



## Lesson 75 Clean Up!

02/01/12

01/28/12 MEETING: PRESENT – I AM, Bob and Cindy

BT – Go and sin no more. Look to me to overcome sin; rebuke temptation. I told Satan, "Get behind me Satan." Rebuke him and call on Me and he will flee. You must want to be free of sin. This world is full of sin. It will not last. The time is coming. Be pure in heart. Your rewards are great. Clean up My people. It is time to stand up and be counted. Don't be left out. You have responsibility. You have your part. You do your part and I do My part. Together we will have victory.

CT – Heard this song in my head – Father God you have instructed us to praise your name amongst your people. <http://www.takehisheart.com/music-flash/player1/allpraise.htm>

Unbind the cords that tie you to the world; not from My creation but from the harmful things of man. Rightly judge. You know what is good and what is evil. Remove darkness. Remove suffering. You think, "What can I do to remove suffering"? There is much you can do. You can send a note, a word of love. You can give a hug. You can make a visit. Ease another's pain. Reach out. If all my children would reach out, the world would be a better place. When I say let my light shine through you for all to see, love is the key. It releases anger, fear, depression and more. Let My light shine through you. This is how you remove the darkness of the world from you. Amen!

In the words we received this week the Lord is telling us that it is time to clean ourselves up. He explained that the now is the time. He said, "This world is full of sin. You must want to be free of sin." Therefore in this lesson we will look at some of the ways He suggested we free ourselves of sin.

### Rebuke Temptation

I think the first step we need to take in cleaning ourselves up is to recognize that we all have sin in our lives. We are tempted and we fall. So we need to address temptation. Let's start by looking at the definition of temptation.

Temptation - the act of enticing to do wrong by the promise of pleasure or gain; or the state of being strongly tempted especially to evil: enticement.

As I was reading verses from the Bible relating to temptation I realized, as stated previously, that we are all tempted. We tempt ourselves. Other people tempt us. And we're even tempted by the devil and his cohorts. We are tempted by desires and pleasure. Often times temptation itself is so enticing that we end up joining in and we tempt others as well. The Bible teaches us that man even tries to tempt the Lord.

**Deuteronomy 6:16** "You shall not tempt the LORD your God as you tempted Him in Massah.  
**Malachi 3:15** So now we call the proud blessed, for those who do wickedness are raised up; they even tempted God and go free."

Satan, however, is referred to as the tempter in the bible.

**Matthew 4:1-3** *Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If you are the Son of God, command that these stones become bread."*

Satan tempted the Lord and he (Satan) will tempt you as well. However, Jesus encouraged us to pray that we would not enter into temptation.

**Luke 22:40** *When He came to the place, He said to them, "Pray that you may not enter into temptation."*

So you can see that temptation is a serious issue that needs to be dealt with. In fact the Lord has spoken to us regarding temptation previously when He said:

12/27/09 BT - "To discipline your mind read the Bible. If you want control of your mind don't let the enemy in. To rebuke temptation, first know that it is temptation. Whatever takes you away from ME is the work of the enemy."

11/01/11 DP - Overcome every trial and temptation. Watch and pray you do not be taken in temptation.

You can see from these words that it takes both discipline and knowledge to rid ourselves of temptation. But I think there are many different ways we can attack and deal with temptation. Just this week the Lord said, Go and sin no more. Look to me to overcome sin; rebuke temptation. He said, I told Satan, "Get behind me Satan." Rebuke him and call on Me and he will flee. So how exactly do we rebuke temptation? What does rebuke mean anyway?

Rebuke - an expression of strong disapproval; to criticize sharply; severe or formal criticism of fault.

When Jesus rebuked Satan, evil spirits or temptation, He addressed it. Just as He did in these verses:

**Mark 1:25** *But Jesus rebuked him, saying, "Be quiet, and come out of him!"*

**Mark 9:25** *When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!"*

So I guess when we rebuke temptation we are in effect acknowledging that it is present. Once you have acknowledged it's presence then it must be dealt with; with authority just as Jesus did.

The Lord said, *Whatever takes you away from ME is the work of the enemy.*" Therefore realize that the work of temptation comes from the enemy even if he is using others as the vehicle. Remember it takes discipline and knowledge to rid ourselves of temptation. Prayerfully, submit these moments of temptation to the Lord, He said "call on Me." He will never leave or desert you. He will help you through these moments of temptation.

**James 1:12** *Blessed is the man who endures temptation, for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.*

## Desire

As the Lord was speaking to us about cleaning up He said that, **You must want to be free of sin.** Therefore, we must have the desire in our hearts to remove sin from ourselves. This has to be something we want.

**Matthew 6:19-24** *“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*

*The lamp of the body is the eye. If therefore your eye is good your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!*

*No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.”*

I think these verses are speaking about the desires of your heart or the “**treasures**” of your heart. Jesus is teaching us that we can’t sit on the fence. We cannot serve two masters. This lesson can of course be applied to us today. We have to want to be free of sin. We have to want to be pleasing to the Lord. We must “**treasure**” our relationship with the Lord over earthly pleasures. **You must want to be free of sin.** This should be our desire.

## Pure in Heart

And the next step the Lord mentioned in regards to cleaning up is this, **Be pure in heart.** What exactly is pure in heart? Well, pure means, **unmixed with any other matter, spotless, free from harshness or roughness, free from what weakens or pollutes or makes ineffective.** The Lord is calling His people to come from having spots to becoming spotless.

We are aware from the THH website that the Lord has identified three main spots on the body of Christ. <http://www.takehisheart.com/churchwithoutspotorwrinkle.htm>

The scene, I was on stage and in front of me was a person (representing the body of Christ) who had his shirt off, sitting bent forward on a chair facing away from me. I was pointing out the spots on this person's back, explaining what they were to those in the audience. There were **three main spots** along and on the back bone of this body. They were about three to four inches in diameter. The rest of the smaller spots seemed to be outside of this area that went down the center of the back. The spots that were of the smaller size were about one inch in diameter but all of the spots were fairly thick, like they had substance, they had depth to them. **All of these spots had a design.** They looked like doilies or snow flakes.

I meditated on these strange designs in the spots that seemed a little ridiculous to me. I said, "Lord, what are they?" He said, "**They are patterns.**" That didn't help my understanding much at the time, but I knew He had told me this for a purpose. God had started to give me understanding of the original truth He had shown me. The spots are patterns, **ways of doing things.** Down through the years the Lord revealed what the individual spots are, through "things of the Spirit," here a little, there a little, until I came to **understand** what they are.

**The three big spots are life-threatening**, represented by being on the backbone, which is the foundation of the body. **These are foundational spots and have to do with foundational beliefs and practices of the churches!** They represent the wrong patterns or un-right, unrighteous ways of doing things, all produced by false doctrines and traditions of men.

The spot at the base of the spine has to do with ***The Mechanics (Pattern) of How the Holy Spirit Teaches***. This spot is at the bottom because it is the reason the other two spots exist in the churches today! This will become more evident to you as you read about the other spots and *The Lord's Picture of the Harlot*, etc.

The spot over the heart has to do with ***The Mechanics of Salvation***. This is at the heart of the matter, salvation unto eternal life. As you read through the salvation articles you will see, time and time again through the "things of the Spirit," God was constantly pulling me towards and revealing not only the truth of that original vision but also the seriousness of this particular spot. There were a lot more "things of the Spirit" given than I have written about but they all point toward the same truth.

The third spot is ***The Mechanics of Tithing - God's Righteousness through the body of Christ***. The spotless body of Christ will handle God's treasury in righteousness **for Him, not the church!**

Therefore, from the articles on THH, we are well aware that it is time for the Lord's church to remove her spots; but the Lord is also telling us that it is time for us to individually remove any impurity from ourselves as well.

This week the Lord said,

01/26/12 DP - **Be a clean vessel fit for the Master's use.**

01/28/12 CT - **You know what is good and what is evil. Remove darkness.**

01/29/12 MVA - **Cast away all uncleanness. Be pure in My sight. Stay focused on your God Jesus as I bring you through trials. Refining. Stay pure from the world.**

Jesus said,

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

And the bible teaches us how to become pure in heart through verses like these:

**Psalm 15:2** *He who walks uprightly, and works righteousness, and speaks the truth in his heart.*

**Philippians 4:8** *Finally, brethren, whatever things are true, whatever things are noble, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

**1 Thessalonians 5:22** *Abstain from every form of evil.*

**Ephesians 4:27** *nor(do not) give place to the devil.*

**Titus 1:15-16** *To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their mind and conscience are defiled. They profess to know God,*

but in works they deny Him, being abominable, disobedient and disqualified for every good work.

We can gather from these verses that what is in our hearts is important. Truth, nobleness, virtue, free from evil, faith, honesty these are all qualities of purity that the Lord is indicating should be within our hearts. From these purity grows.

## Minimize the Influence of the World

Of course, it is difficult to clean ourselves up and become pure in heart when we are bombarded by the influences of this world. This week the Lord said this:

01/27/12 MVA -Corruption- the world is full of corruption. I Am exposing corruption. Worldly desires are pollution. Keep separate from pollution of the world. I Am building My Kingdom Purity, Righteousness are My ways. Escape the corruption of the world look to Me Jesus.

01/28/12 CT- Unbind the cords that tie you to the world.

01/29/12 DP - Be not influenced by the world it has nothing to offer you, I AM your influence follow My example. The time is now to be focused, don't let up on what you've learned.

In the bible He said this,

**Romans 12:1-2** *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And **do not be conformed to this world**, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

**1 John 2:15** ***Do not love the world or the things in the world.** If anyone loves the world, the love of the Father is not in him. For all this is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And **the world is passing away**, and the lust of it; but he who does the will of God abides forever.*

**2 Corinthians 6:17 & 7:1** ***“Come out from among them and be separate,** says the Lord. Do not touch what is unclean and I will receive you.” **7:1** Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.*

From these words we can see that the Lord is encouraging us to remove the influence of the world upon us. I thought the verse from 1 John was particularly interesting because of what it said about the world is passing away. This reminded me of words from this week when the Lord said, **This world is full of sin. It will not last. The time is coming.**

The time is short! Consequently, it is more important now than ever before to minimize the influence of the world upon us. **The time is now to be focused,** The Lord said unbind or in other words loose; loosen the tie, the attachments, the influences of this world. You know how you are influenced by the world. We are all different and affected in varying ways. What's important to understand is that now's the time! We cannot afford to procrastinate. Today is the day to begin removing the spots, the worldly influences and temptations.

## Remove Suffering

The last element the Lord brought out in regards to cleaning up was this, **You know what is good and what is evil. Remove darkness. Remove suffering.** This statement reminds me of psychology and focus. Let me explain, it is like this, if you truly want to clean yourself up then you must understand yourself. As discussed previously, you of course need a pure heart and you must remove temptations and bad influences. But the very act of removing that which is familiar, that which you are used to, may create a void in yourself. Making it all the more difficult to remain clean and pure in heart. But the Lord understands the psychology of man. He knows that this void will disappear by helping others.

The bible says this:

**Luke 6:38** *"Give, and it will be given to you; good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."*

**Philippians 2:4** *Let each of you look out not only for his own interests, but also for the interests of others.*

**Romans 12:9-21** *Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice and weep with those who weep. Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; if he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.*

These words from the Lord are encouraging us to extend His love to others to relieve their suffering. However, they also help us to have the correct focus.

But you may still be wondering just as the Lord said this week, **"What can I do to remove suffering?"** Well, He had the answer for you as well. **There is much you can do. You can send a note, a word of love. You can give a hug. You can make a visit. Ease another's pain. Reach out. If all my children would reach out, the world would be a better place. We would overcome evil with good.**

The Lord gave us these words on subject as well, when He said:

01/25/12 DP - **Love My people, reflect Me with every encounter, be filled with My Jesus love. See the needs of the people, be compassionate, moved with compassion, exhort and encourage,**

01/28/12 CT - **Ease another's pain. Reach out.**

01/29/12 MVA - **Help others as before. You know the way. Deeds do good deeds this is pleasing in My sight.**

01/29/12 DP - **Be willing to tend to the sheep, love with a purpose, uniquely created, diversify, called according to My purpose.**

January 2 – God Calling

You are to help to save others. Never let one day pass when you have not reached out an arm of love to someone outside your home—a note, a letter, a visit, help in some way.

Be full of Joy. Joy saves. Joy cures. Joy in Me. In every ray of sunlight, every smile, every act of kindness, or love, every trifling service—joy. Each day do something to lift another soul out of the sea of sin, or disease or doubt into which man has fallen. I still walk to-day by the lakeside and call My Disciples to follow Me and to become fishers of men.

The helping hand is needed that raises the helpless to courage, to struggle, to faith, to health. Love and laugh. Love and laughter are the beckoners to faith and courage and success. Trust on, love on, joy on. Refuse to be downcast. Refuse to be checked in your upward climb. Love and laugh. I AM with you. I bear your burdens. Cast your burdens upon ME and I will sustain thee. And then in very lightheartedness you turn and help another with the burden that is pressing too heavily upon him or her.

How many burdens can you lighten this year? How many hearts can you cheer? How many souls can you help? And in giving you gain: “Good measure, pressed down, and running over.” I your Lord have said it.

We help ourselves by helping others. The Lord said, *When I say let my light shine through you for all to see, love is the key. It releases anger, fear, depression and more. Not just for others but for ourselves also. It helps to keep us clean. This is how you remove the darkness of the world from you.*

## Call on the Lord

The last element of cleaning ourselves up is one of the most important. And that is calling on the Lord. In the words this week He said, *call on Me and he (the enemy) will flee.*

**Psalm 145:18** *The LORD is near to all who call upon Him, to all who call upon Him in truth.*

**Isaiah 58:9** *Then you shall call, and the LORD will answer; you shall cry, and He will say, ‘Here I am’.*

**Romans 10:13** *For whoever calls on the name of the LORD shall be saved.*

The Lord is always available. He is ever present. He will never leave nor forsake you. If we need help cleaning ourselves up all we have to do is call upon Him. He will have the answer you are looking for. We just have to listen to His response.

## Summation

The Lord is calling us out to clean ourselves up. He has offered much advice on exactly how to do this. He spoke of removing temptation and having the desire to be free of sin. He talked about becoming pure in heart, minimizing worldly influences, removing suffering and calling upon His name. He indicated that if we take these steps we will be well on our way to removing darkness and cleaning ourselves up. Now we just have to implement these steps.

The bible teaches us to do good: **Isaiah 1:17** *Learn to do good; seek justice, rebuke the oppressor; defend the fatherless, plead for the widow.* But as a part of this path the Lord may have to speak truthfully to us **Revelations 3:19** *“As many as I love, I rebuke and chasten.*

*Therefore be zealous and repent.” He promises, however, that blessings will come from this journey. **Psalm 24:1-5** The earth is the LORD’s and all its fullness, the world and those who dwell therein. For He has founded it upon the seas, and established it upon the waters. Who may ascend into the hill of the LORD? Or who may stand in His holy place? **He who has clean hands and a pure heart**, who has not lifted up his soul to an idol, nor sworn deceitfully. **He shall receive blessing from the LORD, and righteousness from the God of his salvation.***

May the Lord Bless and Keep You,  
Cindy

<http://www.takehisheart.com>