



“Coming Clean”

*Blessed are the pure in heart, for they shall see God.
(Matthew 5:8 NIV)*

Your heart: Life’s Operating System (OS)

When the Bible talks about your heart, it's not referring to that the pulsating muscle that gets checked by your primary care physician. Your heart is you. The true you. It's the seat of your deepest emotions. Your heart is where you feel and desire and dream. The heart is your truest self. It's where you fantasize your feelings and exercise your schemings. Your heart is what drives your liberties. Your heart is how you choose what you want to do tonight; where you want to eat; where you'd like to move; the kind of person you'd like to marry if you even want to marry. Your heart decides whether to tell the truth or not. Whether to get up in the morning and come to church or not. Your heart makes the call on how you respond to an emergency. “The heart is where we meet God or avoid meeting God.” Your heart is your operating system (OS). It's the XP, Vista, or Linux of your life.

And if corrupted, it matters not how intelligent, talented, or beautiful you are. You can have a beautiful mind embedded in a corrupted operating system. An unclean heart will kill the relationships in your life; including your relationship with God. Jesus says that seeing God has nothing to do with our eyes but everything to do with our hearts.

What keeps a heart from being pure?

- **Evil can keep our hearts from being pure.**

Jesus gave a very sobering evaluation of the heart. *18But the things that come out of the mouth come from the heart, and these make a man 'unclean.'* *19For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander.* (Matthew 15:18-19 NIV)

- **“Righteousness” can keep our hearts from being pure.**

Dietrich Bonhoeffer, a Lutheran pastor martyred in WW2, once wrote, “The pure in heart are those whose hearts are undefiled by their own evil—and by their own virtues, too. The pure heart is pure of all good and evil Even the purity of high intentions The pure heart belongs exclusively to Christ and looks only to him who goes on before.” People with pure hearts don't depend on their ability to keep a religious list of rules to stay pure. *I didn't want some petty, inferior brand of righteousness that comes from keeping a list of rules when I could get the robust kind that comes from trusting Christ—God's righteousness. (Philippians 3:9 MSG)*

- **Guilt can keep our hearts from being pure.**

Guilt robs you of confidence. It's like a cloud hanging over your head and you're thinking, “I just can't get on with my life because I'm afraid somebody is going to find that skeleton in my closet, that deep, dark secret that I know about, and obviously God knows about, but nobody else knows about.” Guilt cannot change the past just like worry cannot change the future. Guilt makes today miserable. “Whenever you swallow guilt, your stomach keeps score When we don't talk it out with God, we will take it out on others” (Baker 2007, 103-105).

How do you get a pure heart?

“OPENLY EXAMINE AND CONFESS MY FAULTS TO GOD, TO MYSELF, AND TO SOMEONE I TRUST” (Baker, IBID).

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me. (Psalm 139:23–24 NIV)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (James 5:16 NIV)

I am the greatest holdup to the healing for my hurts, habits, and hang-ups. It starts by being vulnerable and saying, “I am the problem.” The secrets I hold onto are the secrets that make me sick.

We will see God when we are willing to see ourselves the way He sees us! *If we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness. (1 John 1:9 NIV)* “You will cleanse no sin from your life that you have not first recognized as being pardoned through the cross.” (Tim Chester)