

## St James News: Thought for the day – Wednesday 26<sup>th</sup> August 2020

### How clean is your heart – Rev John Ohen

#### How clean is our heart? (Matthew 23: 1 -16)

One of the most challenging aspects of Jesus preaching is the importance he places on the attitude of our hearts. We sometimes deceive others and even deceive ourselves, but not to God, because God knows the working of our hearts. If our words and actions do not arise out of a spirit of love, then our lives will not demonstrate the true gospel.

Our Lord Jesus sought to expose the attitude of the Pharisees' hearts and preached unequivocally that it is love and the heart that matter. Humility is the safeguard against hypocrisy and reveal the transforming power of love. Jesus calls us to reject unloving thoughts and desires. We can bring these thoughts to light and overcome them through the power of the Holy Spirit.

This is not hypocrisy but God working in us, to transform us and manifest his love in the world. So, let your yes be yes, and your "No" be No (Matthew 5: 37).

We must remember that we are ambassadors of a message of peace and love. It is our duty to know Jesus and to make him known. So, sisters and brothers, let us be known for our love for God and our neighbour.