

SPIRITUAL HYGIENE

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Be Careful of Samples!

- Good Morning America went undercover to test the safety of shared make-up testers which beauty counters only replace, on average, once a year
- The results revealed what germs people are sharing when they test the same eye-shadows, foundations and lipsticks of hundreds – even thousands of strangers
- Study proved that the majority of these samples and applicators are caked with mold and bacteria. One out of five samples showed significant growth of mold, yeast, and fecal matter!



Lesson to Learn

- As more and more Christian partake of the same samples of the world, we can become contaminated with the products the world is offering
- The same “applicators” that the world prescribes or shares with each citizen doesn’t necessary applies to the believer who wants to live a life pure and holy before God
- Just because the Samples are free and allows you the ability to “Try before you buy,” doesn’t make it a good deal. You don’t have to try every sin.... the Bible is full of results and consequences of sin that already enlightens us what to expect if we indulge.
- Before the next person tries to apply make up on your face or spray you with cologne, take time to consider the origin – Is the applicator clean? Who else face was this applied on? Do I even want this scent on me. Apply these same questions to the spiritual and worldly influence and desires

Spiritual Contamination

- ***Is there such a thing?***

2 Corinthians 7:1: Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

- ***We are to embrace God's purification available through His grace***
- ***Filthiness of the flesh may include:*** sins such as *drunkenness, fornication, adultery*, and all such sins as are done immediately *against the body*; and by ***filthiness of the spirit*** exist from all impure desires, ungodly associations, idolatry, unholy thoughts, and polluting imaginations.
- The spirit ([Ps 32:2](#)) receives pollution through the flesh, the instrument of uncleanness.
Perfecting Holiness: Resisting and avoiding sin, in all its inviting and seducing forms and maintaining the *fear of God* before our eyes, that we may dread His displeasure of any activity that violates His Word concerning our conduct

A Serious Contradiction

I Find it interesting that this country spends billions in dollars to expose and prohibit the dangers of second hand smoke while overlooking most of the time the danger of “second hand influence” such as pornography, illicit lifestyles shown our television and internets, witchcraft, immorality and detrimental values heard and displayed in our music videos.

For the Believer: Beware what you take into your flesh because it will inevitably affect your spirit



What is Spiritual Hygiene?

- **Hygiene Defined:** Conditions and practices that serve to promote or preserve health
- For the Christian, spiritual hygiene refers to those practices that we should undertake to keep ourselves pure and unspotted from the world while promoting good spiritual health and maturity.

James 1:27: Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself **unspotted** (uncontaminated) from the world.

- With all the “stuff” going on in this world today, it is hard for us to keep our “whites” (thoughts, influences, spiritual lifestyle) clean, but we should strive daily not to contaminate ourselves with the spirits, lusts, and influences of the world.
- In most Wars, it is not the bullets that kill most of our soldiers, but infections from diseases and areas of contamination. As warriors for God, (2nd Tim 2:3,4) we must keep ourselves from being entangled with the world so that we may please the One who has chosen us to be soldiers for His glory
- Soldiers stay alive by practicing good hygiene in the field. God’s soldiers stay fruitful and useful by practicing good “spiritual hygiene” so that they may be “fit” for use.

Root Cause for Contamination

The greatest killer on the battlefield is not the Infantry but Infection and the Stress of Battle (fatigue, anxiety, and despair)

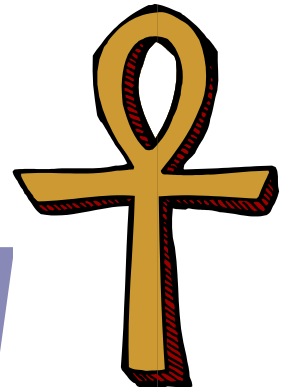
Practicing good hygiene is essential for staying alive spiritually and being “fit” for battle

How Does Contamination Enter and Spread?

Through the Individual: Idolatry; drugs; Occult Jewelry; Sensual Music; Family and soul ties; generational curses; interactions with mysticism, astrology, and philosophy; hypnosis

Home: Demonic and idolatrous artifacts; pagan art and statues; television; internet influences; outward influences

Community/Nation: Wicked Leadership; Philosophies, Racism, Hatred; Pagan holidays (Halloween, Easter, etc.); Disobedience



God Was Specific About This

Neither shall you bring an abomination (an idol) into your house, lest you become an accursed thing like it; but you shall utterly detest and abhor it, for it is an accursed thing.

Deuteronomy 7:26

"There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, (Deuteronomy 18:10)

- As an idol is, and so is everyone that worships it;
- When we become aware of something in our life that may be contaminating our spirit or feel that its influence is inhibiting our spiritual walk, we need to get rid of it or walk away from it immediately
- If many Christians know this, then why do they do this?
- **Answer:** Rebellion, Spiritual Ignorance, Deception

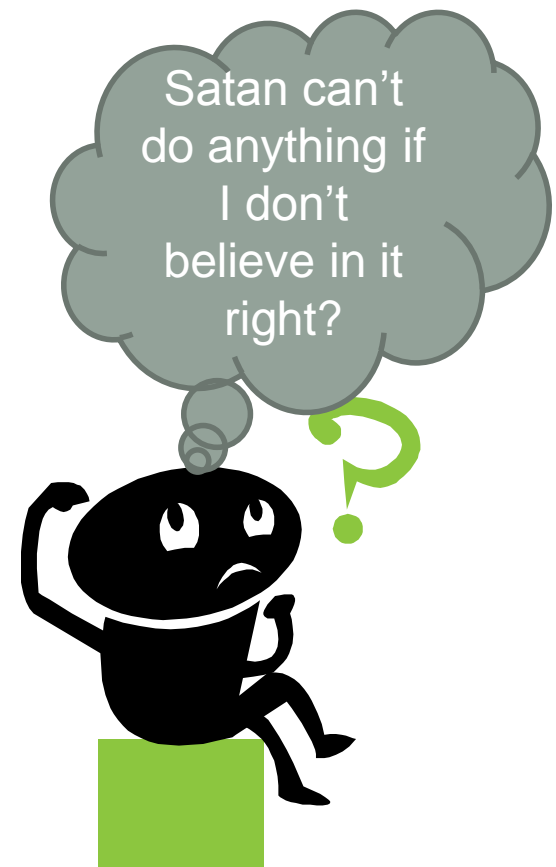
The Greatest Witchcraft is Rebellion

1st Samuel 15:23: For **rebellion is as the sin of witchcraft**, and stubbornness **is** as iniquity and idolatry. Because thou hast rejected **the** word **of the** LORD, he hath also rejected thee from being king.

- "All conscious disobedience is actually idolatry, because it makes self-will, the human I, into a god." (Keil and Delitzsch)
- King Saul (Israel's first King) disobeyed God and consulted a witch (1 Samuel 28:8-12) – This led to his death and his sons and Israel being delivered into the hands of the enemy.
- Your disobedience does not only affect you but can impact your family, community, and church as well

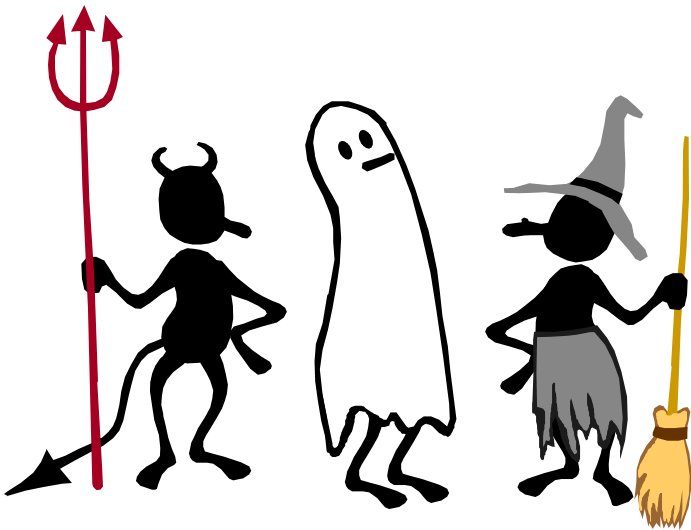
Ignorance is not Bliss

- You may say, “This Stuff works only if you believe in it”
- God does not stop existing because people don’t believe in Him. Many times, He works in spite of them
- Many people are snared by satan unaware and against their will
- *(2 Timothy 2:26: And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.)*
- *In other words, they become so influenced by him that they become captive to his (Satan) will*

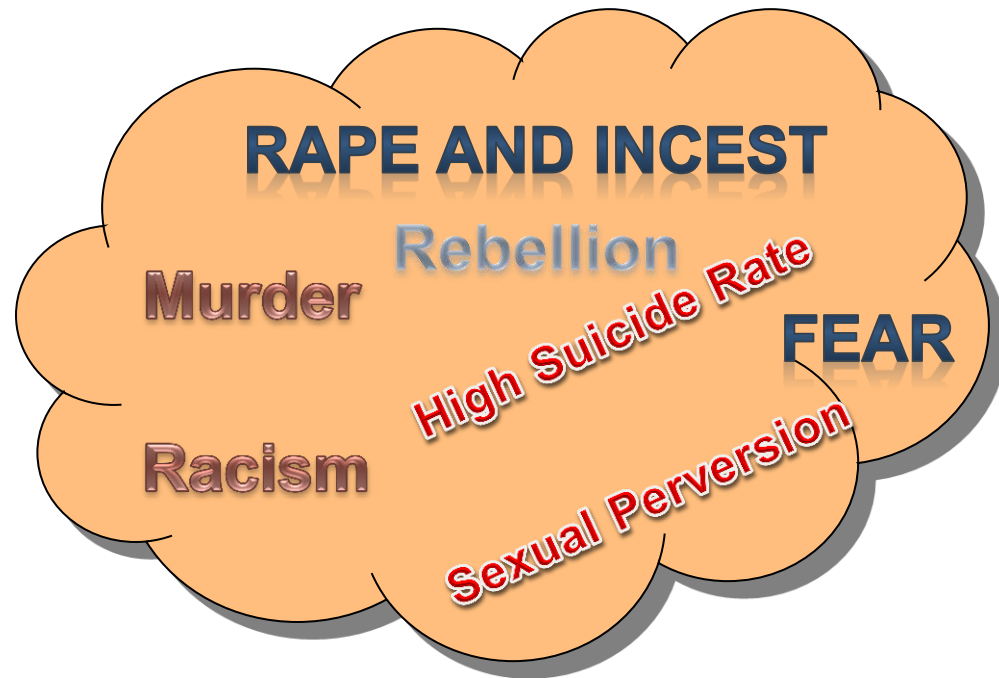


Satan is more known by his influence than his image

This is not the Devil



This is Satan's Influence



Satan is Subtle

- There are so many things in our household and society from pictures and toys to relaxation techniques carefully disguised and subtle that carries satanic influences
 - Mystical Toys: Care Bears, My Little Pony – Mystical unicorns and creatures with special powers, The Smurfs (Blue demons)
 - Dungeons and Dragons and Satanic Video games
 - TV Shows/Movies: Harry Potter, Bewitched, Vampire Diaries, Zombies, “Reality” Shows,
 - “Healing” Jewelry, charms and bracelets,
 - Yoga, Martial Arts, relaxation exercises, channeling
 - Internet porn, occult symbolism, hate material

1st Corinthians 6:12: All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

- While engaging and participating in such things is not directly “sinful,” the influence that it may exert on a person can lead to detrimental effects
- We are not to be careful not to be subdued or brought under the power of such influences

Be Not Ignorant of Satan's Devices

- The Enemy uses a myriad (Plethora) of demonic devices and influences with one purpose only: to steal, kill, and destroy (John 10:10)
 - **Devices:**
 - False Teachers – doctrine that contradicts God's Word
 - Occult/Mysticism – includes astrology, tarot readings, etc.
 - Satanic emblems – worn to show connection to spirits
 - Music that encourages perversion, idolatry, occultism, rebellion,
 - Media – use to transmit subtle messages that affect how we view ourselves, family, and God
 - Deception – Appears as an Angel of Light (2 Cor 11:14)
 - Peer Pressure

Satan as an Angel of Light

2 Corinthians 11:14: And it is no wonder, for Satan himself masquerades as an angel of light; (Amplified)

- Appearing as “Good,” but the intent is evil
- Nothing has really changed since the Garden: The same triple allurements of fleshly delight, pride of life, and lust of the eye which overthrew Adam and Eve are today carrying the thoughtless into every kind of sin.
- As Satan pretended to be wise, so do the false teachers of all generations masquerade as wise ones, people in the "know" who deceive many with false teachings and lead many towards complacency, covetousness, and compromise
- They have a “form of godliness,” but deny the power thereof (2 Tim 3:5) – imposing no restraints on worldly passions and carnality, while opposing the power of real religion, not allowing it to exert any influence on people lives. From these we are to turn away.

Practicing Good Hygiene

- **Study the Word of God and Hide it in your heart:**
 - *Psalms 119:11: Your word I have treasured in my heart, That I may not sin against You (NASB)*
- **Pray Consistently**
 - *Matthew 26:41: Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.*
 - *1 Thessalonians 5:6: Accordingly then, let us not sleep, as the rest do, but let us keep wide awake (alert, watchful, cautious, and on our guard) and let us be sober (calm, collected, and circumspect).*
 - The opposite of spiritual *watchfulness* is spiritual sleep. Many Christians have been lulled into complacency where they are not watching over or protecting their spirit man from the contamination or influence that is out there in the world
- **Be Obedient:** Obedience is the key in keeping a lot of spiritual contamination at bay for the believer
- **Allow Jesus to wash you thoroughly with His Word and avoid contamination through worldly and evil associations (1st Cor 15:33)**
- **Feed your “spirit or inward man” that correct spiritual nutrients to promote spiritual growth -** People feed their flesh and emotions on a daily basis, but only feed their spirit man one small snack on Sunday

Check the Brand/Label

- **The Brand Name** of an Item sometimes identifies the validity and effectiveness of the purchase
- **The Label** uses identifies who owns the brand and instructions for use. Some labels provide “Warnings”
- People who purchase “generic” brands may gain from the savings, but lose in the goodness of the product
- You were not redeemed by corruptible things, but purchased by the blood of a lamb without blemish and without spot (1st Peter 1:19): The Apostle Peter here speaks to the completely sinless character of Jesus. If He were not without blemish and without spot, He could not have been qualified to be our Redeemer. With such a purchase made with blood, why do we avail ourselves of “cheap imitations” and products that only intends to harm us spiritually and “cheapen” our salvation experience?

Good Spiritual Hygiene is using those things that God has provided for our spiritual well being while observing the “warning labels” on those things that will not profit us spiritually, emotionally, or physically

Eyes are the Window to the Soul

- This is an old expression, but proves that what we take in with our eyes can influence our soul, impacting our spirit which can lead to detrimental effects
- What King David beheld with his eyes (Bath-Sheba bathing) while he had taken his mind off the battlefield (not guarding his spirit) influenced in to lust which led to sin (adultery/covetousness) which led to an unexpected pregnancy, leading to murder (killing Bath-Sheba's husband) (2nd Samuel, 11th chapter)
- **David's sin was not in seeing Bathsheba.** David's sin was in *choosing* to keep his eyes on an alluring image after the sight came before his eyes.
- This also impacted his life with the death of the child, strife in his family and division in his kingdom
- And yet many still believe pornography is harmless as we sell it openly in commercials, clubs, and the internet

Guard Yourself

- ***Make sure your heart attitudes and affections derive from the teaching of God's Word.***
- **Guard your minds.** What we think about, the ideas and notions we entertain, the thoughts that govern our conscious life – all these areas also must be submitted in light of and under the influence of God's Word.
- ***Guard your heart by watching your associations*** – For example, there are some people who wish to bring you down and not up.
- ***Guard Your Household*** – If the enemy can obtain a foothold in your home, he can gain access to your family, your possessions, while impacting your relationships and disturbing the peace of your home.

Stay Spiritually Healthy and Free

- God does not want us in bondage, but freedom from bondage is not a license to engage in any activity or association we so desire.
- God knows the effects worldly and demonic influences has on the lives of His children which is why He prohibits such associations
- The key to good spiritual hygiene begins with choice – choosing those things that are good for you and being aware and avoiding those influences that can corrupt, inhibit, and destroy your spiritual well being
- Be not ignorant of satan's devices: what he offers may be good in appearance but may turn out to be a “booby prize”
- Consider what you choose because its impact goes beyond just you affecting your household and generations to come