

# The Prayer of Cleansing

Connecting With God: The Lord's Prayer – Message 5

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*“...Let us throw off everything that hinders and the sin that so easily entangles us, and run with perseverance the race marked out for us”*

**Heb. 12:1-2 (NIV)**

*“Forgive us our sins (debts/transgressions)”*

**Matt. 6:12**

## PATH TO A FRESH START & CLEAR CONSCIENCE

### 1. REVIEW

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*“Let us test and examine our ways.”*

**Lam. 3:40a (NLT)**

### 2. REPENT

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*“Let us turn again in repentance to the Lord. Let us lift our hearts and hands to God in heaven and say, “We have sinned and rebelled...”*

**Lam. 3:40b-42a (NLT)**

### 3. RESOLVE

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*“...if I have cheated anybody out of anything, I will pay back four times the amount.” Jesus said to him, “Today salvation has come to your house.”*

**Luke 19:8-9 (NIV)**

### 4. RECEIVE

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*“Let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it.”*

**Heb. 4:16 (NLT)**

*“Since we are justified (acquitted and declared righteous) through faith, let us grasp the fact that we now have peace and reconciliation with God through our Lord Jesus Christ.”*

**Rom. 5:1 (Amp)**

5. REVEAL \_\_\_\_\_

*“Confess your sins to each other and pray for each other so that you may be healed.”*

**James 5:16a (NIV)**

## **6. REPEAT THESE STEPS REGULARLY**

*“Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience ...Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are doing, but let us encourage one another...”*

**Heb. 10:22-25 (NIV)**