

My Covenant to Walk in Daily Cleansing and Yielding

A Covenant Prayer — “Lord and Savior, I covenant to walk with You in first love passion and obedience. I understand that loving You means ever-deeper cleansing and yielding of my heart. By Your grace, I therefore covenant to add cleansing and surrender as a significant part of my daily prayer time. As Your Spirit guides, I will allow Your full searching of all areas of my life.”

As believers embrace deeper daily cleansing, it is vital to remember three key truths. We are fully accepted in Christ’s blood and righteousness. Let us keep our eyes on God’s grace. God convicts to transform, not condemn His children. Do not just confess sins, also forsake them! (Proverbs 28:13) We gain victory by “putting on righteousness,” not just putting off the sins. Believe Christ to live through you. In faith, simply ask Him to daily fill you with His Holy Spirit.

A Guide for Personal Confession and Surrender Seven Areas for Consistent Examination and Surrender

Pure Thoughts — “*For as a man thinks in his heart, so is he.*” (Proverbs 23:7a) Fully confess and forsake whatever sins God brings to mind. Trust God to fill and empower you with His Spirit. (a) Do I have any pattern of unclean or lustful thoughts? (b) Have I viewed anything that inflames wrong thoughts? (c) Do I think far more about worldly things than spiritual? (d) Am I often guilty of angry thoughts? (e) Do I frequently entertain thoughts of doubt instead of trust? (f) Am I often filled with thoughts of bitterness and unforgiveness? Put off sinful thoughts and put on Christ by faith. Believe Christ to live through you by the Holy Spirit. (Romans 6:11)

Godly Attitudes — “*Let this mind (attitude) be in you, which was also in Christ Jesus.*” (Philippians 2:5) Fully confess and forsake any areas God brings to mind. Trust God to fill and empower you by His Spirit. (a) Am I lukewarm about spiritual things? (b) Am I in any way proud or condescending toward others? (c) Is there anyone about whom I think jealous, envious thoughts? (d) Do I have an attitude of doubt, fear or unbelief? (e) Do I have any tendency toward being harsh or critical? Put off wrong attitudes and let the mind of Christ dwell in you. Believe Christ to live through you by the Holy Spirit. (Romans 6:11)

Holy Speech and Social Media — “*Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers* (Ephesians 4:29) “*In everything give thanks: for this is the will of God in Christ Jesus concerning you.*” (1 Thessalonians 5:18) Fully confess and forsake any sins of speech. Trust God to fill and empower you by His Spirit. (a) Have I spoken, emailed or texted any inappropriate communications? (b) Do I have patterns of cursing or off-color words? (c) Am I prone to exaggeration or lying? (d) Do I have patterns of complaining and griping? (e) Am I guilty of any form of divisive communications? (f) Do I have any patterns of critical, judgmental speech or emails? Put off all ungodly speech and yield your tongue to Christ’s Lordship. Believe Christ to live through you by the Holy Spirit. (Romans 6:11)

Right Relationships — “*Therefore if you bring your gift to the altar, and there remember that your brother has something against you; leave your gift before the altar, and go your way; first be reconciled to your brother, and then come and offer your gift...For if*

you forgive men their trespasses, your heavenly Father will also forgive you; but if you forgive not men their trespasses, neither will your Father forgive your trespasses.” (Matthew 5:23-24; 6:14-15) Fully confess and forsake all relationship sins. Take your time and be thorough! (a) Is there anyone I have offended but have not asked forgiveness? (b) Have I failed to seek full reconciliation and make restitution to anyone I have offended or harmed? (c) Do I harbor the slightest unforgiveness and anger toward anyone? (d) As a father, am I leading my family spiritually? (e) As a mother, am I sacrificially and joyfully serving my family? (f) Have I in any way failed to honor, respect or show attention to my parents? (g) Have I spoken negatively about anyone behind their back? (h) Am I involved in any form of gossip or negative, critical speech or emails? (i) Have any of my social media conversations become excessive or inappropriate? (j) Is there any pattern of failing to respect and support my spiritual leaders? Put off all sins of relationship and let Jesus be the Lord of all.

Rejecting Sins of Commission — “*For I acknowledge my transgressions; and my sin is ever before me.*” (Psalm 51:3) Fully confess and forsake all sins of commission. (a) Am I engaged in any form of sexual immorality? (b) Have I compromised by viewing anything unclean via movies, TV or Internet? (c) Do I have habits that abuse or neglect my body? (d) Do I commit idolatry by placing anyone or anything over loving and serving God? (e) Have I dabbled in any form of gambling or new ageism? (f) Am I doing anything for which I do not have perfect peace? (g) Am I in any way harsh or unkind to others? (h) Have I abused God’s grace by taking sin lightly? (i) Do I confess sins but fail to forsake them? Put off disobedience and put on full surrender to Christ.

Renouncing Sins of Omission — “*Therefore to him that knows to do good, and does it not, to him it is sin.*” (James 4:17) Fully confess and forsake any patterns of omission. (a) Am I failing to abide in Jesus by neglecting regular time in His word and prayer? (b) Do I neglect to be a daily witness and fail to generously support evangelism and missions? (c) Have I neglected to discern and use my spiritual gifts? (d) Am I allowing any point of spiritual bondage to remain in my life? (e) Have I failed to support and respect my spiritual leaders? (f) Am I failing to daily pursue holiness? (g) Am I robbing God by failing to tithe and give generous offerings beyond the tithe? (h) Have I neglected to work at improving my marriage and family life? (i) Do I fail to pray with my family? Believe Christ to live through you by the Holy Spirit. (Romans 6:11) Put off sins of neglect and put on full obedience.

Embracing Full Surrender and Obedience to Jesus — “*If any man will come after me, let him deny himself and take up his cross, and follow me.*” (Matthew 16:24) Fully confess and forsake whatever God reveals in the following questions. (a) Have you willfully failed to surrender every part of your life to God’s total control? (b) Has God told you to do something yet you still haven’t obeyed Him? (c) Is there some area where you pretend not to know what God is saying, yet deep down you know you do? (d) Are there things God has told you to stop; yet you still do them? (e) Is there any area of service you should be doing; yet you are not? (f) Have you continued to sin willfully in areas about which God has clearly spoken? Believe Christ to live through you by the Holy Spirit. (Romans 6:11) Put off self-will and wholly surrender to Christ’s Lordship.

(For further help and study on cleansing and repentance, use the book **Returning to Holiness** by Dr. Gregory Frizzell.)