



TOPIC Spiritual Hygiene (Part 3)

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THEME Be Holy

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MESSAGE SUMMARY

Cleansing from Spiritual Defilement

Spiritual hygiene is all about separation from the unclean, consecration to God, and His purity and presence (Matt 5:8). Unanswered prayers exist due to the legal grounds (e.g. bitterness) the devil has against us, which blocks the grace of God from flowing into our lives (Heb 12:15). Hence, to avoid opening the door to Satan's realm, we need to know God, understand Him, and correctly represent Him (Ps 139:23-24). To do so, it is important that we place our lives in search of His light (Ps 36:9). This light comes from (1) the **Scriptures** (Ps 119:105), (2) the **believers** (Matt 5:14-16), and (3) **Jesus** (Jn 8:12). When we submit to the authority of the **Scriptures**, help one another grow in our faith in God, and follow Jesus, the Light of the world, we will have the light of life.

In this last sermon of the three-part series on spiritual hygiene, SP shared with us prayers to deal with the spirit of rejection, prayer for house cleansing and dedication, as well as principles on receiving spiritual gifts and anointing so as to walk in victory over the evil one.

Prayers for Cleansing – Further Applications

1. Deal with the spirit of rejection that comes through:

- a. Abortion (Ps 139:13-16). The root of abortion comes from the Canaanite practice where children were sacrificed to the Canaanite god, Molech (Lev 18:21). Such is a practice that defiles God's sanctuary, and any Israelite who engages in such practices would be persecuted (Lev 20:2-3). To deal with this, it is important to pray for cleansing.
- b. Adoption. As an adoptee, the child may have given the devil a legal ground through the feelings of rejection and abandonment. Hence, we need to be aware of these issues that the child had faced or is currently facing (e.g. SOFC issues, or the child may have been earlier dedicated to the gods) so that we can pray for the child to help deal with the issues.
- c. Word Curses (Matt 5:25). Word curses may stick to us for life and continue to stumble us till we deal with them. Hence, we need to watch our words, for death and life are in the power of the tongue (Ps 18:21), which is a double-edged sword. Always seek to encourage and bless those around us, which will disarm the principalities around them.
- d. Transference of unclean spirits (1 Cor 2:11-12). Be careful of the demonic spirit that will negatively affect our belief systems that in turn shape our behaviours. We need to separate ourselves from things that would give the demonic spirit a stronghold over us (e.g. psychic-horror movies, sexual spirits, greed) and from toxic relationships (e.g. negative values from bad company—1 Cor 15:33; Ps 1:1).

Transference begins from a thought that can come from three sources: man, the evil one, and God. Recognise that unclean or ungodly thoughts come from the evil spirit looking for a landing ground into our lives. Therefore, we need to take captive every thought, whether it be positive or negative, and submit them to God in obedience (2 Cor 10:5), for clarity (spiritual understanding) and wisdom on what to do through prayer.

Transference via laying on of hands

The Positive: Principles on Receiving Spiritual Gifts and Anointing (Lev 4:15)

- The **Giver** of spiritual gifts anointing is **God** (1 Cor 12:11; 1 Jn 2:20, 27), who uses His vessels of honour to impart these gift-anointing to the receiver by the laying on of hands (1 Tim 4:14; 2 Tim 1:5; 2:21). Remember that the gift-anointing does not come from the vessel of God but from God Himself, given in seed form and must be developed.
- Spiritual leaders must be careful not to hastily appoint leaders/elders (1 Tim 5:22). Likewise, the receiver should be aware of who lay hands on him and what he receives.

The Negative: holding hands for channelling, massages (e.g. using reiki energy)

- Transference of unclean spirits can occur via practices such as new age practices, holding hands for channelling, massages using reiki energy. For example, when we go for a good massage, always pray before and during the session, asking for God to bless the hands of the masseuse. After the session, ask for spiritual cleansing.
- Transference doorways can also occur via sound (e.g. a certain beat), smell (e.g. incense), sight (what we see), touch (what-who we handle) and experience (trauma).

**please refer to appendix for sample prayer templates*

2. House cleansing and dedication:

We need to constantly commit our home to the Lord and pray over it by (1) appropriating the blood of Christ (Calvary) and (2) applying the anointing oil (Pentecost). This sequence is important because only when we have been cleansed by the blood of Jesus can we then invite the Holy Spirit to dwell in us. The same goes for our home. Always dedicate our house to the Lord, cleansing it by the blood of the Lamb, asking Him for wisdom to fill our house (Prv 24:3-4) so that our family relationships will be blessed and protected (Ps 16:5-6). With the blood of Christ and the anointing oil, we no longer have to fear spiritual darkness (e.g. fights, unexplained illnesses, frequent nightmares) as the devil will not be able to touch us (Ps 34:7; Deu 23:14).

Conclusion

To “cleanse ourselves from all filthiness of the flesh and spirit” (2 Cor 7:1), we need to deal with the evil spirits that are pulling us back from God. As Christians, we have two very powerful spiritual weapons: The blood of Jesus, and the name of Jesus. With His power with us, we can have the confidence to separate ourselves from worldly influences and live a life that shines the light of God!

QUESTIONS

According to the sermon, what are the 3 sources of Light mentioned that can reveal the darkness in us?

How does transference take place and how should we deal with it? On transference via laying on of hands, what are the principles on receiving spiritual gifts-anointing?

Which of the four approaches to dealing with the spirit of rejection do you personally relate to?

Through this three-part series on spiritual hygiene, we have learnt the importance of, and steps to spiritual cleansing in order to walk blamelessly before the Lord with clean hands and pure hearts, shining the light of God in this world. What is one main takeaway from the three sermons that you have not applied in your life, but would like to do so moving forward?

APPENDIX: SUGGESTED PRAYER TEMPLATES TO DEAL WITH THE SPIRIT OF REJECTION

ABORTION

Dear Heavenly Father,

1. We confess and repent of the sin of aborting our child and ask You for **forgiveness**.
2. We appropriate the **Blood** of Jesus to **cleanse** us and to **cover** the grounds given to the evil one.

3. We ask of You to **heal** us of the hurts and pains of this experience.
4. We **thank** you that the child is now with You and that we will see that child one day.
5. We **submit** to Jesus as **Lord** of our lives.
6. We **rebuke** every spirit of rejection to get out of our lives. We are cleansed and covered by the Blood of the Lamb.
7. Lord, grant us Your grace to live in **obedience** and **dependence** only on You in Jesus' Name, Amen!

ADOPTION

Dear Heavenly Father,

1. We thank you Lord for this child _____(name) whom we have adopted.
2. In Jesus' Name, we **break** every consequence of the sins of the child's blood parents and forefathers.
3. We **dedicate** this child _____(name) to You God as his Saviour and Lord.
4. We **resist** and cast out every spirit of **rejection** in the child _____(name).
5. Lord, we ask You to **heal** the hurts and wound in the child.
6. We ask for Your **grace** to parent the child in the fear and knowledge of the Lord in Jesus' Name, Amen!

VERBAL ABUSE, WORD CURSES AND ACCUSATIONS

Dear Heavenly Father,

1. I **confess** and **repent** of what I have said and done to cause _____(name) to verbally abuse, curse and accuse me. I ask for Your **forgiveness**.
2. I **forgive** _____(name) for doing so.
3. I appropriate the **Blood** of Jesus to **cleanse** and to **cover** me from the word curses.
4. I ask of You to **heal** me of the hurts and pains from this experience.
5. I submit to You as **Lord** over my life – spirit, soul and body.
6. In Jesus' Name, I **nullify** (*replace the word curses with godly beliefs, e.g. good for nothing → God has given me a purpose and destiny in life*) every consequence and **rebuke** every unclean spirit associated with the verbal abuse, word curses and accusations.
7. Lord, grant me the grace to walk in **obedience** and total **dependence** on You in Jesus' Name, Amen!