

# A Clean Heart

Sermon Title: **A Clean Heart**

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Welcome to Brothers of the Word because brother you need the Word!

And today we're talking in one of the Health Series Messages that Pastor received from the Lord. That this is a Health Series Sunday, so I'm going to follow in line with those instructions and just to let you know I had prepared a message today. I did a lot of health research and had some good stuff for you concerning health today but how many of you know that God can scrap your plans.

Have been you all ever had something planned in what you're going to do and it got time to do it God said, No, no not those plans and he just scrapped all of that. So after I got through writing it out, he just scrapped that message. So about two weeks ago, I went with my family out to Panama City beach Florida and a couple of days after being on the beach. There was really nothing troubling my heart, nothing on my mind. I went to bed at a normal hour but – at about 2:30 in the morning I was awakened. I just felt the strong urge to go and pray.

So I went out. We had a balcony on the beach there. Then I went out on the beach and began to pray and worship God and a few minutes in to it. I was looking out of the ocean. There was nobody on the beach that time of morning and looking at the waves just come in and. It's just like the waves just came in off the spirit and began to wash me and I sat there and tears began to fall. And I'm telling you, I'm not a very emotional man. I'm engineer by training but I couldn't control the emotion that came over me. It was a spirit of – and I hadn't done anything that was bothering me but I just began to weep and for about five minutes straight, I was giving only one line of prayer that was coming out of me.

And it was, "Create in me Lord a clean heart" just over and over for five minutes as I was weeping, "Create in me a clean heart" and I began to just confess everything that I've done wrong in my life and he just burst something in me and washed some things out of me. And when I got back to bed and hour later, I knew as I lay there that the message that he had for me to deliver to you today. I speak from the subject of a clean heart. And this message actually at the time, I didn't know what C. Elijah would be preaching in his series. It actually ties in hand in hand with what the spirit has given him to preach on and that's having a heart that longs after God.

So go back and listen to his messages because these things are tied hand in hand and I tell you, some people will never get the longing after God that they need to fashion it, they need until the – some message pull out of their heart from the world stuff. So it goes hand in hand with what he's teaching. You know, so, ties in to what Pastor preached on last Sunday dealing with the blessing is on the way because some of your blessings are held up because of the condition of your heart. And when blessings come whether they be money or power or other things, these things tend to amplify whatever is in your heart.

You get somebody with a cruel heart or pile of money and amplifiers, whatever they are. You get somebody with a giving heart who's giving with the little that they have. A lot of money, it amplifies it and they give bigger. So before he magnifies a thing, he wants to cleanse some things out of you before the blessing can come through. So tie this end with C. Elijah series and what God is speaking through Pastor in this hour.

Proverbs 17:22 from the NIV says, you don't have to turn there. It says, a cheerful heart is good medicine but a crushed spirit dries up the bones. Proverbs 18 and 14 says a man's spirit sustains him in sickness but a crushed spirit who can bear. And these are just two of the scriptures that relate the condition of your heart to your actual physical health. Christian counselors, report that 50% of people who come in for counseling have problems dealing with anger. From our experience in marriage counseling, sessions that deal with marriage they even are higher than that number.

There is something about when two people get together – you see that anger increase and love has left so many marriages, no a days because of un-pure hearts and even if you cannot see eye to eye on an issue, if you have a purity of heart, it will keep your voice tone normal. It will keep you from saying things that will be hurtful to him. You can still talk about things you disagree with but if your heart is pure, then you'll be able to do it without just saying anything and being hurtful. But if the heart is not pure, when you're getting mad, you'll say things that will scar a person for life. You will abuse him and all type of things when your temper flares, if the heart is impure, things will flow out of the heart that you never can put back together. So this has a lot of different purposes.

And I'll tell you the tongue is a mighty weapon and out of the abundance of the heart, does it speak. Happy marriage extends life by years according to studies and even on in a pet increases life expectancy and it lowers blood pressure, cholesterol and doctor visit. The key to all of these is having love in the heart. Love in the heart produces several hormones that I found actually. They have beneficial properties on the body. First one is Dopamine; this is also called the pleasure chemical. It provides feelings of enjoyment, bliss, and euphoria. It also plays an important role in cardiovascular, renal, hormonal in the central nervous system.

The second one is oxytocin. This counteracts the effect of cortisone, the stress hormone. Its known as nature's anti-depressant and anti-anxiety hormone by easing stress. Oxytocin, helps to heal countless diseases related to stress. It is also related to weight gain. So, sometimes you may be tempted to tell your spouse, "Hey, are you causing on my hips to spread?" Science does have something to back that up.

The next one is vasopressin. It regulates kidney function. The next one is endorphins. Endorphins have a variety of health benefits, including stress reduction. Improve immune system and decrease pain perception. And you might not understand all of these scientific terms and biological hormones but if you've ever had a new born baby. And that baby was asleep and lay on your chest above your heart. All of you can relate to a feeling you get in your heart. You can almost just feel your heart squeeze and you may not know what all is going on in your body's processes. But you know there is a feeling that wasn't there before as this new born baby sleeps on you.

You've never had a child. You can think back to your first falling in love in life. And that was a feeling that you got in your heart that it wasn't just psychological, like you could just feel your heart actually squeezing. Anybody ever been through that? You could feel something physically going on in your heart. But those were these hormones and there was something that was going on that does the body good in there and I'll tell you, you fall in love, you don't even have to eat. It doesn't matter what's on the plate. And some of you all, after you've been married a few years then – well I'm going to leave that alone. I might get somebody in trouble here.

But there something that happens when the heart is filled with love that does your body good that increases your longevity. And there is an old adage about unforgiveness; it's like drinking poison and hoping that your enemy will die. Let me read that again. Unforgiveness is like drinking poison and hoping your enemy will die. Just like love releases positive health producing hormones. Anger produces negative hormone. The main one is noradrenaline. And when you release the anger hormone, your body experiences the fight or flight response. To prime you up for the fight or to prepare to flee, it's a matter of personal survival that's built in to your DNA.

The physiological changes that result from a noradrenaline release are astounding. First of all the blood pressure jumps way up, the heart rate goes up. That's why some of you say, he got my blood boiling. Blood gets thicker, stickier and clottier and we all know what that leads to. That hormone turns of the immune and the gastrointestinal systems. The fear hormone is adrenaline and produces similar physiological changes as the anger hormone. In addition to the anger symptoms that I just mentioned, you also get a marked tremor. So you'll see people nervous and they start shaking – shaking with fear and you also have the urge to eliminate.

With both of these responses of anger and fear, you can lose up to 80% of your intellectual ability. And it's no wonder when people get mad they say, "I'm about to lose my mind up in here. And even in extreme cases of anger, somebody come in and catch somebody cheating with their spouse, even the courts will validate cases of what they call temporary insanity. With all of these physiological consequences of being angry or fearful, you can see why the Bible instructs us to be slow to anger

and to have faith and not only helps your spirit but improves the health of your physical being. A lot of these things God put in the world, he didn't explain all of the science behind it but as technology has grown, science has – even now able to verify things that are in the word – that were written thousands of years ago that God who created this body, who created this universe knew and understood when he put it in his Word.

People can unconsciously feel negative emotions in the heart causing physical damage. The first thing out of their mouth when somebody does something to him and say, “You make me sick” or to say, “You're getting on my nerves” and people say “I only got one nerve left and you're stepping on that one.” Or they say, “You're driving me crazy”. Even with fear people say, “This thing is about to worry me to death.

You all know it. Most of you have said these things. And even though you might not have understood the science behind it, there is something about your unconscious mind, knew that it was releasing something in you leading to death and illness. Not only do you have these physical consequences related to health and they're natural. But even divine healing is blocked by unforgiveness.

My brother, Bishop Dale, he told us about an experience when he was operating in this healing gift and he went to go and pray in the hospital for a member of the church As he was praying over this member. He wasn't really feeling a release so he stepped back a minute and asked God, “Lord, what do I need to do here?” and God said, “Don't pray for this person. Tell them to forgive so and so and I will heal them. And unforgiveness had set up a sickness in the body that even the anointing couldn't get through until the heart was cleansed of this feeling that it was having for another person.

I've even known a case where a Pastor here has gone and he's going to somebody on a death bed. And he's prayed unto God and God said, “Don't pray for him with hands” he said, “Tell them to forgive this person and to say it out loud seven times a day. And he went back and they weren't getting any better. He said, “Do it”. She started going on about what the person had done to him and he knew it was not of a heart and she passed not long after that.

Even though we have God Heals here at the church, if you have unforgiveness in your heart, it puts a brick wall up between the hand and with the anointing in it, and the power of God in your heart. So, this is a very serious issue, even when it comes down to healing and so, many times we wonder “Why can't we get healed oh Lord. I know that by your – I'm healed with wondering.” Even when we believe in you, we can't get healed.

And I've come here today to cause mankind to examine the contents of their heart. And Matthew 6:14-15 says, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your heavenly Father forgive your trespasses." So, if this thing can – your forgiving somebody else can affect your getting forgiven, for your stuff. Think about of Jesus. He died on the cross. His blood was for your sins but also for your healing. So, if your sins forgiving – blocked – not forgiving somebody else. Imagine those strives with the healing what it can also block in a corresponding manner.

So, this is serious business. Heart disease is the number one killer in the natural and I believe the natural is just a manifestation of what exists in the spirit realm. And we as Christians have too much spiritual cholesterol level and plaque built up in our hearts.

Psalms 51, this is David. He said in verse 10, "Create in me a clean heart oh God. And renew a right spirit within me. Verse 16 says, "For thou desirest not sacrifice; else would I give [it]: thou delightest not in burnt offering. The sacrifices of God [are] a broken spirit: a broken and a contrite heart, O God, thou wilt not despise." And sometimes we get so busy trying to give God sacrifices. We have so much preaching on money and sometimes we want to bring first fruits and – Jesus said you ought to do these things but they are little. These are the little things of the lord but the big things are in the heart that no man can see. And he said, even with unforgiveness with your brother, even you shouldn't even bring your offering now. You ought to go out and get that thing right in your heart with your brother first before you bring it.

We can get caught up on the wrong things but I tell you, God is concerned about your heart. Even more than your money because when he has your heart, he has your money. He's more concerned about your heart than your time. When he has your heart, he has your time. You don't have to worry about it. He's more concerned about your heart than anything and even your relationships because he knows that you'll treat people right in your relationships when he has your heart.

He is concerned with your heart this day and he sent me here to tell you. And I tell you, I got enough more than that one night. He's been troubling me at night with this message. I've been carrying it like a baby. I'm glad; I'm delivering it to you, so it can trouble you all at night. Let you all sing a song with it. But I've got to get it out of me.

Matthew 5:8 says, "Blessed are the pure in heart: for they shall see God". And I believe this is talking even more than even when we get to heaven. Yes we will see in there. But I believe when that heart becomes pure, we wonder why the miracles had left the church and why healing and the anointing don't fall like it used to. We don't see the glory clouded like the Old Revival days. But if you look in the heart of

man, something has changed. We are too concerned with material matters and things of this world. If the heart is right, you'll once again see God move as he once did with the early church. You'll see God when the heart becomes pure and I'll tell you, when the heart is pure, it's like everything on your world, it will make the world look better. If you are around pure people, they'll see positive in every situation even when it's negative. They'll say, well, that's going to be like God is just using us as a stepping stone, he's using it for experience.

And the opposite is, if that heart is not pure you'll find people that are in policies that will find things to complain about. They can be in finest of houses driving Mercedes Benzes with money in the bank but still in every situation they can go on vacation complaining about their room. They can go anywhere, come to church and complain about the temperature in the church. When the heart is pure, the world will look pure unto you. But when the heart is corrupt, everything and anything will look corrupt unto you.

Matthew 6:22, says, "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!" and I believe this ties in to what I just talked about. That, that heart is like a lens, you can look at it like a glass or spectacles over your eyes. And when that lens is dirty, everything looks dirty and you'll look at it – the world no matter how clean a room is, you'll look at it with dirty spectacles. "Somebody need to clean up right here." And you could have just vacuumed the floor. But when that lens is clean, it will make colors brighter. It will make everything clear and vision will be clear.

My mother has always understood this principle of having a clean heart and she's always purged to – whenever something has gotten in her heart and there have been many occasions that she stood up in public and repented to people in front of other people. Now, we may repent to God but most of us is not going to stand up in front of other people and lick the person in the face but I've seen her do it to relatives, to friends. I've even saw her one time at a pastor's appreciation. She got up and got the microphone and told the pastor, looked him in the eye and said, "I want to repent, I said some things about you behind your back that I should not have."

How many people do you know who'll get up and tell a pastor that as a pastor's appreciation – and it caused people to come from everywhere to say – come and repent to the pastor but she understood that her heart was more valuable than how she looked and her reputation in front of people. She wanted to be right with the one who created the heart and I'll tell you, the cleaner the heart gets, the more sensitive it will become much like the body and my mother's heart is so sensitive.

One time she was at a convention and they were serving lunch and she was doing something in her sister and a friend had gotten in line for lunch and she came later and joined them. Can you believe the lord troubled our heart at night and say you broke those folks in line coming to join your sister? And she had to find him in the next day and apologize to her. That's how sensitive her heart is.

But because of that sensitive heart, God has been able to birth four ministers of the gospel through that wound that connects. The Bible says David had a heart after God and let me show you just one instance of why I've said that. As they brought the Ark of the Covenant into the city of David, 2 Samuel 6 says, when David returned home to bless his household, Michal daughter of Saul came out to meet him and said how the king of Israel has distinguished himself today, just roving in the sight of the slave girls of his servants as any – or fellow would. David said to Michal, it was before the Lord who has chosen me rather than your father or anyone from his house. When he appointed me ruler over the Lord's people, Israel, I will celebrate before the Lord.

I will become even more dignified than this and I will be humiliated in my own eyes but by these slave girls, you spoke of, I will be held in honor and David understood that how he looked even as a King above all of the land, that his heart is what mattered to God. And he basically said, Woman you didn't put me in this office. God chose me for a reason and he knew what kind of heart I had. He knew what I would do when victory will come. He knew I was a praiser, he knew I was a dazzle before he ever anointed me to be king. And it showed his heart and that same woman, that complained to that king said, in verse 23, Michal daughter of Saul had no children until the day of her death.

Talking about that clean heart shut up her womb and like the pure heart, opened my mother's womb to ministry, the closed heart shut Michal's womb. So be careful with your heart. God is more concerned with the position of your heart than the position on your job, than the position in society that you may hold, than even your position in the church. And I tell you, I would rather be on a back, with a humble and a clean heart serving and worshiping God with all of my heart, than I would to be a Bishop over five churches running around speaking every Sunday to five different places. I believe God is more concerned with your heart. But we as humans sometimes we get caught up in titles. We get caught up in positions. We'll set up in the church looking dignified and more word about who sat in our seat.

We'll look at the name tags with a title and a badge and we are more concerned about on the jacket than what lies underneath the name that God is looking at. So we've got to be so careful with our judgments and with our heart condition. Proverbs 4:23 says, "Keep thy heart with all diligence; for out of it are the issues of life." The heart is like a garden. With a garden you have to weed out. Weeds ever so often or they will come in and choke out your flowers that you've planted. They all choke out

roses and daisies. They'll even choke out grass and weeds will grow up. You have to be careful what you allow to plant there, because even a small seed of a fence can grow into a giant tree. I tell you, you can get a small thing, somebody will say something to you the wrong way and you're not paying any attention and the Devil allowed that thing to turn in your mind over and over and over.

They disrespected you, they had no business telling you that and if you're not powerful and guard your heart, that thing can grow. It can be the smallest of a sentence and it will grow and it will be like a vine and it will wrap – you think vines grow over the years and wrap around a building and that's how the Devil can use these seeds of a fence to come in and to pollute the heart and grow them into trees of bitterness.

On the other hand, a little bit of love can show somebody headed to hell. The loving God that has forgiveness – well, I'm out of time I thank you here for watching us. For Brothers of the Word, you can go to [AirJesus](#) and listen to message 4030 in its entirety and just be sure to guard your heart today. God has sent me here as his messenger, as I've given you the heart of God, that you may examine thine own self. I thank you for watching Brothers of the Word, because brother you need the Word!