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Clean & Fresh

Anna Bennett

Southern Adventist University, annabennett@southern.edu

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“Create in me a clean heart, O God, and renew a right spirit within me.” Psalm 51:10

Clean & Fresh

This last week, as our campus sat eerily quiet without the throngs of students mulling about, our office seized the opportunity to embark upon a deep clean. I’m not talking about a little routine vacuuming. What I mean is that we cleared out the clutter, moved bookshelves, rearranged furniture, dusted the cobwebs in the corners - we even opened up the air conditioning units for a thorough cleaning. By the end of the week there was a new bounce to our step as we left the office, a new clear-headedness that came with the knowledge that we have thoroughly reflected on and celebrated our work this past school year, and now we are ready to give new energized attention to the strategic plans of a new year.

I wonder if this practice of hitting the reset button or doing a deep clean isn’t a spiritual practice as well? But perhaps more of a daily practice than one we only do once or twice a year.

Psalm 51 is written as a poetic expression of King David who reflects on his sins. He knew the greatness and gravity of his sins, but he also knew God’s grace is greater than all his sin. “Have mercy on me, O God, *according to your steadfast love; according to your abundant mercy blot out my transgressions*” ([Psalm 51:1](#)). God’s character of compassion and mercy and unending love invites the most wretched of us sinners into His open arms.

But what I love about David’s prayer for forgiveness is that he’s just getting started. Beyond asking for forgiveness, he asks for newness: “Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. . . . Create in me a clean heart, O God, and renew a right spirit within me” ([Psalm 51:7, 10](#)).

Friend, what safety and confidence is ours that Christ died on the cross not just for the forgiveness of our sins but to create us new! “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need,” Hebrews 4:16.

Today, whether you are deep cleaning your office, hitting the reset button and preparing for the fall already, or have a hunger deep within for a clean heart and a “right spirit”, may you uplift the Main Thing as the main thing and be cleansed, renewed, and made radiant by His glory!

-Anna Bennett