MINISTRYMENTORSHIP.COM LIVE Bible Study 3.25.14

"How to Spring Clean Your Spirit" By Mike Easter	NOTES:
Spiritual cleansing requires deep cleaning—inside and out.	
1) Cleanse Your Heart (Psalm 51:10, Hebrews 10:22)	
The Bible encourages us to draw close to God and allow our hearts and bodies to be cleansed.	
2) Clean Out Your Mouth (Luke 6:45)	
3) Renew Your Mind - Take Out the Garbage (Romans 12:2)	
This is one of the biggest areas of struggle for most of us—removing the garbage from our minds.	
We must feed our minds and spirits the Word of God instead of the garbage of this world.	
4) Repent from Hidden Sin/Clean Out Your Spiritual Closet (Psalm 32:3-5)	
Hidden sin will destroy your life, your peace, and even your health. The Bible says to confess your sin—tell someone, and reach out for help. When your spiritual closets are clean, the heaviness from hidden sin will lift.	

5) Release Unforgiveness and Bitterness & Get Rid of Old Baggage (Hebrews 12:1, Ephesians 4:31-32)

Any sin will weigh you down, but long kept un-forgiveness and bitterness is like old baggage in the attic. You are so familiar with it that you don't even realize how it is hindering your life.

6) Open the curtains - Let the Son Shine In (1 Corinthians 1:9, Psalm 56:13)

What God wants most from you is relationship—friendship. He wants to be involved in the big and small moments of your life.