

Create in Me a Clean Heart
Heart
Discover Church
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“Create in me a clean heart, O God. Renew a loyal spirit within me.” Psalm 51:10

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’” Matthew 22:37-39

HOW TO CREATE A CLEAN HEART

1. Develop the Habits that **REFRESH** me **PHYSICALLY**

- Proper Rest

“It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.” Psalm 127: 2

- Balanced Diet

“You made my body, Lord; now give me sense to heed your laws.” Psalm 119:73

- Regular Exercise

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” 1 Corinthians 6:19-20

2. Develop Habits that **RECHARGE** me **EMOTIONALLY**

- Solitude

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” Mark 6:31

- Recreation

“the Son of Man came, enjoying life” Matthew 11:19

- Laughter

“Being cheerful keeps you healthy” Proverbs 17:22

3. Develop Habits that **RENEW** me **SPIRITUALLY**

1. Daily quiet time

"This is the reason we never lose heart. Our body does suffer wear and tear but every day the inward man receives fresh strength." 2 Corinthians 4:16

"Cast all your cares on God, for He cares for you" 1 Peter 5:7

2. Meet with others

"let us encourage one another" Hebrews 10:25

3. Worship

"I will sing of your strength in the morning and I will sing of your love for you are my refuge in times of trouble." Psalm 59:16

"May you be able to feel and understand and experience God's love for yourself." Ephesians 3:18

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light." Matthew 11:28