

Spring Cleaning Our Hearts

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For some reason, as soon as the sun starts shining more and the days get longer and the temperatures get warmer, many of us get a sudden burst of energy to thoroughly clean our homes. From top to bottom, we scrub floors, wash windows, dust blinds and baseboards, sweep out the garage...all those things that are, for the most part, forgotten about or overlooked for most of the year. So along with the newness of spring, comes a lemony freshness in our homes.

We also tend to start thinking about the fact that summer is just around the corner. And that means we'll be digging out those shorts and tank tops. Not to mention bathing suits. We focus on getting into shape by eating healthier and exercising more. After all, we certainly don't want our winter laziness and bad eating habits to be on display for all to see.

Of course, maintaining a clean home and a healthy body all year around would eliminate the need for a once-a-year heavy duty cleaning. After all, maintenance is a lot easier than working extra hard to get our bodies and houses back in shape after months of neglect. Watching what we eat, exercising regularly, weekly dusting, monthly window washing...if we took the time to do these things, there would be no need for spring cleaning or pushing ourselves to lose that extra twenty pounds before bathing suit season.

But the simple truth is we don't do it. We let things go and end up suffering the consequences. Although it's great that we finally do take the time to spring clean our homes and our bodies, there is another area that often gets neglected just as much.

Our hearts.

In Jeremiah 7:3, God instructs Jeremiah to command the men of Judah to, "...do a total spring cleaning on the way you live and treat your neighbors." This can also be applied to us, every day. Unfortunately, we tend to let the dust settle in certain corners of our hearts. As with the dirt in our homes and pounds on our bodies, things like bad attitudes, greed, selfishness, unforgiveness, unkindness and lust start accumulating, little by little. And, just like with our bodies and homes, if we don't regularly clean up our hearts, things can start looking pretty nasty. Bad habits start weighing us down. Ignored truths of God's Word begin to cause cobwebs to form.

That's why it's important not only that we do our best to stay in God's Word and maintain our relationship with Christ, but that we stop every so often and inspect our heart's condition. And if there's any evidence of dirt and grime, we need to immediately drop to our knees and start mopping.

And how exciting to know that God is not above Janitor status. One of His favorite things to do is clean and He's quick to cleanse our hearts when we ask Him to.

"Create in me a clean heart, O God, and renew a right, persevering, and steadfast spirit within me." Psalm 51:10 (AMP)