

Lesson 6
HOW TO BECOME CLEAN

*How can a young man cleanse his way?
By taking heed according to Your word” (Psalm 119:9).*

The Word of God is a power to fight sin, temptation, and a power to keep us clean. If you find that you're constantly stumbling and falling into sin, God's Word is the remedy. The more you read God's Word—and do it—the stronger you are over sin.

Looking at Psalm 119:10-16, God gives us the key to be free from addictions.

1. Write Psalm 119:10.

Check your heart! There are many people who are half-hearted seeking after God. Jeremiah 29:13 says, “If you look for me wholeheartedly, you will find me.” Verse 14 concludes when we seek God with a whole heart, He will end our addiction and restore a good way.

2. Write Psalm 119:11.

Jesus answered every one of Satan's temptations with “It is written.” He used God's Word. This should inspire us to memorize Scripture. But memorization alone will not keep us from sin; we must also apply God's Word and use it as the only guide for everything we do.

3. Write Psalm 119:12.

When we exalt God above all else, our hearts will be open to His teaching. The word *statutes* here means refers to something marked out as a boundary, something inscribed or engraved. This speaks of the permanence of God's law as a way of life.

4. Write Psalm 119:13.

Speaking God's Word to others will strengthen God's Word in us to do what it says.

5. Write Psalm 119:14.

The Hebrew word *testimonies* means *to witness* or *to testify*. How valuable do you consider the Word of God in your life? Is your belief in God witnessed by others?

6. Write Psalm 119:15-16.

The psalmist is urging us to meditate and contemplate God's ways and find delight in His Word so we won't forget it when we need it. God's laws were given to free us to be all he wants us to be. They restrict us from doing what might cripple us and keep us from being our best. God's guidelines help us follow his path and avoid paths that lead to destruction.