

# Purifying My Heart to Produce better Habits

Many of You know we have been in a sermon Series Called “Preparing For Takeoff”

We have declared this to be our “Mount Up Year”

## Isaiah 40:31

But those who wait on the Lord  
Shall renew *their* strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint.

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**2026 is My “Mount Up” Year**

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## The “Mount Up”

Is classified as a period of time that God rewards our stillness and waiting period with supernatural Exponential Growth.

The best part about The “Mount Up” is that it doesn’t have to last for only one season.

Our continuous decision to spend alone time with God without being influenced by the world can result in continuous growth in areas of our lives that produce the fruits of the spirit, as well as the unmerited favor of God in our natural lives.

Eventually, our continuous decision to “Mount Up” will produce a lifestyle that attracts others to want to make the same sacrifice we did.

It will also populate a new body of believers that exemplify the life and behaviors that Jesus called us to live as his disciples.

## **Questions**

1. What stands in the way of God’s Voice in my life?
2. What Habits of mine could get in the way of my mount up year?
3. What habits do I have that leave a door open for the enemy to attack?
4. How Important is it to hear God’s Voice in my Mount Up Season?

5. How can I position myself spiritually to never experience breakdown?
6. How do I shift my life from Surviving to Thriving?

Many of Us have been fasting these last 2 weeks. And I wanted God to give me a word that correlates fasting and Mounting Up.

This is what the Lord Gave me...

**Subject:**  
**Purifying My Heart to Produce**  
**better Habits**  
**For the Mount Up Year**

Your Habits are a reflection of Your Heart

You will hear me talk about the “heart” a lot this sermon because your heart posture is a result of your habits.

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**What's on your heart is what has stayed on  
your mind for too long**

**Luke 6:45**

**45** A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.

So in order to have a pure heart you must be able to condition your mind on how to process things..

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**Conditioning your mind takes self-discipline  
and self-denial.**

## **2 Timothy 1:7 NKJV**

**7** For God has not given us a spirit of fear, but of power and of love and of a sound mind.

NLT

**7** For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

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**(As you come off the Fast)**

**A level of Self Discipline will be required  
for the fullness of the “Mount Up”  
Season**

We fasted because we wanted to grow the discerning & clarity of God’s voice.

When we deny ourselves, we turn our fleshly desires down and turn our spiritual strength and super powers up.

God is calling for his people to become stronger in denying selfish desires and pleasures so that

it doesn't influence his ability to use us as his body for his Kingdom.

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**Fasting amplifies our impurities so that we can make them right with God.**

(What's in your heart?)

## **2 Corinthians 7:1**

Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.

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**Fasting and Self Denial should help us recognize the Sacrifice of our Savior, Jesus Christ.. Not just on the Cross but throughout his lifetime as well.**

Failure to Fast and Deny our selfish cravings  
results in Drunkenness of the Pleasures of Life

### **Matthew 16:24-26**

**24** Then Jesus said to his disciples, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.

**25** If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.

**26** And what do you benefit if you gain the whole world but lose your own soul? [1] Is anything worth more than your soul?

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**Lack of Self-Discipline will cause you to  
Lose your soul**

Why?

**Lack of Discipline Separates you from God,  
making it harder to hear his voice for  
direction.**

Without Direction, we are prone to sin!

**Proverbs 3:5-6**

- 5** Trust in the Lord with all your heart;  
do not depend on your own understanding.  
**6** Seek his will in all you do,  
and he will show you which path to take

If Mounting Up has been what you have been  
praying for God to do this year.. Understand “The  
Mount Up” has become a goal..



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**Goals in the eyes of God are considered to be  
“destinations” because when they are in line  
with his will for your life and are fulfilled,...  
Destinations fulfill Destiny.**

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**Direction is Needed because  
Destinations Fulfill Destiny**

That's Why Verse 6 Says

**Proverbs 3:6**

**6** Seek his will in all you do,  
and he will show you which path to take.

What is important to understand is that  
“Mounting Up” is not something you get to hope  
and pray for and think that God will not have a  
say so in your destination.

2 Weeks ago, we spoke about how we often times choose our own destination and then expect God to stamp his approval on it. Every time that happens we will never get to where we thought we were going.

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## **Mounting Up without Direction will end in a Breakdown**

God is not going to bless no mess. God wants you to stick to his plan, his directions and his destination.

This is why Proverbs 16 says

**1**

We can make our own plans,  
but the Lord gives the right answer.

**2**

People may be pure in their own eyes,  
but the Lord examines their motives.

**3**

Commit your actions to the Lord,  
and your plans will succeed.

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**God Doesn't mind giving you what you desire  
but it has to be submitted to him first.  
Because he knows the direction you are  
headed will end in disaster.**

Fasting is what keeps our Ears fine-tuned to  
God for our direction!

One of the main things that Fasting Does is  
something we must not forget.

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**Fasting Detoxifies our bodies from  
impurities**

**It should also detox our spirits from fleshly  
habits**

It allows us to see our shortcomings from the past and prevent them in the future..

It puts us in a place to see our sin for what it really is.

It makes us cry out for repentance with a pure heart.

Use the time in God's presence to identify what is wrong with YOU!

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**You Are the only person that can get in the way of your Mount Up Year!**

**Your Toxic Habits will keep you from your Destination**

What Habits do you need to be delivered from?

Your Habits have kept you bound for years!

This prayer that David Prayed after sinning is the prayer we should pray everyday!

## **Psalms 51:10-15**

**10**

Create in me a clean heart, O God.

Renew a loyal spirit within me.

**11**

Do not banish me from your presence,  
and don't take your Holy Spirit[a](#) from me.

**12**

Restore to me the joy of your salvation,  
and make me willing to obey you.

**13**

Then I will teach your ways to rebels,  
and they will return to you.

**14**

Forgive me for shedding blood, O God who  
saves;

then I will joyfully sing of your forgiveness.

**15**

Unseal my lips, O Lord,  
that my mouth may praise you.

(Pass out paper)

Take this paper!

Write downs and identify all of your toxic habits and write them on this paper

Bring them to the alter

(Pray while they are holding them)

make sure they repent

(Pass out Communion while they are standing there)

The reason we passed out Communion now is because. The word says in 1 peter

### **1 Peter 1:18-20**

**18** For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value.

**19** It was the precious blood of Christ, the sinless, spotless Lamb of God.

**20** God chose him as your ransom long before the world began, but now in these last days he has been revealed for your sake.

So this means, Jesus went to the cross for our toxic habits!

The night before he was taken into captivity he and his disciples sat at the table for their last meal together.

It's what we call the "Lord's Supper"

### **Matthew 26:26-28**

**26** As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, "Take this and eat it, for this is my body."

**27** And he took a cup of wine and gave thanks to God for it. He gave it to them and said, "Each of you drink from it,

**28** for this is my blood, which confirms the covenant[d] between God and his people. It is poured out as a sacrifice to forgive the sins of many.

**29** Mark my words—I will not drink wine again until the day I drink it new with you in my Father’s Kingdom.”