

Thought for the day – Tuesday 9th March 2021

Cleansing of our hearts – Revd John Ohen

LENT is also a good time for the cleansing of the heart as in our reading last Sunday. (John 2:13 – 25).

Psalm (51:3,7) says “wash me thoroughly from my iniquity and cleanse me from my sin. Purge me with hyssop, and I shall be clean, wash me and I shall be whiter than snow.’

When we do or say something wrong or sinful, we can feel tarnished. If we do not say or do something in the face of injustice or evil, it equally has the same effect. In many cases our conscience or better senses may urge us to come clean, so that we may be cleansed or feel better. If not, over a period of time it may start affecting our mental health.

This sense of better judgment could be called the Holy Spirit in us. This spirit that guides us to know right from wrong, the spirit that guides us into the way of peace is equally known as the Holy Spirit. We all need the guidance of the Holy Spirit all the time to live a clean life. King David praised God with all his heart for this inner or interior washing of our soul and mind.

When Jesus turned over the table of the money changers, scattering their coins, with his sharp words, and said “do not make my Fathers house, a house of trade” (John 2: 16) This is known as Jesus cleansing the temple, later to be known as the new temple, Jesus Himself.

We too have the temple of God in us because God’s Holy Spirit lives in us, as in (1 Corinthians 3:16). We need to clean our heart to receive the Holy Spirit.

Bible passage: John 2: 13 -25.

Prayer: Father, create within me a warm and generous heart and renew within me a warm and generous heart and renew within me a sense that lavishly I have received, and that I should give generously.