

Clean Heart

And this is my prayer, that your love may overflow more and more with knowledge and full insight to help you determine what is best, so that in the day of Christ you may be pure and blameless.

Philippians 1:9–10

Our life experiences show us we are not pure and blameless but that we are in bondage to sin and cannot free ourselves. Crying out with the Psalmist's prayer in our liturgy, we plead, "Create in me a clean heart, O God."

A clean heart frees us again to live rightly with God and with our brothers and sisters in faith. As you move on the path of growing a healthy heart and living in wholeness, trust that God accepts us, hears our cries, and washes us so that we might live as pure, faithful disciples.

Salt has been a purifying agent throughout ages. It is also a flavoring agent. Biblically, we are called to be "salty" in our discipleship—to be the salt of the earth and to not lose our flavor.

Scoop out a bit of salt from one of the containers. Rub it between your fingers and over your hands. As you do, focus on what in your life needs God's purifying and flavoring. Offer that need to God now.