

Lesson 5

HOW TO BECOME CLEAN

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

How can a young person stay pure? By obeying God's Word!

A better understanding of the word *heed* is "do." Just do it. The Word of God is the power to fight sin, temptation, and the 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 overcome sin.

1. Write Psalm 119:10.

Check your heart! Many people are half-hearted seeking after God. Many times we are guilty of seeking the Lord in a halfhearted way instead of with all of our heart.

2. Write Jeremiah 29:12-13.

All of us are guilty of just casually seeking the Lord, rather than feeling that sense of urgency and desperation for God. The Lord said, "You will find Me, when you search for Me with all your heart."

3. 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.

4. Write Psalm 119:12.

When we exalt God above all else, our hearts will be open to His teaching. The word *statutes* 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. God's commandments free us to be all we were created to be. God's laws confine us from doing things that will harm us, and that will keep us from being our best. God's laws help us to follow His path and avoid roads that lead to destruction.

5. Write Psalm 119:13.

Speaking God's Word to others will strengthen God's Word in you to do what it says. It keeps you accountable.

6. 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? Acts 2:41 tells us, "Then those who gladly received God's Word were baptized." Do others witness your belief in God?

7. 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.

8. Write Psalm 119: 17.

9. Write Psalm 119:18.

10. Write Psalm 119:19.

In verse 19, the psalmist says he is "stranger in the earth." He admits he needed direction. Every long journey requires a GPS. We will all travel through this life, and the Bible should be our GPS. It will point out the safe routes, obstacles to avoid and it will get us to our final destination.

We too must admit we need direction. Like the psalmist, if we study God's Word, He will not hide from us the right way in which to go. However, If we ignore God's Word, we will wander aimlessly through life and risk missing our real destination.

11. Write Psalm 119:22.

12. Write Psalm 119:24.

Some of us don't like rules, because we think they prohibit us from doing what we want. But God's laws are meant to guide us, correct us, and show us our real purpose in life.

13. Write 2 Timothy 3:16-17.