

“Seeing ye have purified your souls in obeying the Truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:” 1 Peter 1:22no4 KJV



A gas mask purifies toxic air, allowing the wearer to function in the presence of deadly gas, protecting from death or terrible injury. We are surrounded by filters. Speed limits, traffic lights, road signs, and warning labels to name a few. We reflexively obey without resistance, because we are accustomed to obeying. Many of us have not learned the dangers of disobeying the Truth, because we do not readily perceive the danger. Carbon monoxide is a painless killer, causing drowsiness and death. Many invisible dangers lurk in the field of nuclear science. As in physical existence, there are many undetectable spiritual dangers that lull us to sleep and apathy, thereby choking our faith and power to defeat evil! Satan knows the secret of believer’s power is the Word of God in our minds and hearts. *“Faith cometh by hearing...the Word of God.”* Faith is our defence against evil’s poison. *“Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.”* The fiery darts are evil ideas and thoughts that enter our minds in a daily barrage. We are to use Truth as our standard: *“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ (God’s Word).”* What is the obedience of Christ? Compliance with Truth! Obedience purifies your soul from evil toxins that seek to destroy you. With determined obedience to Truth, we form the reflexive habit of obedience and are thereby shielded from unseen dangers. Many believers already suffer from evil’s toxins, evidenced by their lack of personal study and meditation in God’s Word. Many never open their Bibles except on Sunday morning. Seriously, out of the 168 hours in each week, when is the last time you actually spent an hour alone with God? Be honest. Five or ten minutes here and there do not count. We must plan time daily regardless of distractions. *“Pray without ceasing. Meditate therein (God’s Word DAY AND NIGHT.”* Satan will use friends, phone, kids, circumstance, and even our own thoughts to draw us away from God’s presence. Give your thoughts to God first and you’ll have enough hours every day!

The Word of God will purify,
Wickedness that tempts our eye,
Protecting us from sin of chance,
Safe in every circumstance. ~CGP

Our own flesh must be subjugated to spend time with God. I find lively spiritual music and traditional hymns elevate my thoughts to the realm of meditation and prayer. Rise early, leave the phone in the house, take your Bible, hum a hymn, and walk with God in the quiet hours of sunrise or sunset; away from people and noise. I can’t leave my house, but I can put on my earphones and listen to God’s Word being read out loud. I then continue with study and meditation while listening to instrumental hymns. While doing so, I am in constant interaction with Truth in my thoughts; praying and communicating with God. These daily writings are the natural overflow of my time with God. There is no reason you cannot do the same. Keep a daily written journal of your meditations for your own benefit and that of your posterity. God’s Word alone is your defense and protection against evil impulses that *“as a roaring lion...seeking whom [they] may devour.”*

“That He might sanctify and cleanse it with the washing of water by the Word, That He might present it to Himself a glorious Church, not having spot, or wrinkle, or any such thing; but that it should be Holy and without blemish.” Ephesians 5:26-27 KJV