L.T.**" acronym helps me to remember these times. (When I am - **H**: High, Hungry, Hurt; **A**: Anxious, Angry; **L**: Lonely, Lazy; **T**: Tired, in Trials). I read in Romans 13:14 to make NO PROVISION for the flesh! This will include, as a single man, NOT being alone with a woman, NOT touching a woman (1 Cor 7:1), & NOT kissing a woman. It also implies that I'll not tempt the devil to tempt me - by the way I dress, by what I look at, by what I listen to, by what I say, or by what I think! "To be forewarned is to be forearmed...!" The most common command by the Lord, recorded in the Gospels, relate to being watchful, alert and on our guard!!!!

Fear God

I read in the Bible that, to worshipfully FEAR GOD, leads to life... It is also the beginning of wisdom, and by it, a man (and a woman) will turn away from evil, depart from it, avoid it, and keep away from it... (Proverbs 19:23, 1:7; 8:13; 16:6). This is just what I need - the FEAR of the Lord! It does not mean that I am afraid of God or live in fear towards Him or live like a fearful slave, NO, not at all!!! It rather means the following: When I stand on the summit of a beautiful, high mountain, maybe on the edge of a very high rock-face, looking down thousands of metres, and looking around for many, many kilometres..., I see the awesome majesty and glory and magnificence and grandeur and greatness of God!!!! I *also* have a deep sense of the seriousness of the consequences, should I go over the edge...!!! I'll be dead!! I don't stand there in the fear of terror, no, I stand there in wonder and worship, being over-awed, but deeply aware of the seriousness of the situation, should I carelessly, daringly, senselessly go over the edge... This is to me a picture of the FEAR of the Lord!!! While I enjoy and worship in awe and love, I take very serious the potential consequences of going "over the edge" and sinning. This keeps me away from sinning!!!

Fly higher

I need to FLY HIGHER!!!! The closer I live to Jesus, the less I will be tempted to do my old sins... A Missionary Aviation Fellowship plane took off from a remote station in the jungles, only to hear, after a while, the sound of a rat nibbling in the cockpit!! If it would manage to chew through a crucial wire, it could mean that the engine would malfunction and the plane could crash!! Since there was only one man (the pilot) in the plane, he could not let go of the controls to look for the rat... It was critical. Then, he had a bright idea, which he immediately implemented. He started to FLY HIGHER!!! He went higher and higher, until he was so high that there was a lack of oxygen in the cockpit. He stayed at this height, until the rat became quiet... and died (from the lack of oxygen)!!! In the same way, there are some sins, some temptations that only die when we "FLY HIGHER" to God, when we live closer to Him, abiding in Him (in "heavenly places"), living in the atmosphere of His Word, the atmosphere of holiness, the atmosphere of Heaven...! See Colossians 3:1,2.

Form

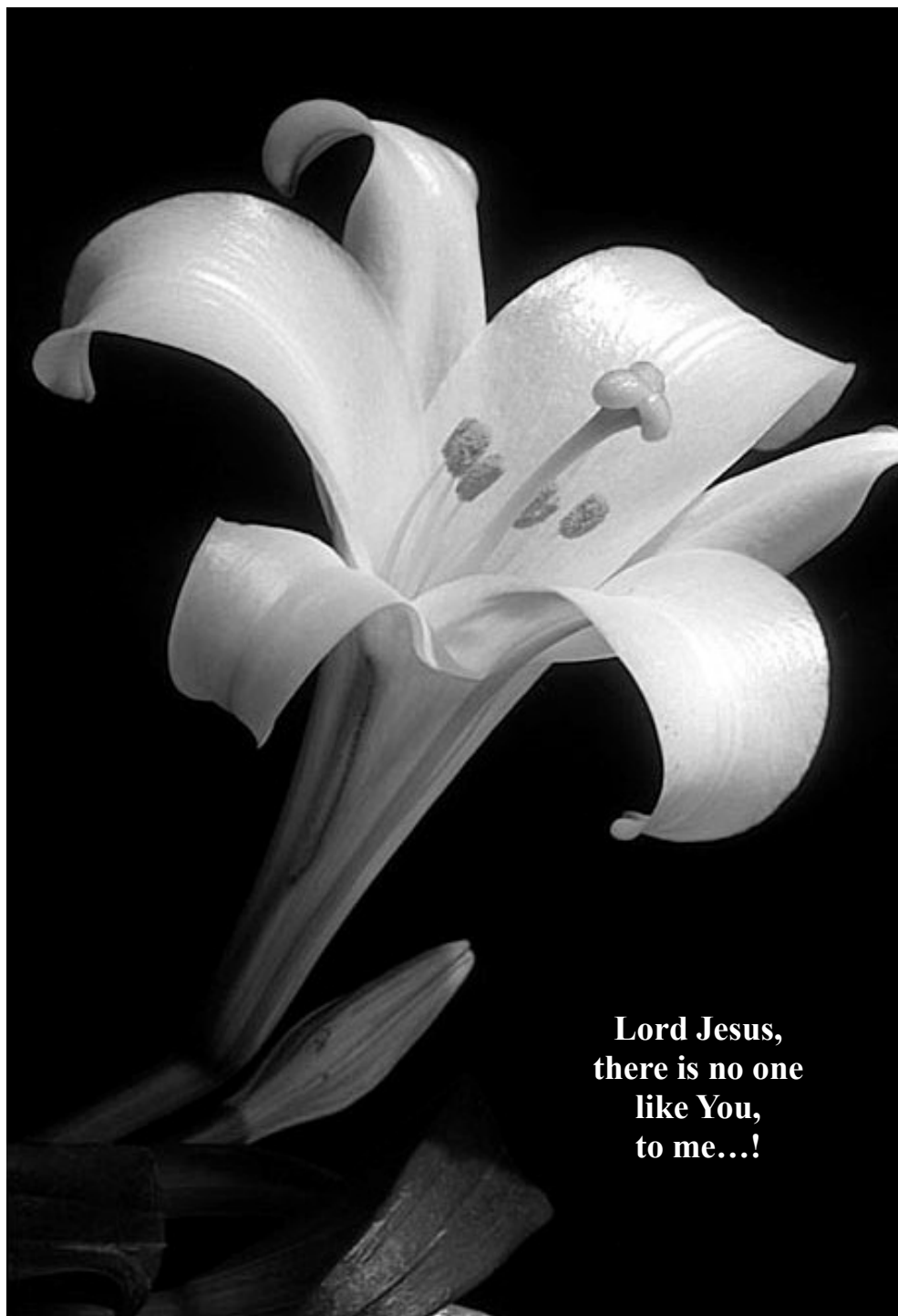
new holy habits

God made us in such a way that we FORM HABITS in our way of thinking, our way of responding, our way of living... When we come to Christ, are born again and receive a new, pure heart, God wants us to FORM NEW HABITS. He says, "Discipline yourself for the purpose of godliness..." (1 Timothy 4:7-8; NASB). The Lord Jesus had holy habits. The Bible says He had the habit of reading the Scriptures, the habit of praying, and the habit of teaching (passing on to others). With God's help, we need to FORM NEW HABITS of holiness. We need to FORM NEW HABITS of reading, new habits of looking with our eyes, new habits of speaking, new habits of thinking, new habits of walking, new habits of watching/not watching TV, new habits of listening to music, new habits of eating, new habits of reacting to stimuli (verbal or non-verbal), new habits of waking up, new habits of sleeping, etc... Some say, "This is legalism!" But it is NOT, for love is free to form habits that will keep it close to the Beloved and one with the Beloved and pure for the Beloved...!!!!

Fall in love

with Jesus afresh!!!

To me, this is the most important point!!! Someone correctly said: *"Whatever has my heart has me..."* Also, "Whoever has my heart has me..." If sin has my heart (if I love sin), it will have me. On the other hand, if God has my heart (if I love Him), He will have me. That is why God says: "My son (my daughter), give me your heart" (Proverbs 23:26). I need to FALL IN LOVE with Jesus again!!!!!!!!!!!!!! (and FALL IN LOVE with Him over and over again!!!!!!!!!!). *"The expulsive power of a new affection"* comes into play here!!!!!!!!!! When I develop a "new love" for something or someone, it will expel the "old love" I had for something else or someone else. Either, a new "affection" will expel my "first love" for Jesus (slowly, slowly) ...or my renewed affection, my passionate love for Jesus will overshadow and replace and expel all other loves (especially the love for sin) ...!!!!!!!!!! So, I pray: "Oh Lord, open my eyes; help me to see You - that I may FALL IN LOVE with You afresh; that I may love you above all and with my all, always... Lord, fill me with You Holy Spirit of holy Love, and Lord, I also pray that You will help me to hate sin and love righteousness and holiness as You do. For Your glory. Amen." See 1 John 4:19, Rev 2:4.



**Lord Jesus,
there is no one
like You,
to me...!**

*How to **GUARD** (keep) a pure heart - MY RESPONSE*

Fellowship é Jesus

Flee

Fight

Faith

Filled é Holy Spirit

Famish flesh

Feed spirit

Fix eyes on Jesus

Friends

Foresee...

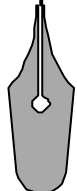
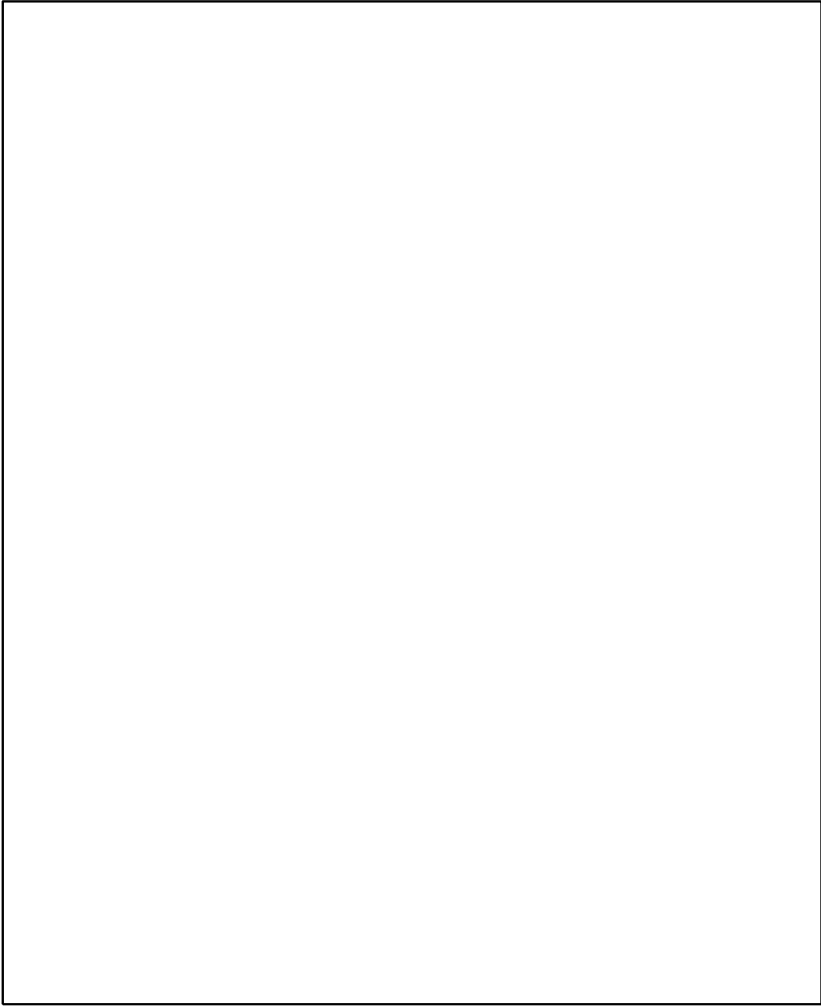
Fear God

Fly higher

Form new habits

**Fall in love é Jesus
afresh!!!!**

Notes



A.N.T.H.E.M.

Strategies for Fighting Lust

John Piper

The following is a summary of the explanation of the ANTHEM* acronym, formed by John Piper, to help us remember and use the strategies in the war against wrong desires...

A - Avoid “Avoid as much as is possible and reasonable the sights and situations that arouse unfitting desire... I say ‘unfitting desire’ because not all desires for sex, food, and family are bad... ‘Avoiding’ is a biblical strategy... ‘Flee youthful passions...’ (2 Timothy 2:22). ‘Make no provision for the flesh, to gratify its desires’ (Romans 13:14).”

N - No! “Say NO to every lustful thought within five seconds. And say it with the authority of Jesus Christ... Say it out aloud if you dare. Be tough and warlike... ‘Be killing sin or it will be killing you.’ Strike fast and strike hard...” John Piper says: “In the first two seconds we shout, ‘NO! Get out of my head!’ In the next two seconds we cry out: ‘O God, in the name of Jesus, help me. Save me now. I am Yours.’ Good beginning. But then the real battle begins. This is a mind war...”

T - Turn TURN “the mind forcefully to Christ as a superior satisfaction. Saying no will not suffice. You must move from defense to offense. Fight fire with fire. Attack the promises of sin with the promises of Christ... We must stock our minds with the promises and pleasures of Jesus. Then we must turn to them immediately after saying, ‘NO!’...”

H - Hold HOLD “the promise and the pleasure of Christ firmly in your mind until it pushes the other images out. ‘Fix your eyes on Jesus’ (Hebrews 3:1)... Hold it! Hold it! Don’t let it go! Keep holding it!... Fight! For Christ’s sake, fight till you win!...”



E - Enjoy ENJOY “a superior satisfaction. Cultivate the capacities for pleasure in Christ. One reason lust reigns in so many is that Christ has so little appeal... What steps have you taken to waken affection for Jesus? ...You were created to treasure Christ with all your heart—more than you treasure sex or chocolate or sugar. If you have little taste for Jesus, competing pleasures will triumph...”

M - Move MOVE “into a useful activity away from idleness and other vulnerable behaviours. Lust grows fast in the garden of leisure. Find a good work to do, and do it with all your might... Get up and do something... And do it for Jesus’ sake... Displace deceitful lusts with a passion for good deeds.”

When we apply these strategies, with the Lord’s help (and through His Spirit’s strength), we too can be part of the crowd of saved sinners who sing the ANTHEM of Jesus’ victory!*

**Anthem = “A rousing or uplifting song identified with a particular group, body, or cause.”, or “A song officially adopted by a country as an expression of national identity.”*

Here are some important words by J.C. Ryle, in his book on “Holiness”, about **the Christian’s FIGHTING**:

The principal fight of the Christian is with the world, the flesh, and the devil. These are his never-dying foes. These are the three chief enemies against whom he must wage war. Unless he gets the victory over these three, all other victories are useless and vain. If he had a nature like an angel, and were not a fallen creature, the warfare would not be so essential. But with a corrupt heart, a busy devil, and an ensnaring world, he must either “fight” or be lost.

He must fight the flesh. Even after conversion he carries within him a nature prone to evil, and a heart weak and unstable as water. That heart will never be free from imperfection in this world, and it is a miserable delusion to expect it. To keep that heart from going astray, the Lord Jesus bids us “watch and pray.” The spirit may be ready, but the flesh is weak. There is need of a daily struggle and a daily wrestling in prayer. “I keep under my body,” cries St. Paul, “and bring it into subjection.”—“I see a law in my members warring against the law of my mind, and bringing me into captivity.”—“O wretched man that I am, who shall deliver me from the body of this death?”—“They that are Christ’s have crucified the flesh with the affections and lusts.”—“Mortify your members which are upon the earth.” (Mark xiv. 38; 1 Cor. ix. 27; Rom. vii. 23, 24; Gal. v. 24; Col. iii. 5.)

He must fight the world. The subtle influence of that mighty enemy must be daily resisted, and without a daily battle can never be overcome. The love of the world’s good things—the fear of the world’s laughter or blame—the secret desire to keep in with the world—the secret wish to do as others in the world do, and not to run into extremes—all these are spiritual foes which beset the Christian continually on his way to heaven, and must be conquered. “The friendship of the world is enmity with God: whosoever therefore will be a friend of the world is the enemy of God.”—“If any man love the world, the love of the Father is not in him.”—“The world is crucified to Me, and I unto the world.”—“Whatsoever is born of God overcometh the world.”—“Be not conformed to this world.” (James iv. 4; 1 John ii. 15; Gal. vi. 14; 1 John v. 4; Rom. xii. 2.)

He must fight the devil. That old enemy of mankind is not dead. Ever since the fall of Adam and Eve he has been “going to and fro in the earth, and walking up and down in it,” and striving to compass one great end—the ruin of man’s soul. Never slumbering and never sleeping, he is always “going about as a lion seeking whom he may devour.” An unseen enemy, he is always near us, about our path and about our bed, and spying out all our ways. A

“murderer and a liar” from the beginning, he labours night and day to cast us down to hell. Sometimes by leading into superstition, sometimes by suggesting infidelity, sometimes by one kind of tactics and sometimes by another, he is always carrying on a campaign against our souls. “Satan hath desired to have you, that he may sift you as wheat.” This mighty adversary must be daily resisted if we wish to be saved. But “this kind goeth not out” but by watching and praying, and fighting, and putting on the whole armour of God. The strong man armed will never be kept out of our hearts without a daily battle. (Job i. 7; 1 Peter v. 8; John viii. 44; Luke xxii. 31; Ephes. vi. 11.)

Some men may think these statements too strong. You fancy that I am going too far, and laying on the colours too thickly. You are secretly saying to yourself, that men and women England may surely get to heaven without all this trouble and warfare and fighting. Listen to me for a few minutes and I will show you that I have something to say on God’s behalf. Remember the maxim of the wisest General that ever lived in England—“In time of war it is the worst mistake to underrate your enemy, and try to make a little war.” This Christian warfare is no light matter. Give me your attention and consider what I say. What saith the Scripture?—“***Fight the good fight of faith.*** Lay hold on eternal life.—“Endure hardness as a good soldier of Jesus Christ.”—“Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the ruler of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that you may be able to withstand in the evil day, and having done all to stand.”—“Strive to enter in at the strait gate.”—“Labour for the meat that endureth unto everlasting life.”—“Think not that I came to send peace on the earth: I came not to send peace but a sword.”—“He that hath no sword let him sell his garment and buy one.”—“***Watch ye, stand fast in the faith: quit you like men, be strong.***”—“***War a good warfare, holding faith and a good conscience.***” (1 Tim. vi. 12; 2 Tim. ii. 3; Ephes. vi. 11-13; Luke xiii. 24; John vi. 27; Matt. x. 34; Luke xxii. 36; 1 Cor. xvi. 13; 1 Tim. i. 18, 19.)

Words such as these appear to me clear, plain, and unmistakable. They all teach one and the same great lesson, if we are willing to receive it. That lesson is, that **true Christianity is a struggle, a fight, and a warfare.** He that pretends to condemn “fighting” and teaches that we ought to sit still and “yield ourselves to God,” appears to me to misunderstand his Bible, and to make a great mistake.

It is worthwhile to read the whole book on holiness (by JC Ryle)!



In “*Surviving Temptation Island*” the Davidson brothers share how we can keep pure by living God’s Word. Here’s an adapted version of their...

WOW!

Purity Plan

I think

WOW ...Purity is **Possible!** Purity is God’s **Plan** for me!
Purity is God’s **Provision** for me (in Christ)!

I make a

VOW to remain sexually pure...



I plan

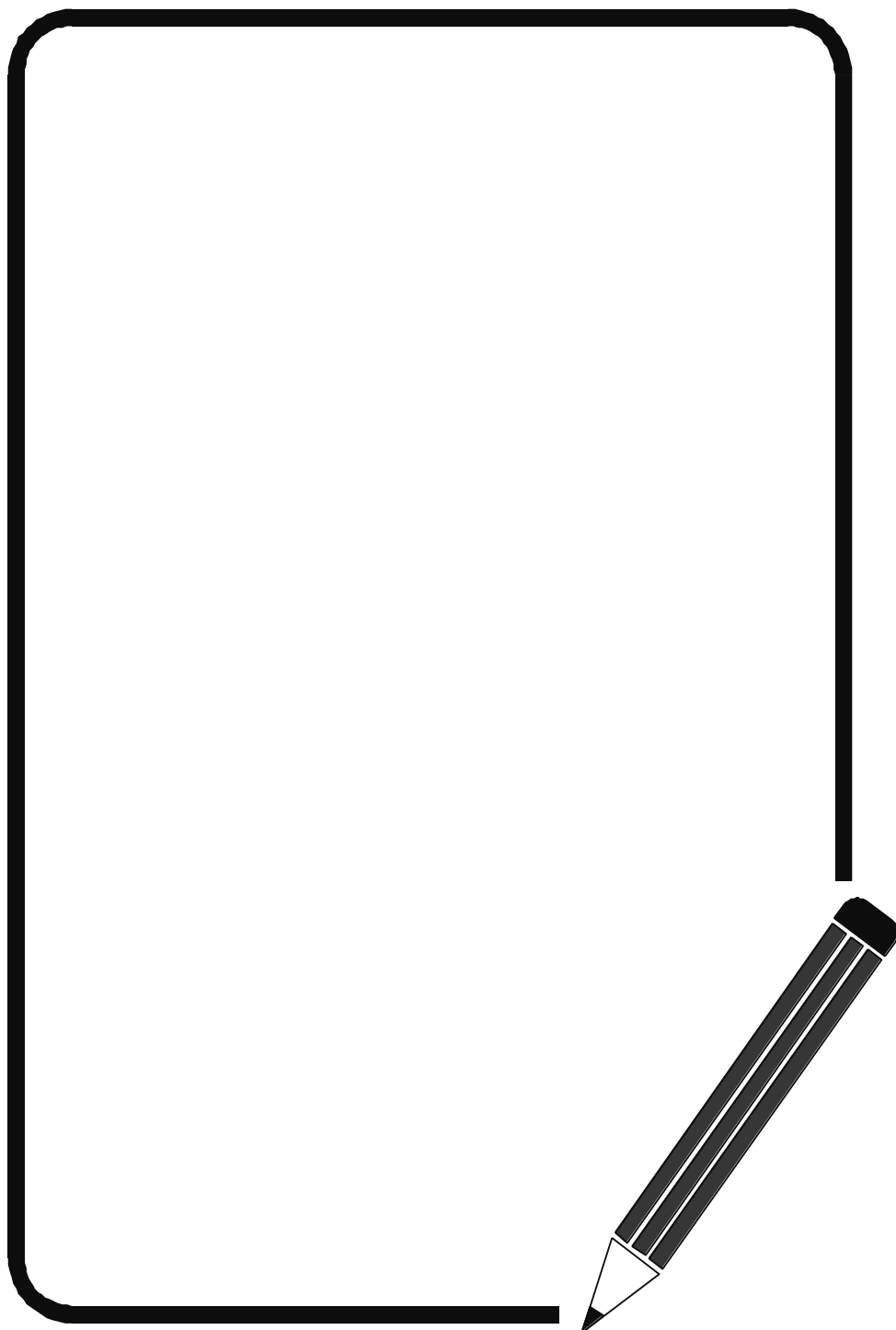
HOW I can do it (through Jesus) by e.g.: creating a plan for self-control, identifying my weaknesses, developing a strategy for accountability, recognizing patterns and habits that make me vulnerable to sin, being alert, and by staying plugged into God’s Word.

I do it

NOW and stand strong regardless of what others do or say.
I repent NOW of each and every sin, and accept God’s forgiveness, based on what Christ did on the Cross for me and in my place...

I’ll push the

PLOW by continuing to (1) meet the daily challenges of purity, (2) pray, (3) persevere, and (4) trust in God. I’ll never give up, even if I stumble. I trust God to help me NOT to stumble ever again - to His glory!



The background of the entire page is a photograph of a person from behind, with their arms raised in a gesture of prayer or praise. They are silhouetted against a bright, golden sunset sky filled with soft, wispy clouds. The sun is low on the horizon, creating a strong backlight effect.

All for Jesus Always

The following pages contain
EXTRACTS from the "All for
Jesus Always" Bible study book
that helps young people work
through the whole Bible in one
year... Available on request.

19 November: How to Trip Temptation!

Pray “Lord, with You I can recognize & overcome all temptations”

Read Ezekiel 20-21 and James 1

Think + write James was a very practical Christian. Through him God teaches me about **T**rials, **T**ests, **T**emptations... and **T**rusting Him (James 1:2,3,12 13-15). Temptation is not sin, it is an *invitation* from the devil (sometimes coming as “an angel of the light”, or through the desires of my own heart) to SIN. Some of the downward **steps from temptation into sin** are as follows:

- ☛ **Desire** in my mind and thoughts (James 1:14a): **WISHING**
- ☛ **Enticed** (Greek: “lured by bait”), embraced, entangled, “hooked” in my emotions and feelings (v14b)... When that happens we say, as the children of God said: “We want to be like.. the peoples of the world”!!!! (Ezek 20:32). What a sad state of affairs when blood-bought Christians want to be like the world...!! Oh, may the Lord keep me from wanting the world, in all its forms of witchery wickedness...: **WANTING**
- ☛ **Conception** of sin by a decision of my will ...a cold-blooded or hot-blooded choice (v15). Choosing to do the sin, without actually doing it, is sin already...: **WILLING**
- ☛ **Doing** of the actual sin (v15), practically... **WORKING**
- ☛ **Eruption** into full-grown, “out-of-hand” SIN (v15): **WAY-OUT**
- ☛ **Death**, spiritually and physically (v15): **WASTED**

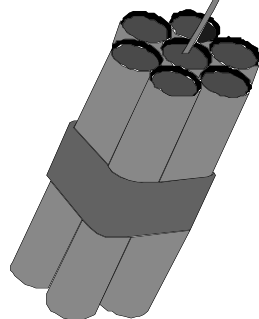
This shows me that if I want **to overcome temptation** and NOT commit sin, I need to:

- ➔ **Watch**, guard and capture my thoughts, all the time.
- ➔ Guard and keep my emotions crucified, and ...never follow my emotions.
- ➔ **Choose** God’s will and way, irrespective of what thoughts or feelings may bombard or surround or envelop me...
- ➔ **Pray** to God for help *and* pray against Satan’s schemes
- ➔ ...I need to **Flee** from sin, **Fight** it with all my heart, **Fly higher** and rise above it, **Fix** my eyes on Jesus, be **Filled** by His Spirit, have **Fellowship** with those who are PURE, and have **Faith** in God to give me the victorious way out!

Pray “Father,.....
.....*Amen.*”

Go + Do what is needed (through God) to overcome temptation!

Temptations of Teenagers....



The Time-Tested Temptations of most Teenagers are

1.
2.
3.
4.
5.
6.

**Jesus can
help me to
Detect &
Defuse each
temptation!**

To avoid these, I need to

- ➔ WATCH my own heart (Ps 18:23;KJV)
- ➔ WATCH my own temperamental reaction patterns
- ➔ WATCH for the FIRST approaches of temptation and RESIST it!
- ➔ WATCH, especially at the TIMES / circumstances when temptations usually comes to ME... For instance, when I am "H.A.L.T."

H : Hungry, "High" (emotionally or spiritually), or Hurt...

A : Anxious, or Angry about something

L : Lonely, or Lazy

T : Tired, or during Trials

Lord, please help me -
I need YOU.

Feed

the New nature
the Spirit
the New heart



Famish *(starve; kill)*

the old sinful nature
the flesh
the old heart



| The Believer's Battle | | Spirit | |
|-----------------------|---------------|----------------|---------------|
| | | <i>Sustain</i> | <i>Starve</i> |
| Flesh | <i>Famish</i> | Devotion !! ☺ | Depletion ☹ |
| | <i>Feed</i> | Destruction ☹ | Depravity ☹ |

“The winner in the battle between spirit and flesh is determined by which one gets fed the most. We need to actively sustain our spirit with prayer, study and meditation of God’s Word, and fellowship with believers. We also need to do whatever it takes to famish the flesh and its evil desires.

It is a daily challenge of faith. When we do sustain the spirit and famish the flesh, we walk in God’s light with wholehearted devotion. We experience a rewarding and fulfilling relationship with Christ and victory over temptation.”

Apart from my battle against my FLESH, I also need to continually resist the influences of the WORLD in my life, as well as watch and stand and fight against SATAN and all the spirits of darkness. Through the Lord Jesus Christ I am more than a conqueror... (Rom 8:37)



Pray “*Lord, there is no-one like You to me!*”

Think + write Micah is the abbreviated form of “Micaiah”, meaning “***Who is like the Lord?***!” This is a very important question: “*Who is like the Lord?*” Is there anyone like Him?! Is there anyone like Him to me?! When the Bride (the Christian) in Song of Songs had lost fellowship with the Lord (her Shepherd-King), she spoke to the “daughters of Jerusalem” (the supposed fellow Christians) about her longing for the Lord and asked them to speak to Him on her behalf, to pray for her (5:8). They foolishly answered: “***How is your Beloved better than others...?***” (v9). They didn’t know!!! She then burst forth in an ecstatic description of the One she loves, the Lord Jesus, summarizing it all in one expression: “***He is altogether lovely***”!!! (v16). Indeed, He is better than others to me!!! He is much better than all others to me!!! He is better than.....

In Micah 2:13 He is described as *the “One that breaketh through”* (Darby), *“the Opener of the way”* (BBE), the King... To me this is wonderful, it means that.....

He is also the One who “will teach us His ways so that we may walk in His paths” (Micah 4:2). Furthermore, He is the One who “will stand and shepherd His flock” (5:4) in strength and in majesty. “He will be their peace” (5:5). He is my peace...

Pray “*Father,*.....”

Go + Do follow Him as He breaks through every obstruction...



*I have seen the face of Jesus
Tell me not of ought beside
I have heard the voice of Jesus
All my soul is satisfied
All around is earthly splendor
Earthly scenes lie fair and bright
But mine eyes no longer see them
For the glory of that light
Light that knows no cloud, no waning
Light wherein I see His face
All His love's uncounted treasures
All the riches of His grace*

Tersteegen

The SPIRIT of the WORLD

because he loved this world, has deserted me..." 2 Tim 4:10

Flesh
Fashion
Fun
Feminism (Kali) & Feminization (Shiva)
Forgetfulness of God
Food
Fame
Fret
Fear
Façade
Finance
For self...

Do NOT crucify
Christ
all over again!
Heb 6:6

"...for Demas,

"Do NOT love the world or anything in the world..." (1 John 2:15);
"Do NOT be conformed to the pattern of this world..." (Rom 12:2);
"Why do you live as if you still belong to the world?" (Col 2:20; Ampl);
"Keep oneself from being polluted by the world..." (James 1:22);
"We have not received the spirit of the world, but the Spirit who is from God" (1 Co 2:12);
"Anyone who chooses to be a friend of the world becomes an enemy of God" (James 4:4).
"...'The world' is that system of things which organizes its life without any thought of Jesus Christ" (Oswald Chambers)

"We know that... **the whole world** is under the control of the evil one..." 1 John 5:19

In Which World Do I Live?

The World of the Word & of God's

Love

Light

Life

The children
of GOD



The children
of SATAN

or ...the World of Sin & of Satan's

Lust

Lies

Lawlessness

16 October: Abstain & Shine!

Pray “Lord, please fill me with Your life and Your purity!”

Read Isaiah 59-61 and 1 Thessalonians 4

Think + write God says to me: “**ARISE, SHINE**, for your light has come” (Is 60:1), “so that your daily life may win the respect of outsiders” (1 Thes 4:12). One of the ways in which I can shine as a young person is by living a pure life, by fleeing sexual immorality (1 Co 6:18). I read in 1 Thes 4:3, “**FOR THIS IS THE WILL OF GOD...** that you should **abstain** from fornication ...that you should **abstain** from all sexual vice ...that you should **abstain** from sexual sin” (KJV; Ampl; ALT). God speaks so clearly to me and to everyone. He says emphatically that THIS IS HIS WILL: “that you should abstain” from impurity! To **abstain** means more than people usually think, it means:

.....

.....

.....

To “*abstain from all sexual sin*” implies that, with God’s help...

- ◆ I’ll NOT allow myself to: think of..., look at..., feel for..., or do... *anything* that is impure.
- ◆ I’ll NOT be a stumbling block (as far as I can ensure) to anyone else in this regard.

The bottom-line to me is that:

**God wants me
to abstain from all sin
...and shine for Him!**

He says His arm is not too short to save, nor His ear too dull to hear, “but your iniquities have separated you from your God; your sins have hidden His face from you” (Is 59:1,2). The only way to break down this **wall of sin** (which is separating a person from God) is by:

- ✚ Real **Repentance** from my former way of life (Matt 4:17)
- ✚ Concrete **Confession** of my sins (1 John 1:7-9; James 5:16)
- ✚ Full **Faith** in Jesus’ sacrifice on the Cross for me (Mark 1:15)

Pray “Oh Lord, may You help me to do Your will in this wicked world. Please help me to stay **PURE**; to always abstain from all forms (and all degrees) of sexual immorality - in thought and in deed.”

Go + Do His holy will, also in this area of my life.

God shows me that
the Way to NOT be stained by sin
as a young person,
...despite the flood of filth in this world,
...despite the constant pressure to compromise,
is to follow the "A-B-C"...



A Abstain
B Be faithful
C Christ...!

This cannot be over-emphasized...
The moment my focus is not on Christ,
But on someone else or something else,
Even if it is something good or someone "good",
I am vulnerable to SIN...
I need to always remember this!

By God's grace I am a Pure Lily for Jesus...!

Dear Lord Jesus, I
put my trust in
You!!! Please
help me...



How to

Break

my

Bad

Habit

What habit?

For instance:

Criticizing others.
Gossiping.
Sleeping too much.
Neglecting to have quiet time alone with Jesus.
Lusting with my eyes.
Listening to worldly music (sensual or soulful music).
Listening to pop music (...rock, hip hop, rap, etc).
Listening to immoral singers.
Using MXit, Whatsapp, Viber, etc. in an impure way.
Using my cell phones 4 unholy purposes.
Relationships with boys/ girls.
Neglecting daily studies.
Computer games (violent and time-wasting).
Abusing my own body.
Passivity... Apathy.
Procrastination...
Waking up later and usually coming late.
Disrespect, disobedience to older people.
Not saying “thank you”.
Bad eating habits.
Wasting time on external “beauty”.

Why?!

Ask myself:

WHY did I start this habit? Did God start it?! HOW
did it start? What are the ROOTS of it? What is the
CAUSE of it in me?

How?!

To **STOP** my **SINFUL** habit
To **BREAK** my **BAD** habit

- † CRY to God for help!
- † SEE it as SIN
- † EXPOSE it, bring it to the light, confess it to God ...sometimes with a counselor
- † SEE JESUS dying for me on the Cross
- † Ask : WHY did I start it? Correct that...
- † STOP it completely—stop it! Stop it!
- † Be RADICAL, ...Be VICIOUS...!
- † CUT OFF everything related to it...!!!
- † TELL others of my decision
- † Receive prayer for deliverance from demonic BONDAGE (if needed) - this is very important
- † NEVER make an EXCEPTION...!
- † DIE to my EMOTIONS...
- † CAPTURE my THOUGHTS...
- † Avoid what used to LEAD to the habit...
- † Have FAITH in Jesus
- † FIGHT against the old habit
- † FORM a new habit & DISCIPLINE myself...with the Lord
- † If I stumble: be disappointed, but NOT discouraged...!
- † DON'T GIVE UP! Persevere!
- † Through the LORD JESUS helping me!
- † TRUST JESUS!

When?

...NOW!

“Do NOT let yourself be overcome (mastered, controlled) by evil, but overcome evil with good” Rom 12:21

“Let NOT sin therefore rule as king in your mortal (short-lived, perishable) bodies, to make you yield to its cravings and be subject to its lusts and evil passions.” Rom 6:12

Decide

Do it — now!

Discipline

Daily

Depend on God!

Don't give up!!!

PURITY

is Precious

P ~ Passion for Jesus, and Prayer.

U ~ Unction: Holy Spirit baptism.

R ~ Repentance (deep) of all sins.

I ~ Integrity in all I do and think.

T ~ Trust God and ruthlessly crush.

Temptation in its start, giving NO place to it,
also in my Thoughts!

Y ~ “Y”: ...because I love Jesus,
I Yearn for Him and want to glorify Him!



“Keep yourself PURE” - 1 Tim 5:22

9 December: Kept by Jesus!

Pray “Lord, please *KEEP ME in You...*”

Read Hosea 1-4 and Jude

Think + write God says: “But you, dear friends, carefully build yourselves up... Praying... Staying right at the center of God’s love, ...keeping your arms open and outstretched, ...ready for the mercy of our Master, Jesus Christ. This is the unending life, the real life!” (Jude 20,21;MSG). I encounter two groups of people in the letter to Jude: (1) those who **did not keep** their position in God (v5,6), and (2) those who **kept themselves** in the love of God (v20,21) and **were kept by Him...**(v24,1). God clearly tells me to

KEEP myself pure (1 Tim 5:22)

KEEP away from sexual immorality (Acts 15:19; 21:25)

KEEP away from idols (1 John 5:21), including “rock-idols”...

KEEP under my body (1 Co 9:27)

KEEP myself from being polluted by the world!! (James 1:27)

KEEP my spiritual fervor (Rom 12:11)

KEEP myself in the love of God (Jude 21)

From this I learn that, practically.....
.....
.....

This is possible...

➡ Through the Lord Jesus Christ!

➡ When I go on believing that God loves me (as I read in Jude 1,21; 1 John 3:1 and 4:16)

➡ When I go on loving God, and as a result go on obeying Him.

➡ When I go on believing that He’ll do what He promised to do when He said I am “kept by Jesus” (Jude 1) and that He is able to keep me from falling (Jude 24). This is wonderful indeed!

I can truly pray to God:


“Keep me from turning back.

***The handles of my plough with tears are wet,
The shears with rust are spoiled, and yet, and yet,
My God! My God! Keep me from turning back.”***

Pray “Father, this is indeed my prayer to You. Oh, keep me!”

Go + Do what He told me in Jude to do...

Notes



Thank You, Lord!

