

Staying pure and
walking in
holiness: By
Erica Jermanus

Matthew 15:11 says, “Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.” To defile means to make unclean or impure. So, the things that are in our hearts are going to come out of our mouths. Those things are what will cause defilement or impurity. A person’s thoughts will lead to their words and actions. When a person is focused on impure thoughts, then it is going to lead them to have impure words and actions. The devil will plant seeds in a person’s heart by the things that they consume. A person may listen to music, movies, or TV shows that are filled with partying, sex, drinking, and smoking. Then, that person goes out with friends and starts partying, smoking, and drinking. It all started with a seed that was planted by the enemy.

When the word of God is the seed that is planted in your heart and mind, it will take root and grow into a beautiful harvest. The word of God is what will bring souls to the kingdom of heaven. The Bible says in Hebrews 4:12, “For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit,

and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”

When we are in the word of God, it will reveal to us the hidden things that are in our hearts and lives. The Holy Spirit will correct and convict us of our sins through the word of God. That is why it is important to get into the word of God every day and read it, because that is how we can know what we did that was wrong and confess and repent of that wrong. There will be times when God will comfort and encourage us through His word. Also, the word of God can cleanse us of our sins and purify our hearts. John 17:17 says, “Sanctify them through thy truth: thy word is truth.”

So, going back to holiness and becoming pure. A person may be tempted to watch pornography or fornicate outside of marriage. That was initially a thought that led to action. That action led to defilement in the heart, mind, and body. So, whenever we have these sinful desires that come to our minds, we should cast them down and rebuke them. Because if we keep entertaining these thoughts, they are going to rule over us and take root in our hearts and minds.

James 4:7 says, "Submit yourselves therefore to God. Resist the devil, and he will flee from you." So, when we are submitted to God, and we resist the devil, he is going to flee from us. That is when we choose to resist giving into sin and temptations. That means choosing not to give into sexual sin or lust of the flesh. We can say no to our flesh. We do not have to give into what the devil tries to tempt us with. The devil would love for us to do his will and follow him. But God wants us to do His will and not our own will. Doing our own will will lead us to sin and ultimately destruction.

Another sin that can lead us to be impure in our minds or bodies is fornication or sex outside of marriage. God created sex between a husband and wife and not a boyfriend or girlfriend. God created sex to be between married couples. So, many today have become undefiled because of the sin of fornication. Many Christians are having sex outside of marriage and defiling their temples. Our sanctification is for us to abstain from sexual immorality. It is to keep ourselves pure in our bodies and wait until marriage to have sex. It is also to wait till God sends the right marriage

partner that is in His will for you. Do not settle because you are lonely and do not want to be alone.

Other sexual sins can also lead to impurity and defilement of the heart, mind, and body. That is why it is important to check with God to make sure our hearts are right with Him. We can do that by talking to Him and listening to His voice. We can ask God if there are any sins in our lives that we need to confess and repent of. He will show us and lead and guide us. 1

Thessalonians 4:3 says, "For this is the will of God, even your sanctification, that ye should abstain from fornication."

Other sins that lead to the defilement of the temple are smoking, drinking, or doing hard-core drugs. We are putting toxic chemicals in our bodies, which are leading us to destroy the body that God has given us. God wants us to take care of the body that He has given us. He wants us to steward our bodies well for His glory. 1 Corinthians 3:17 says, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." So, our bodies are sacred vessels for the Holy Spirit to dwell in. When we are

destroying our bodies, we are destroying God because He lives within us. So, when we have God in us, we will want to take better care of our temples because we love God.

We also defile our temples by the food we eat and the drinks we drink. There is food that is the devil's food and food that is God's food. God's food is fruit and vegetables. But the devil's food is junk food and sugar. That sugar causes cancer overtime if it is consumed regularly. That is why we may need to be more careful about what we are putting in our bodies. Eating sugar in moderation is okay, but I would not eat it in large sums all the time. 1 Corinthians 6:19-20 says, "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

1 Peter 1:15-16 says, "But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy." Holiness is not something we can do ourselves. There is nothing

we can do to make ourselves more holy and set apart. Holiness or sanctification is a work of the Holy Spirit in our lives. The Holy Spirit is continuing to work on us and transforming us day by day as we grow in Christ. We are becoming more holy and set apart as we grow and mature in our relationship with Christ, and we build strong character through trials of various kinds.

James 1:2-4 says, "My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."

The enemy is very real, and he will try to get us to do things that go against the will of God for our lives. The enemy will try to get out of the will of God by the sins or the people in our lives. The enemy may cause a certain person to come across your path that may lead you to sin and away from God and His purpose for your life. That person may be sent as a distraction from God and His will for our life. A person in your life may influence you in a negative way. That person may be an unbeliever and may lead you to sin against God by

getting you to drink, smoke, or party or to go back to your past sins and addictions. That is what can make us defiled or impure.

2 Corinthians 6:14 says, "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?"

But when we ask God to help us to be free from certain people, sins, and addictions, He will deliver us and set us free. He will remove those people and things from our lives that are holding us back and keep us in bondage. He will remove certain people and things from our lives that are leading us to live an unholy and ungodly life. You can be completely healed, delivered, and free in Christ. John 8:36 says, "If the Son therefore shall make you free, ye shall be free indeed." Ask God to heal, deliver, and set you free from your past sins and addictions. He may heal you from past hurt and wounds. He may deliver you from certain people in your life that may be attached to those sins and addictions. When you let them go, you will find true freedom and deliverance. God will send people in your life who will

help you to grow in Him and fulfill your purpose and destiny.