



## DAY 21 - Psalm 24:3-5 - P24 Climb

**Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. He will receive blessing from the Lord and righteousness from the God of his salvation.**

The Psalmist here asks us **two very key** questions in verse 3.

- **Who shall ascend the hill of the Lord?**
- **And who shall stand in His holy place?**

Then he answers the question for us in verse 4, He says **“It is he who...”**

- Has clean hands
- A pure heart
- Does not lift up His soul to what is false
- Does not swear deceitfully

These four steps are how we ascend the hill of the Lord (i.e. Journey with Jesus.

I call this the P24 Climb.

You have all heard of the P90X exercise program right?

You cannot just pop in the P90X into the tv and then sit back on the couch with a bag of potato chips and watch, and think you are going to get physically fit. **NO WAY!! You have to participate in the program!!**

**Let’s briefly look at the P24 Climb.**



## **#1 Clean Hands**

To have clean hands means that we live our lives free from blatant sin. As Christians, or Christ Followers - Children of God, or Believers... Whatever you want to call yourself, we must **choose to not sin!**

## **#2 A Pure Heart**

**Matthew 5:8 says, “Blessed are the pure in heart, for they shall see God.**

The Greek word for “pure” in Matthew 5:8 is *katharos*... It means to be **“clean, blameless, unstained from guilt.”**

Interestingly... the word can refer specifically to **that which is purified by fire or by pruning.**

The Greek word for “heart” in Matthew 5:8 is *kardeeah*.

This can be applied to the physical heart, but it also refers to the spiritual center of life.

This is the place where our thoughts, desires, sense of purpose, will, understanding, and character reside. So to be pure in heart means to be blameless in *who we actually are*.

## **#3 Does not lift up His soul to what is false**

**Proverbs 4:23-26 says, “Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways.”**



Just as there are many diseases and disorders that can affect the physical heart, there are also many ailments of the spiritual heart. These ailments can impair growth and development as a believer.

A hardening of the spiritual heart occurs when we are presented with God's truth, and we refuse **to acknowledge** or **accept it**.

#### **#4 Does not swear deceitfully**

This is a person who lives by honesty. They are truthful and trust worthy.

They keep their promises, obligations, commitments, contracts, and covenants.

Matthew 5:37 says, "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."

Throughout this coming year it is my desire that we as a body will walk in the Spirit everyday and choose not to sin. To be blameless with open hearts to the truths of His Word, Journeying with integrity WITH HIM.

This is the conclusion of our SURGE 21 2020 fasting program. Please join together on Wednesday evening the 29th for a time of worship and prayer to solidify in our hearts the small sacrifices that have been made to consecrate ourselves to make this P24 Climb together for the praise and honor of our Lord God Almighty that we may be a blessing and receive His blessings. Pastor Moen

*Psalm 24:5 says, "He will receive blessing from the Lord and righteousness from the God of his salvation."*