



# **14 Day Spiritual Cleanse**

***LedgeRock***

***Community***

***Church***

**A Time of Prayer, Repentance, and Revival**

January 14-28, 2024

As you begin Day #1 of our 14 Day Spiritual Cleansing, consider the following:

"Biblically and historically, true revival prayer always involves deep, Bible-based repentance. It is absolutely critical that serious repentance be a central part ... Unfortunately, many modern calls to prayer are somewhat lacking in deep examination and repentance. For this reason, there is often lessened impact toward true revival." Greg Frizzell

Why should we pray for repentance?

### 1) **Repentance lets God restore, forgive, and purify us**

I used to feel unworthy of God's forgiveness when I fell into sin. I'd think, "I'm already a Christian and yet I'm still disappointing and failing God in this way. How can I still expect Him to forgive me?"

Thankfully, God assured me by reminding me of this truth: "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9).

Since then, I've made it a point to confess my sins before God no matter how "unworthy" or "unclean" I might feel, knowing that He will forgive me my sins and purify me, so that I will be righteous before Him again.

Just as God reached out to us before we came to know Him, He is still reaching out to us and calling us to return to Him today if we've fallen in sin: "Return to Me, and I will return to you" (Zechariah 1:3, Malachi 3:7). God promises to restore us when we repent of our sins (Jeremiah 15:19).

### 2) **Repentance helps us to be humble.**

I find that when I have trouble repenting, it's often because I have pride issues in my life. Pride is spiritual blindness that causes us to think our standards are better than God's standards.

The opposite of pride is humility, and one definition of it, which I really like, says, "Humility means agreeing with the truth." Perhaps that is why Paul says that repentance leads us to know the truth so that we can come to our senses (2 Timothy 2:25-26). When I repent and learn to agree with the truth of God's standards of righteousness and sin, I am growing in humility.

God values humility; He shows favor to those who are humble, but He opposes and mocks those who are proud (Proverbs 3:34, James 4:6). So, let's be quick to repent, so that we may grow in humility and receive and enjoy God's favor.

### 3) **Repentance drives the devil away from us**

During the times when I was willfully disobeying God, I found it so much harder to believe God's truths. Instead, the voices of guilt, doubt, fear and condemnation would ring a lot louder in my heart. Thoughts like, "God doesn't love you anymore," "You've really blown it this time. God won't give you a second chance," and "God has given up on you now" would keep harassing me, giving me no peace.

But when I repented and returned to God, these deceptive whispers of the enemy would start to fade and I'd be more able to perceive and receive the truths of God again.

The Bible tells us, "Submit yourselves . . . to God. Resist the devil, and he will flee from you" (James 4:7). In this verse, submission to God means washing our hands and purifying our hearts from sin and double-mindedness (James 4:8).

When we sin, we're actually giving the devil permission to draw near to us, for "[t]he one who does what is sinful is of the devil, because the devil has been sinning from the beginning" (1 John 3:8). The enemy is close to those who does what he does (John 8:44). And when he is near us, he "comes only to steal and kill and destroy" (John 10:10).

When we submit to God by repenting, we're proclaiming that we belong to God and we can fight against the devil and his evil influences in our lives.

### 4) **Repentance frees us from the torment of sin**

I've found this to be true in my life. When I insisted on my own sinful ways, the one who suffered the most was me. Although sin may feel good, it ultimately hurts more than it seems to promise.

And when I wasn't willing to confess my sins to God and others due to pride and shame, I found myself continuing in my sins because the devil had gained a foothold in my life to ensnare me in the darkness. It's only when I brought these sins into the light by confessing them to people I trusted, that those sins started to lose their power to further deceive and hurt me.

I'm thankful that God gives us confession and repentance as the means by which we can receive His mercy. Because Jesus is our great high priest who is always interceding for us before God (Hebrews 4:14; 7:25), we can "approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (Hebrews 4:16).

The Bible gives us this promise: "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord" (Acts 3:19). If we do not repent, we will not be able to receive help and relief from the torment of sin.

## 5) **Repentance leads us to fullness of life with Jesus**

Sin will lead to spiritual death. God's Word tells us plainly that "the wages of sin is death" (Romans 6:23) and Jesus said, "unless you repent, you too will all perish" (Luke 13:3). On the contrary, repentance leads to life (Acts 11:18) and salvation (2 Corinthians 7:10).

Ultimately, when we repent, we are inviting Jesus to have fellowship with us. After urging Christians to "be earnest and repent," Jesus said, "Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me" (Revelation 3:19-20).

The immeasurable joy of having intimate fellowship with God is what Jesus won for us through His death and resurrection, so that we "may have life, and have it to the full" (John 10:10). It certainly beats the deceptive and fleeting "joy" of any kind of sin by any measure!

Eternity doesn't start when we go to heaven. It starts right now with having fullness of life with God, and repentance allows us to have that.

Adapted from YMI, a division of Our Daily Bread

Have paper/notebook/journal, a pen, and your Bible ready to begin your morning. Find a quiet, comfortable spot, free of distractions, in order to spend as much time with our Father as needed. Turn off your cell phone or place it on "Do Not Disturb" to help minimize interruptions.

This Spiritual Cleanse, adapted from Greg Frizzell's book, "Praying God's Heart in Times Like These," is a powerful tool and can be a beautiful time of growth and oneness with God. Don't rush through, but truly ponder the scripture and questions.

Having done this cleanse before, it is amazing the things God will reveal through this process. Be open. Be patient. Sit in silence. Play quiet music in the background. Whatever you need, but be expectant. God is good and He wants us to draw closer to Him. He loves a heart that desires Him and He WILL show up!

*Pastor Curt*

## **Day 1: Pure Thoughts and Attitudes**

Scripture Reading: Psalm 139:23-24, Proverbs 23:7a, Matthew 22:37, Matthew 6:33, Matthew 5:28, Psalm 19:14, 2 Corinthians 10:5 and 1 Peter 5:5b.

Prayerfully work through the following reflective questions. Fully confess and forsake whatever God brings to mind. Trust God to fill and empower you with His Spirit. After each of the following questions, pause and allow God to speak.

Questions for reflection:

- (a) Do I tend to think more about worldly things than spiritual?
- (b) Does the focus of my thoughts often indicate a lack of first love passion for Jesus?
- (c) Do I spend more time on hobbies, sports, or recreation than God's Word and prayer?
- (d) Do I have any patterns of unclean or lustful thoughts?
- (e) Have I opened the door to impurity by anything I view online or in other media?

Confess and forsake whatever God has revealed. Surrender your thoughts and yield them to Jesus. Remember, you are fully accepted and forgiven in Christ. Believe Christ to live through you by the Holy Spirit (Romans 6:11).

For prayer and repentance, go back and review the issues God revealed for repentance. Resolve now to put off all sinful thoughts and put on Christ by faith. Be very specific in what you confess and forsake. Place strong focus on identifying the specific righteous thoughts that will replace those that are wrong. List some of your key points for change.

Pause in prayer and trust Jesus to empower you with the Holy Spirit. Believe Him to fill you with His thoughts. Trust God for the fullness of the Holy Spirit (Luke 11:13).

## **Day 2: Pure Thoughts and Attitudes**

Scripture Reading: Psalm 139:23-24, Proverbs 23:7a, Matthew 22:37, Matthew 6:33, Matthew 5:28, Psalm 19:14, 2 Corinthians 10:5 and 1 Peter 5:5b.

Prayerfully work through the following reflective questions. Fully confess and forsake whatever God brings to mind. Trust God to fill and empower you with His Spirit. After each of the following questions, pause and allow God to speak.

Questions for reflection:

- (f) Do I frequently have thoughts that are envious or jealous?
- (g) Am I overly competitive and self-exalting?
- (h) Am I interested in serving God only if I can have a preeminent role?
- (i) Am I determined to get my way?
- (j) Am I overly interested in being noticed?

Confess and forsake whatever God has revealed. Surrender your thoughts and yield them to Jesus. Remember, you are fully accepted and forgiven in Christ. Believe Christ to live through you by the Holy Spirit (Romans 6:11).

For prayer and repentance, go back and review the issues God revealed for repentance. Resolve now to put off all sinful thoughts and put on Christ by faith. Be very specific in what you confess and forsake. Place strong focus on identifying the specific righteous thoughts that will replace those that are wrong. List some of your key points for change.

Pause in prayer and trust Jesus to empower you with the Holy Spirit. Believe Him to fill you with His thoughts. Trust God for the fullness of the Holy Spirit (Luke 11:13).

### **Day 3: Pure Thoughts and Attitudes**

Scripture Reading: Psalm 139:23-24, Proverbs 23:7a, Matthew 22:37, Matthew 6:33, Matthew 5:28, Psalm 19:14, 2 Corinthians 10:5 and 1 Peter 5:5b.

Prayerfully work through the following reflective questions. Fully confess and forsake whatever God brings to mind. Trust God to fill and empower you with His Spirit. After each of the following questions, pause and allow God to speak.

Questions for reflection:

(k) Do I often have thoughts that are angry or resentful?

(l) Am I frequently dominated by thoughts of doubt instead of trust?

(m) Do I consistently harbor thoughts of bitterness and unforgiveness?

(n) Do I frequently brood about harsh things I would like to say to certain people or groups?

Confess and forsake whatever God has revealed. Surrender your thoughts and yield them to Jesus. Remember, you are fully accepted and forgiven in Christ. Believe Christ to live through you by the Holy Spirit (Romans 6:11).

For prayer and repentance, go back and review the issues God revealed for repentance. Resolve now to put off all sinful thoughts and put on Christ by faith. Be very specific in what you confess and forsake. Place strong focus on identifying the specific righteous thoughts that will replace those that are wrong. List some of your key points for change.

Pause in prayer and trust Jesus to empower you with the Holy Spirit. Believe Him to fill you with His thoughts. Trust God for the fullness of the Holy Spirit (Luke 11:13).

## **Day 4: Holy Speech and Godly Communication**

**Scriptures: Proverbs 18:2, Proverbs 29:11, Matthew 12:36, Ephesians 4:29, Ephesians 5:4, Colossians 3:9, 1 Thessalonians 5:18 and James 1:19.**

Sins of speech are epidemic among believers. The current generation has witnessed a virtual explosion in everything from gossip and slander to angry outbursts and ungodly e-mailing. Little affects fellowship and spiritual power like unyielded tongues and reckless keypads. Fully confess and forsake all sins of speech. Trust God to fill and empower you by His Spirit. After each of the following questions, pause and give God time to speak.

Questions for reflection:

- (a) Have I uttered any inappropriate or slang speech?
- (b) Do I have patterns of cursing or off-color words?
- (c) Am I prone to exaggeration or lying?
- (d) Do I have patterns of complaining and griping?
- (e) Am I guilty of any form of divisive speech?
- (f) Have I in any way spread criticism or lack of support for my spiritual leaders?
- (g) Do I have any patterns of critical, judgmental speech?

Remember, all will be revealed. Claim God's grace and trust Christ's indwelling Spirit for your victory.

For prayer and repentance, resolve now to put off all ungodly speech and wholly yield your tongue to Christ's lordship. Be very specific in your confession and repentance. List your key steps for obedience. Trust Jesus to fill your heart and empower your speech. Believe Him for the fullness and power of the Holy Spirit.



## **Day 5: Holy Speech and Godly Communication**

**Scriptures: Proverbs 18:2, Proverbs 29:11, Matthew 12:36, Ephesians 4:29, Ephesians 5:4, Colossians 3:9, 1 Thessalonians 5:18 and James 1:19.**

Sins of speech are epidemic among believers. The current generation has witnessed a virtual explosion in everything from gossip and slander to angry outbursts and ungodly e-mailing. Little affects fellowship and spiritual power like unyielded tongues and reckless keypads. Fully confess and forsake all sins of speech. Trust God to fill and empower you by His Spirit. After each of the following questions, pause and give God time to speak.

(h) Have I blogged, e-mailed, text, or forwarded anything that violated Scripture or grieved God's Spirit?

(i) Have I blogged or forwarded material when I was not entirely sure of its accuracy or appropriateness?

(j) Do I have a tendency to hurt and offend others?

(k) Have I said things when alone that would cause great shame if made public?

Remember, all will be revealed. Claim God's grace and trust Christ's indwelling Spirit for your victory.

For prayer and repentance, resolve now to put off all ungodly speech and wholly yield your tongue to Christ's lordship. Be very specific in your confession and repentance. List your key steps for obedience. Trust Jesus to fill your heart and empower your speech. Believe Him for the fullness and power of the Holy Spirit.

## **Day 6: Right Relationships and Biblical Reconciliation**

**Scripture: Matthew 5:23-24, Matthew 6:14-15, John 13:34-35, John 17:20-22, Ephesians 5:25-26, Ephesians 6:4, Ephesians 5:22, Ephesians 6:1-2 and 1 Thessalonians 5:12-13.**

With God, everything is about relationship. At its heart, spirituality is about loving God and one another (Matthew 22:37-39, 5:23-24, 6:14-15). Virtually nothing grieves God's Spirit or blocks prayers like ignoring broken or damaged relationships. For this reason, it is vital that believers continually confess and forsake all relationship sins. Take your time and be very thorough. After each of the following questions, pause and allow God to speak.

Questions for reflection:

- (a) Is there anyone (past or present) that I have offended but have not asked forgiveness?
- (b) Have I failed to seek full reconciliation and make restitution to anyone I have offended or in some way harmed?
- (c) Do I harbor the slightest unforgiveness and anger toward anyone?
- (d) Do I privately rehearse angry things I would like to say to certain people?
- (e) Have I in any way cooled off spiritually because of disappointments with God or people?

All sins of relationships are serious with God. Confession must be specific and repentance complete. Ask God for clear revelation of specific steps you may need to take. Resolve to be utterly honest with yourself and resist the human tendency to rationalize sin.

For prayer and repentance, determine now to put off sins of relationship and let Jesus be Lord of all. Are there certain people from whom I need to ask forgiveness?

Do I need to take specific steps of restitution? (Restitution means repaying something I have taken or publicly seeking to restore a reputation I have damaged.)

Is there some offense or bitterness I need to finally release?

Be completely honest with God and yourself. If people are coming to mind with whom you need to make a contact for reconciliation, that is likely God speaking to your heart. Take time to write out specific steps for obeying God in relationships.

Pause for prayer and believe Christ to fill you with His love and power. Claim His full life and victory to operate in you. Ask in faith for the fullness and power of the Holy Spirit.

## **Day 7: Right Relationships and Biblical Reconciliation**

**Scripture: Matthew 5:23-24, Matthew 6:14-15, John 13:34-35, John 17:20-22, Ephesians 5:25-26, Ephesians 6:4, Ephesians 5:22, Ephesians 6:1-2 and 1 Thessalonians 5:12-13.**

With God, everything is about relationship. At its heart, spirituality is about loving God and one another (Matthew 22:37-39, 5:23-24, 6:14-15). Virtually nothing grieves God's Spirit or blocks prayers like ignoring broken or damaged relationships. For this reason, it is vital that believers continually confess and forsake all relationship sins. Take your time and be very thorough. After each of the following questions, pause and allow God to speak.

(f) As a father, am I leading and training my family spiritually?

(g) As a mother, am I sacrificially and joyfully serving my family and guiding them spiritually?

(h) Have I in any way failed to honor, respect, or give adequate attention and time to my parents?

All sins of relationships are serious with God. Confession must be specific and repentance complete. Ask God for clear revelation of specific steps you may need to take. Resolve to be utterly honest with yourself and resist the human tendency to rationalize sin.

For prayer and repentance, determine now to put off sins of relationship and let Jesus be Lord of all. Are there certain people from whom I need to ask forgiveness?

Do I need to take specific steps of restitution? (Restitution means repaying something I have taken or publicly seeking to restore a reputation I have damaged.)

Is there some offense or bitterness I need to finally release?

Be completely honest with God and yourself. If people are coming to mind with whom you need to make a contact for reconciliation, that is likely God speaking to your heart. Take time to write out specific steps for obeying God in relationships.

Pause for prayer and believe Christ to fill you with His love and power. Claim His full life and victory to operate in you. Ask in faith for the fullness and power of the Holy Spirit.

## **Day 8: Right Relationships and Biblical Reconciliation**

**Scripture: Matthew 5:23-24, Matthew 6:14-15, John 13:34-35, John 17:20-22, Ephesians 5:25-26, Ephesians 6:4, Ephesians 5:22, Ephesians 6:1-2 and 1 Thessalonians 5:12-13.**

With God, everything is about relationship. At its heart, spirituality is about loving God and one another (Matthew 22:37-39, 5:23-24, 6:14-15). Virtually nothing grieves God's Spirit or blocks prayers like ignoring broken or damaged relationships. For this reason, it is vital that believers continually confess and forsake all relationship sins. Take your time and be very thorough. After each of the following questions, pause and allow God to speak.

(i) Have I spoken or e-mailed negatively about anyone?

(j) Have I publicly criticized or maligned a fellow believer without first talking to them about the issue?

(k) Have I forwarded items when I was not certain of their source?

(l) Am I involved in any form of gossip or negative, critical speech?

(m) Do I tend to hurt and offend people with my words or e-mails?

(n) Is there any pattern of failing to respect and support my spiritual leaders?

All sins of relationships are serious with God. Confession must be specific and repentance complete. Ask God for clear revelation of specific steps you may need to take. Resolve to be utterly honest with yourself and resist the human tendency to rationalize sin.

For prayer and repentance, determine now to put off sins of relationship and let Jesus be Lord of all. Are there certain people from whom I need to ask forgiveness?

Do I need to take specific steps of restitution? (Restitution means repaying something I have taken or publicly seeking to restore a reputation I have damaged.)

Is there some offense or bitterness I need to finally release?

Be completely honest with God and yourself. If people are coming to mind with whom you need to make a contact for reconciliation, that is likely God speaking to your heart. Take time to write out specific steps for obeying God in relationships.

Pause for prayer and believe Christ to fill you with His love and power. Claim His full life and victory to operate in you. Ask in faith for the fullness and power of the Holy Spirit.

## **Day 9: Victory Over Sins of Commission**

**Scripture: Psalm 51:3 and 2 Corinthians 7:1.**

Put simply, sins of commission are doing, saying, or thinking anything God has forbidden. These can be anything from actions and words to thoughts or relationships. Fully confess and forsake all sins of commission. After each of the following questions, pause and allow God to speak.

Questions for reflection:

- (a) Am I engaged in any form of physical, mental, online or phone immorality?
- (b) Have I compromised by viewing anything unclean via movies, television, or Internet?
- (c) Do I have habits that abuse or neglect my body?

For prayer and repentance, resolve now to put off disobedience and put on full surrender to Christ. Be very specific in your confession and repentance. List your actual steps for making the changes.

Pray now and trust Jesus to fill you with His Spirit and power for full repentance. Claim the victory described in Romans 6:6-14. Ask for the fire and passion of the Holy Spirit. Don't stop asking, believing, and repenting until He powerfully touches your heart.

## **Day 10: Victory Over Sins of Commission**

**Scripture: Psalm 51:3 and 2 Corinthians 7:1.**

Put simply, sins of commission are doing, saying, or thinking anything God has forbidden. These can be anything from actions and words to thoughts or relationships. Fully confess and forsake all sins of commission. After each of the following questions, pause and allow God to speak.

(d) Do I commit idolatry by placing anyone or anything over loving and serving God?

(e) Have I dabbled in any form of gambling or new ageism?

(f) Am I doing anything about which I do not have perfect peace?

For prayer and repentance, resolve now to put off disobedience and put on full surrender to Christ. Be very specific in your confession and repentance. List your actual steps for making the changes.

Pray now and trust Jesus to fill you with His Spirit and power for full repentance. Claim the victory described in Romans 6:6-14. Ask for the fire and passion of the Holy Spirit. Don't stop asking, believing, and repenting until He powerfully touches your heart.

## **Day 11: Victory Over Sins of Commission**

**Scripture: Psalm 51:3 and 2 Corinthians 7:1.**

Put simply, sins of commission are doing, saying, or thinking anything God has forbidden. These can be anything from actions and words to thoughts or relationships. Fully confess and forsake all sins of commission. After each of the following questions, pause and allow God to speak.

(g) Am I in any way harsh or unkind to others?

(h) Do I often confess the same sins but fail to fully forsake them?

(i) Have I abused God's grace by taking sin lightly?

For prayer and repentance, resolve now to put off disobedience and put on full surrender to Christ. Be very specific in your confession and repentance. List your actual steps for making the changes.

Pray now and trust Jesus to fill you with His Spirit and power for full repentance. Claim the victory described in Romans 6:6-14. Ask for the fire and passion of the Holy Spirit. Don't stop asking, believing, and repenting until He powerfully touches your heart.

## **Day 12: Overcoming Sins of Omission**

**Scripture: James 4:17, Proverbs 28:13 and Luke 12:47.**

Sins of omission are those areas in which we consistently fail to do things God has commanded. In short, it is not doing or being what God tells us to do and be. Fully confess and forsake any patterns of omission. After each of the following questions, pause and listen for God's impressions.

Questions for reflection:

- (a) Am I failing to abide in Jesus by neglecting regular time in His Word and prayer?
- (b) Do I neglect consistent times of deep Scripture-based examination and confession?
- (c) Have I confessed certain sins but failed to fully repent and make restitution?
- (d) Do I neglect to be a daily witness and fail to generously support evangelism and missions?

For prayer and repentance, resolve now to put off your specific sins of neglect and put on full obedience. Be specific in identifying your areas for repentance. List the specific ways you will repent.

Plan your actual steps for making the changes. Pray now and believe Christ to fill you with a spirit of total obedience. Ask in faith for the fullness of Christ in you by the Holy Spirit.



## **Day 13: Overcoming Sins of Omission**

**Scripture: James 4:17, Proverbs 28:13 and Luke 12:47.**

Sins of omission are those areas in which we consistently fail to do things God has commanded. In short, it is not doing or being what God tells us to do and be. Fully confess and forsake any patterns of omission. After each of the following questions, pause and listen for God's impressions.

(e) Have I neglected to discern and use my spiritual gifts?

(f) Am I allowing any point of spiritual bondage to remain in my life?

(g) Have I failed to support and respect my spiritual leaders?

For prayer and repentance, resolve now to put off your specific sins of neglect and put on full obedience. Be specific in identifying your areas for repentance. List the specific ways you will repent.

Plan your actual steps for making the changes. Pray now and believe Christ to fill you with a spirit of total obedience. Ask in faith for the fullness of Christ in you by the Holy Spirit.

## **Day 14: Overcoming Sins of Omission**

**Scripture: James 4:17, Proverbs 28:13 and Luke 12:47.**

Sins of omission are those areas in which we consistently fail to do things God has commanded. In short, it is not doing or being what God tells us to do and be. Fully confess and forsake any patterns of omission. After each of the following questions, pause and listen for God's impressions.

(h) Am I failing to daily pursue holiness?

(i) Am I robbing God by failing to tithe and give generous offerings beyond the tithe?

(j) Have I neglected to work at improving my marriage and family life?

(k) Do I fail to regularly pray with and disciple my family?

For prayer and repentance, resolve now to put off your specific sins of neglect and put on full obedience. Be specific in identifying your areas for repentance. List the specific ways you will repent.

Plan your actual steps for making the changes. Pray now and believe Christ to fill you with a spirit of total obedience. Ask in faith for the fullness of Christ in you by the Holy Spirit.