



CELL GUIDE

TOPIC Spiritual Hygiene (Part 1)

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THEME Be Holy

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MESSAGE SUMMARY

Touch Nothing Unclean

2 Cor 6:14-7:1 exhorts us to separate ourselves from the fallen world that we live in, and be set apart in holiness. But how do we keep away from the defilement of the evil one?

We receive God's protection through our relationship with Him, but Scripture also shows that Christ Himself prays for His followers (John 17:15). It is imperative that we touch nothing unclean before our righteous and just God for the devil holds tightly to any legal ground that we have given up to him through our sins and transgressions. SP draws out three primary lessons from Joshua 7, which speaks of the battle of Ai, the sin of Achan and its consequences.

Be Spiritually Clean

1. God's promises are conditional on our obedience.

Partial or incomplete obedience is **not** obedience to God. God and idols (objects/activities that take His place) cannot co-exist in our lives; God cannot be mocked. Indeed, our double-mindedness will only cause us to be unstable (Jas 1:8). Obedience to God involves meditating on His Word and applying the truth in our daily lives, by which we may have good success, wherein all areas of our lives are aligned (Josh 1:8).

2. There are physical objects and practices which are spiritually defiled and unclean.

Unclean things separate us from God Himself! There are both individual and corporate consequences to spiritual defilement. As God's people, we must know how to distinguish between the clean and unclean, and the holy and the common (Lev 10:10-11). This is especially so for first-generation believers, many of whom come from a background of idol worshippers and engage in occult practices.

3. We must get rid of the unclean things in our lives ruthlessly.

Obedience in this regard will restore fellowship with God and reinstate His cleansing, protection and purpose for us. Do not place faith in any person, place or thing apart from God and His Word – superstitious beliefs instil fear in us and cause us to be "wearied in the multitude of your counsels" (Isa 47:13). Alternative medicine should also be used with

caution, as practitioners/practices may be dependent on sources of power and energy that are demonic (2 Cor 2:11, 11:14).

If we examine our relationship with God and find difficulties in reading the Bible, praying, or worshipping and connecting with Him, we need to scrutinise our past and present for possible involvement with the occult (Lev 20:6, 19:31). Any involvement we find must be destroyed and removed from our lives (Deut 7:25-26).

SP lists out the steps we need to take to be clean:

1. Confess our sins of participating/owning the items
2. Apply the blood of Christ for cleansing and covering
3. Get rid of/destroy the items
4. Submit to Jesus as Lord
5. Resist the devil
6. Draw near to God
7. Do not be double-minded
8. Live in total obedience and dependence on God

*Refer to appendix for sample prayer template.

Conclusion

We separate ourselves unto the Lord with the assurance that God is with us and He will not turn away from us. Deuteronomy 23:14 lays it out plainly for us, "For the Lord your God walks in the midst of your camp to deliver you and give your enemies over to you; therefore your camp shall be holy, that He see no unclean thing among you, and turn away from you." May we prepare ourselves to stand before our righteous Lord God with clean hands and pure hearts.

QUESTIONS

1. Share about a time where you encountered an unclean practice. What did you do in that situation?

2. Among the three lessons in the sermon, which one spoke to you most, and

why?

3. Spiritual hygiene is an ongoing battle. Share a struggle you are facing or have faced in your walk with God. What are the steps you will take today or continue taking to set yourself apart unto God?

Appendix:

Suggested Prayer – Template for Freedom/Deliverance from the Occult

Principles according to James 4:6-10 and 1 Peter 5:5-9

1. **Confess** your sins of participating/owning the items
2. Apply the Blood of Christ to **cleanse** you and **cover** the ground given
3. Get **rid** of /remove / destroy those items
4. Submit to **Jesus as LORD** over your life
5. **Resist** the Devil
6. **Draw Near** to God
7. Do **Not be double minded**
8. Live in total **obedience and dependence** on God.

Actual Prayer:

Dear Lord Jesus,

1. I **confess** my sins of participating in _____ or owning _____.
(Name the specific items you identified in the checklist)
I know that it was evil and offensive in your sight and I ask for your **forgiveness**.
2. I apply the precious blood of Christ to **cleanse** me from all defilement as a result of my involvement in these sins.
I take the blood of Christ to **cover** and close all grounds given to the evil one because of these sins.
3. I will get **rid of, remove and destroy** all these spiritually unclean things from my life and possessions.
4. Jesus, I declare you are **Lord** of my life – spirit, soul and body.
5. In Jesus Name, I **rebuke** every unclean spirit and command it to get out of my life. You have no more hold over me. I am forgiven, cleansed and covered by the blood of Jesus. In Jesus' Name, get out of my life! Go!
6. Lord I thank You for all You have done for me through your death and resurrection. I praise You for the freedom as I know and walk in Your truth.
7. Help me Lord to **set You always before me** so that I will not be easily shaken.
8. Lord, give me the strength to fully **obey** You always. I commit my entire life to live in total **dependency on You**, my God, my Saviour, and my Deliverer! In Jesus' Name, Amen!