

BLESSED ARE THE PURE IN HEART, FOR THEY SHALL SEE GOD.

THE 7-UP CHALLENGE

HOW CAN WE BE PURE IN HEART AND SEE GOD?

Matthew 5:8

Hebrews 12:14 (NKJV) Pursue peace with all *people*, and holiness, without which no one will see the Lord:

1 Peter 1:14-16 (NKJV) as obedient children, not conforming yourselves to the former lusts, *as in your ignorance*; ¹⁵ but as He who called you *is holy*, you also be holy in all *your* conduct, ¹⁶ because it is written, “*Be holy, for I am holy.*”

Pure in Heart – unmixed motives, thoughts holy, conscience clear, inwardly clean from sin through faith in God’s provision and continual acknowledging of sinful condition.

Purity of heart is desiring only God’s ways and God’s glory from the core of my being. (eyes not distorted by fear, pride, wrong desires or unforgiveness)

Pure – Greek Word is Catharis – we get from it the word cathartic – a cathartic experience is one in which a person reveals his hidden feelings so that his soul feels cleansed. So to be pure in heart is to be cleansed from all evil; there is nothing bad or defiling left in your heart.

Catharsis = a soul cleansing

It is a changed heart.

A heart unmixed in its devotion and motivation

Pure motives from pure heart

Integrity

Singleness of heart, not double-minded or serving two masters

Single devotion, purpose, motive

Sincerity

Public life and private life transparent before others

Thoughts and motives pure

Relations with God and others free from falsehood

Heart – core of person – source of emotions, thoughts, motives, acts

Devotion to God

A pure heart is not self-interested, self-indulgent, self-absorbed (I am the center of my universe) A pure heart is not divided between God and the World. It is not living life with a mask of different roles for different occasions.

A pure heart is more than good behavior. God wants our hearts, our undivided devotion.

A pure heart will reflect from the inside out to show control of tongue, reactions, eating and spending. The outside reflections are kindness and mercy. It shows in the way you run a business, how you use your time, how you conduct yourself with members of the opposite sex, how you treat your family, how you treat employees and co-workers, how you talk about others, how you respond to critics, your work habits, your leisure activities, your entertainment choices, what you read, listen to and watch. Do you turn off certain TV programs? Do you put down magazines promoting selfish worldly values? Do you put down novels that glamorize sensuality? Do you do all for the glory of God?

A pure heart will not be squeezed into the world's mold.

Test of purity: How do I think or react when something happens unexpectedly? When a person crosses me or speaks an unkind word, what comes spontaneously from within me? What a person compliments or praises me, what is my immediate and instinctive reaction?

Proverbs 4:23 (NKJV) Keep your heart with all diligence, For out of it *spring* the issues of life.

Proverbs 23:7 (NKJV) For as he thinks in his heart, so *is* he. "Eat and drink!" he says to you, But his heart is not with you.

There are consequences to not living a life of purity (not having a pure heart) –

There can be a long road to developing a pure heart – based on decisions in the past – a lifestyle of trying to live a double minded (heart) life –

What are the results of a pure heart?

See God – fellowship in the Word and the Spirit – Live in the Presence of God (here and now) – Comprehend Him, Realize He is there, See Him with a Spiritual Eye
Throughout history, human hearts have longed to see God. In medieval times, monks desperate for spiritual intimacy crawled across broken glass, believing the pain would help them catch a little clearer vision of God. Jesus doesn't connect seeking God with pain or even intense personal discipline. Blessed are the pure in heart, for they will see God. He connects our God-given passion to love Him more deeply and experience Him more fully with the virtue of purity – cleansing of our thoughts and actions from within.

Seeing God = special relationship with Him in which nothing stands between us and Him
– Intimacy with God

Our intimacy with God depends on our being pure and holy. Things like impatience, gluttony, slothfulness, moodiness, being slack in work, harsh in words, yielding to self-centered emotions – all keep us from fellowship with God.

We think of certain sins as mostly harmless – our culture says – double the pleasure, none of the guilt – we become slaves to food, entertainment, games, recreations, work, toys, noise, activity, alcohol, busyness, therapy. We no longer see sin as a deadly monster. Jealousy, anger, self-pity, worry, etc are such subtle sins. But there is no such thing as a small sin.

Purity promises a deeper understanding of God.
Purity of heart is necessary to see God. It is the only way to see God.
Jesus came to purify our hearts. He makes us pure.

So, how do we get a pure heart ?

1. “Fess up – Confess our Sins

1 John 1:9 (NKJV) If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.

Purity is refreshing. It provides lightness of soul. Shame is a heavy burden. Regret can be soul crushing. Purity lightens and refreshes us.

Acts 3:19 (NKJV) Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

2. Make Up – Forgive One Another

Colossians 3:13 (NKJV) bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*.

3. Pray Up – Keep those lines of communication open between you and God

1 Thessalonians 5:17 (NKJV) pray without ceasing,

This really has to do with relationship with God – a picture of walking in the Garden of Eden with God before the fall. A constant communion.

4. Look Up – Keep your eyes on God above, especially when things down here get tough.

1 Chronicles 16:11 (NKJV) Seek the LORD and His strength; Seek His face evermore!

Habakkuk 1:13 (NKJV) *You are of purer eyes than to behold evil, And cannot look on wickedness. Why do You look on those who deal treacherously, And hold Your tongue when the wicked devours A person more righteous than he?*

Matthew 6:25-33 (NKJV) “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ Which of you by worrying can add one cubit to his stature? ²⁸ “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; ²⁹ and yet I say to you that even Solomon in all his glory was not arrayed like one of these. ³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith? ³¹ “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Where are we looking? Where is our devotion?

A good portion of our adoration is directed toward someone or something other than God. We have a marketplace mentality. Customer satisfaction. Money-back guarantee. Entertainment. Preoccupation with self – my goals, my wants, my needs, my preferences. External appearances. How I want others to see me. Hunger for so many things other than God. Competing Desires. Friendship with the World.

Matthew 22:37-38 (NKJV) Jesus said to him, ‘*You shall love the LORD your God with all your heart, with all your soul, and with all your mind.*’ ³⁸ This is *the first and great commandment.*

Where are your eyes? Children’s chorus: Oh, be careful little eyes what you see; Oh be careful little eyes what you; For the Father up above is looking down in love, so be careful little eyes what you see.

Everywhere we look, there is visual stimuli to steer us away from God. TV, advertisements, books, movies, magazines

Philippians 4:8-9 (NKJV) Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, 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. ⁹ The things which you learned

and received and heard and saw in me, these do, and the God of peace will be with you.

Nancy Leigh DeMoss – To be holy is to be wholly satisfied with Christ.

Keeping our eyes focused on Jesus as our all and all. No other human being can satisfy like Jesus, not our husbands, not our children, not our friends. No one.

5. Stand Up – “having done all, to stand...”

Ephesians 6:13-14 (NKJV) Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. ¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,

Sword of the Lord – God’s Word – Bible memory (chew on the verses you are memorizing) – internalize God’s Word

Internalize and know God’s Word

Psalm 119:9 (NKJV) How can a young man cleanse his way? By taking heed according to Your word.

We have to know God’s Word to do God’s Word and to stand in the truth of God’s Word.

6. Free Up – Don’t live in the past; let go of some things; if your life is too crowded, prioritize and re-evaluate

Philippians 3:13-14 (NKJV) Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus

Let go of the past – move on – FIDO – Forget it and Drive On.

Instead of living in the past, we should look forward with hope –

Dorothy in the Wizard of Oz sang:

Somewhere over the rainbow way up high, there’s a land that I heard of once in a lullaby.

Somewhere over the rainbow skies are blue, and the dreams that you dare to dream really do come true.

Someday I'll wish upon a star and wake up where the clouds are far behind me. Where troubles melt like lemon drops away above the chimney tops, that's where you'll find me.

Somewhere over the rainbow, bluebirds fly. Birds fly over the rainbow. Why then, oh why can't I? If happy little bluebirds fly beyond the rainbow, why oh why can't I?

Ultimate destination: to be with Jesus in heaven; but can still live the abundant life here and now with hope.

John 8:36 (NKJV) Therefore if the Son makes you free, you shall be free indeed.

Evaluate schedule – what does it say about your priorities? Is your schedule imprisoning you? Check your priorities.

Undivided and pure heart must have priorities focused on God – not a double heart which leads to imprisonment – but a pure heart which gives **true freedom and allows us to see God and have a relationship with HIM.**

- 7. Wise Up – Realize the Devil is after your soul, and he doesn't care how he gets it (He wants to keep us distracted from God) He lies to us.**

Daniel 12:3 (NKJV) Those who are wise shall shine Like the brightness of the firmament, And those who turn many to righteousness Like the stars forever and ever.

1 Peter 5:8 (NKJV) Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Satan knows us – he knows how to upset and discourage us – where does he attack you? When? How do the attacks most often begin? Stay out of those situations where the attacks can happen most often.

BLESSED ARE THE PURE IN HEART

Why?

Goal – to see God

Psalm 15 (NKJV) LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? ² He who walks uprightly, And works righteousness, And speaks the truth in his heart; ³ He *who* does not backbite with his tongue, Nor does evil to his neighbor,

Psalm 24:3-4 (NKJV) Who may ascend into the hill of the LORD? Or who may stand in His holy place? ⁴ He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.

To be pure of heart and see God, we must desire to have a single heart – And we can only have a pure heart and single heart if we know Jesus 1st as our Savior –

Do you know Jesus? If not, it's time for you to take a look at Him and what He did for you on the cross. Jesus came down to earth in the form of man, died for the sins of the world, and rose again, so that we could be cleansed and holy and have a relationship with the living God. If it is your desire to know Jesus, please pray along with me:

Jesus, I am a sinner and I want to have a relationship with you and know my eternal destination. Please forgive me sins and come into my life. I accept you as my Savior from this moment on and forever. Amen

If you already know Jesus, but have allowed yourself to live on the fence in both worlds, this is a good time to ask forgiveness and to ask Jesus to take the wheel of your life – to be in control, confessing those sins that keep you from focusing solely on Him – A pure heart says – it's all about You Jesus & doesn't take their eyes off Jesus.