



A MINUTE WITH MISS LINDA



## "Wash My Heart"

Can you believe 2021 is over and we stand looking ahead to 2022? One of the things I have observed is that each year the cartoonists depict the old year as a worn-out old man and the new year

as a young boy filled with hope and potential. How does this epic change keep happening year after year?

As I was thinking about this it occurred to me that a great new years resolution would be to end 2022 stronger and more victorious than when we started it. While this is a nice thought, for some this is impossible because they are their own worst enemy. They see everyone else as their biggest problem and blame them for the ongoing chaos in their lives.

What do you say to a person like this and where can they go to break the endless cycle of heartache and defeat? I believe taking a look at Kind David is a good place to start. Even though he was a king, his life was a mess. He was an adulterer, a murderer, and a broken man. He finally came to a place of repentance and cried out for

God's help. His prayer of repentance reveals that he understood exactly what his problem was.

### **Psalms 51:10 Amplified Bible**

10 Create in me a clean heart, O God, and renew a right and steadfast spirit within me.

David's biggest problem was the condition of his heart. The word "heart" is found 895 times in the Bible and in the Old Testament it is the Hebrew word, "Leb" which means, "the inner part of a person and refers to the will, mind, consciousness, emotions, and understanding." It also refers to a person's moral character and determination.

If I were to put it in plain words I would simply say that your heart is who you really are. That is why Proverbs says, "Keep your heart with all diligence; for out of it are the issues of life." (Proverbs 4:23) The heart is our inner person controlling the thoughts we think, the choices we make, our emotions, our feelings, and our will. It is the control center of our being.

To make matters worse, Jeremiah says our hearts are desperately wicked.

### **Jeremiah 17:9 Amplified Bible**

9 The heart is deceitful above all things and it is extremely sick;

Who can understand it fully and know its secret motives?

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This is hard for us to accept because our hearts tell us we are not like this. We want to believe that deep inside we are good people. I can't speak for you, but sometimes the things I see inside myself trouble me greatly. There have been times in the last year that the feelings, thoughts, and words coming from my heart were extremely “sick”. There were even times I wanted to just get in someone's face and tell them what I thought of them. Thank God I have a husband who put that thought in the washing machine!

It's very easy to become self-righteous and feel we have a right to think, speak and act the way we do, but this too is a feeling that is created in a wicked heart and will end up causing us problems. So what can we do to make sure our hearts are pure and holy? There are three things the Bible says we can do.

1. PRAYER

**Psalm 139:23-24 TPT**

23 God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares.

24 See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting way—the path that brings me back to you.

2. GET IN THE WORD

**Hebrews 4:12 Amplified Bible**

12 For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-

edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], **exposing and judging the very thoughts and intentions of the heart.**

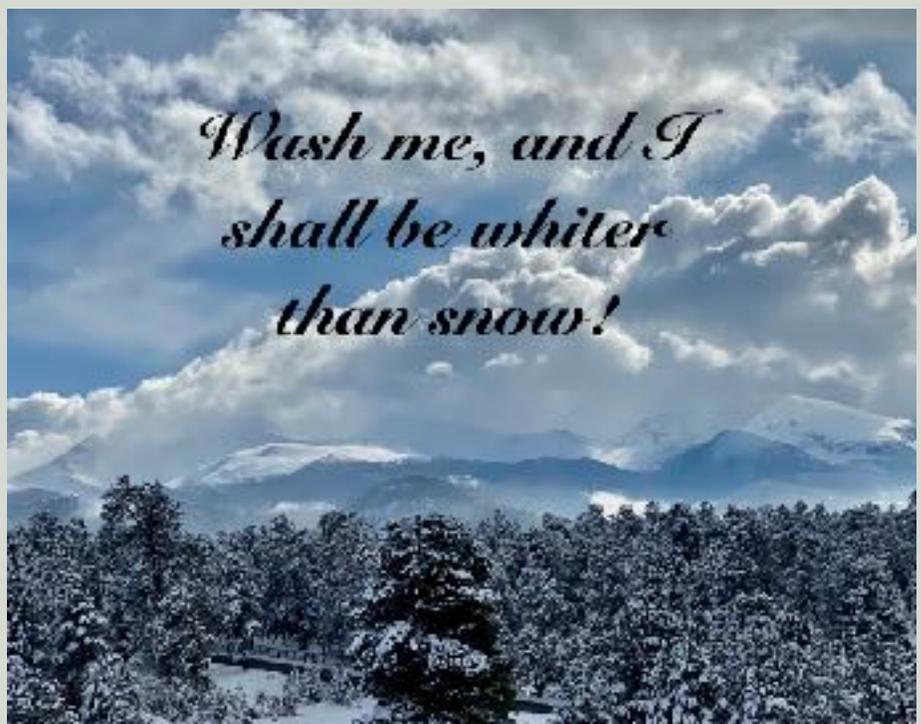
3. APPLY THE BLOOD TO YOUR HEART

**Psalm 51:7 Living Bible**

7 Sprinkle me with the cleansing blood and I shall be clean again. Wash me and I shall be whiter than snow.

I believe 2022 can be a great year of victory for God's people, but it will take a conscious effort on our part to make sure our thoughts, actions, and words are Spirit lead. God's will for us is to live in amazing victory no matter what we face and it all starts with the condition of our hearts.

**Lord, wash my heart!**



**AND THAT MY FRIENDS  
IS THE TRUTH!**