

## **SPIRITUAL TASK—CLEANING UP OUR ACT** (Matthew 5)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The Sermon on the Mount begins by the Lord outlining what the true blessings of our life are. Today we discussed the sixth one: “Blessed are the pure in heart for they shall see God.”

**Meaning** The sixth key to happiness is to work with the Lord to clean your heart - that is, the desires and loves of our will. When we resist the bad behaviors, attitudes, thoughts and speech that we are inclined to indulge in **AS IF FROM OUR OWN STRENGTH** the Lord can remove them off to the side so they become quiescent and their influence lessened. When evil is removed the Lord can then be present and we can be united to Him—this is what it means to “see God”: it means to be with Him.

**Task** This week examine your behavior as the week goes on. Choose **ONE** bad habit, attitude or behavior that you observe and ask the Lord for the strength to resist it or to change. Act from your own strength, but acknowledge that it is the Lord’s strength that will overcome it.