***Hello Valley Heights Ladies!*** Reviewing our June 3rd Bible Study

Chapter 12 --- “The Attitudes of a PURE Heart”

*“Have you ever noticed that sometimes your hair just feels weighed down, appears extra flat, or just won’t behave itself? Have you been in a pool lately, and do you notice that afterwards it’s tough to comb through your hair?* ***Well, maybe it’s time to clarify****!”*

Have you ever noticed that sometimes your heart and mind feels *“weighed down”,* extra *‘flat’* and unable to *‘behave’* in accordance to your calling to be pure and holy? Have you been in a *‘pool’* of sin lately; filling your mind/heart with shameless, sensual, seductive, immoral, impure and immodest images and voices via TV, secular music, internet, movies, magazines, romance novels, and soap operas? Have you noticed it’s been tough to *‘comb’* through your heart and mind with the Word of God because of the residual effects that our ‘Corinthian culture’ has had on you? ***Well, maybe it’s time to clarify***!

*“Stuff builds up on your hair, all kinds of stuff. Hairsprays, mousses and gels, hard water and mineral deposits, chlorine and chemicals from swimming pools, even waxes and moisturizers in some shampoos and conditioners can leave build up on your hair over time. This build up can cause hair to appear dull, dead, heavy, greasy and flat.”*

*“Stuff”* (sin) builds up in our hearts*, “all kinds of stuff”* (sin) when it comes to *‘mental impurity’ which is the* *seed to physical impurity.* In our minds we start to justify and excuse sin. We laugh at it instead of loathe it. We don’t take God and His Word seriously. We don’t fear God and His judgment against impurity. We compromise, rationalize or simply ignore God’s commands to: ‘flee’, ‘run, ‘avoid,’ ‘put to death,’ ‘do not be,’ ‘abstain from,’ ‘do not associate,’ ‘lay aside,’ ‘deny yourself’… We think ‘we can handle it.’

We find ‘convenient’ interpretations of God’s Word and ways to get around His standard of sexual purity as clearly spelled out in the Old and New Testaments. All of this *“stuff”*(sin) and more leaves *‘build up’* and residue in our hearts and minds over time. This *‘build up’* is often neglected and unnoticed because over time, the things which we thought were harmless to our hearts have now left our lives looking ‘dull, heavy, flat and even dead.’ ***Ladies, maybe it’s time to clarify***!

*“A clarifying shampoo can help remove those deposits and give your hair a fresh start, and restore shine!”*

How do you clarify your hair? If we want answers for *‘deposit’* removal, restoration and revitalization for healthy shiny hair, we can go directly to the internet and we are told “What to avoid,” “What to look for,” “What to choose” and “What to do.” All of the ‘assured declarations’ on each website draw us in and we become fully convinced in our minds that the shampoo we choose and use will ‘be perfect’ for our ‘desired’ hair style! And you know what, we do it! It’s an ‘assured obligation.’ Assessments are made, money and time are invested… and we are willing to do anything to get the ‘desired’ results.

How do we clarify our hearts/minds? If we as women have this kind of intentionality in the pursuit of having healthy hair, are we as women ready to have this kind of intentionality in *‘removing’*(repenting), *‘restoring’*(replacing sensual/lustful choices) and *‘revitalizing’*(renewing our minds) in our pursuit of having a ‘healthy, holy and pure’ heart and life before God and others?

 We can go directly to the Word of God and we are told within the pages of scripture, “What to avoid,” “What to look for,” “What to choose,” and “What to do” to live a pure and holy life. There are dozens and dozens of verses in the New Testament that call upon, charge and command us “to bring the reality of our living into harmony with who we are before God in Jesus Christ.” 1 Peter 1:13-16

You see, the use of a *‘clarifying shampoo’* is *‘specifically formulated’* to cleanse the hair and *‘free it from* *all impurities.’* When you allow it to soak in and sit in your hair long enough to help *‘release’* the product ‘*build up’* it makes your hair shine.

Martha in this chapter gives us the *‘clarifying agents’* that will help prevent *‘build up,’* ‘*free us from all* *impurities,’* and give us the *‘remedy’* for having and reflecting **A PURE HEART** and life. Let them soak in and sit long enough in your mind to ‘perform’ their work. ***Do you want a fresh start*:**

**A** cknowledge that it is God’s will that you be pure/holy; a heart and life separate from sin. 1Thess.4:1-8

**P** urposely probe the Word of God to learn how to control your body in a God-honoring way. 1Thes.4:4

**U** nderstand that immoral people will be punished. The things hidden will be brought to light. 1Thes.4:6

**R**  ealize anything that causes you to be ‘aroused’ outside of marriage is too far. Flee flirting! 1Cor.7:1

**E**  mbrace God’s divine design for marriage & give to your husband the affection due to him. 1Cor.7:2, 3

**H** ate the harmful influences from this world that feed your sinful and lustful hearts. Matt. 15:18-20

**E**  agerly repent of any sexual sin and know God forgives you and washes & cleanses you. 1 Cor. 6:9-11

**A** dmit the reality that God the Holy Spirit lives in you to help you run from immorality. 1 Cor.6:15-20

**R**  evere God. Don’t deny His existence and His right to be obeyed and glorified. Romans 1:18-32

**T**  rust God’s warnings about the seriousness of adultery. Eph.5:25-27, 1 Cor.13:5,6, Prov.2:16-19, 5:15-

All of the *‘assured declarations’* and ‘*assured obligations’* on each page of scripture draw us in and we become fully convinced in our minds that when we choose the **“ATTITUDE and ACTIONS of a PURE** **HEART”** we will *‘be perfect’* for the *‘desired’* purity that God calls for! (1 John 3:2,3)

Oh yes, one more thing. Let’s not forget that after *‘clarifying’* your hair, it’s essential to *‘condition’* it. Conditioning brings our hair to a proper and healthy state and to the desired condition we long for. Are you willing to ‘condition’ your heart/mind with God’s Holy Word and allow His Word to ‘perform’ its work in you? *Christ desires and longs for a PURE and HOLY bride*.

***Maybe it’s time to clarify?*** Because of His washing us clean from sin and clothing us with His righteousness, we in return need to make every ‘effort’ and ‘be diligent’ by the power of His Spirit to make an intentional plan to praise, pray, purge, put away... and place within our hearts God’s command to **“PUT ON THE LORD JESUS CHRIST**, **and make no provision for the flesh in regard to its lusts.”** (Romans 13:11-14) Here lies our *MOTIVATION*. If we live in the light of the reality of Christ’s second coming, *IT IS* going to purify our lives and Christ will *‘shine’* through us in this dark, shameless and sexually perverted society.

2 Corinthians 7:1 says “Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of the flesh and spirit, perfecting holiness in the fear of God.”

“Looking for the blessed hope and appearing of the glory of our great God and Saviour,”

Christyn