



# SUNDAY SERMON

## RECAP

14 September 2025

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### Sermon Notes

**Sermon Title:** Spiritual Spring-cleaning

Pastor: John Roebert

**Scripture Reading:** Psalm 51:10-12 (NKJV)

### Introduction

Has anybody done some Spring-cleaning since the start of September?

Are you keen to Spring-clean? It can be so rewarding.

From time to time, we also need to do some spiritual Spring-cleaning to get rid of unnecessary clobber in our hearts and minds.

### Psalm 51:10-12 (NKJV)

Create in me a clean heart, O God,  
and renew a steadfast spirit within me.  
Do not cast me away from Your presence,  
and do not take Your Holy Spirit from me.  
Restore to me the joy of Your salvation,  
and uphold me *by Your* generous Spirit.

### 1. Create in me a clean heart

Lord, will you please Spring-clean my heart.

David had committed adultery. He was aware of his sin and was cut to the heart. David was a believer in God, so this wasn't about a request for salvation, but about running to God for his heart was in turmoil.

We can find ourselves at times where our hearts are in turmoil, where they aren't right. Where we have disobeyed the Lord and sinned. Then we should follow David's example and turn away from sin and cry out to the Lord to create in us a clean heart.

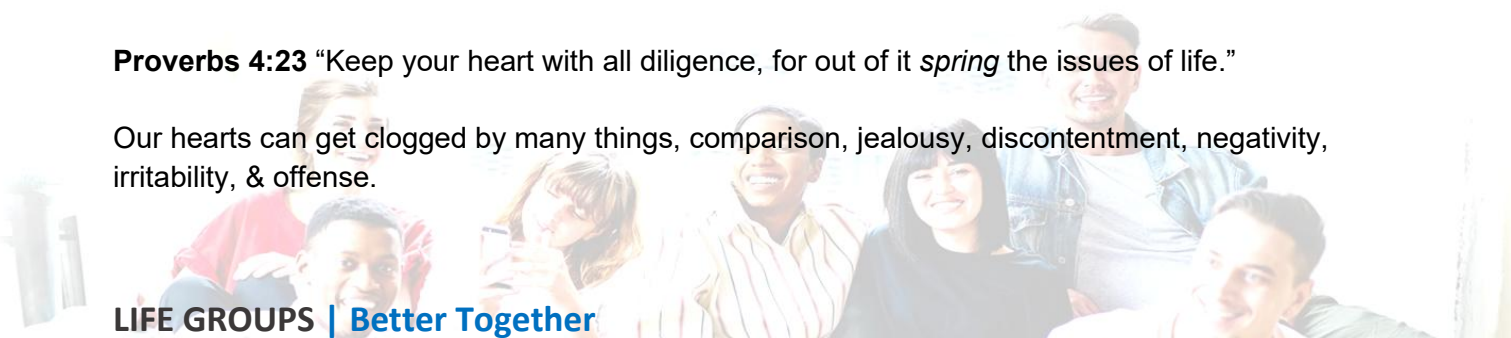
From time to time, we need to assess the condition of our hearts.

**Proverbs 4:23** "Keep your heart with all diligence, for out of it *spring* the issues of life."

Our hearts can get clogged by many things, comparison, jealousy, discontentment, negativity, irritability, & offense.

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Don't let your spirit get defiled.

Some people get offended, and they move out of the plans and purposes for their lives. Offense can take you into the wilderness for many years.

David asked for a clean heart and a steadfast spirit. That is a faithful spirit. Such a valuable prayer to pray when we are tempted to rebel against God.

God wants our hearts to be steadfast towards Him.

David also asked God to restore to him the joy of his salvation. Are you still full of joy in your salvation, full of joy that your sins have been forgiven?

One of the ways that we can experience spiritual spring-cleaning is through communion. Have community often, in your own private devotions, as a married couple, in your life group. Bring before God all the struggles and distractions and centre your eyes back on the Lord.

## 2. Get rid of baggage, by means of forgiveness

Forgiveness is a major key!

The old nature wants to be angry; your redeemed nature wants you to be kind and forgive.

Example of people who have become hoarders and their homes have become filled with clutter. Some people, in their spiritual lives, have begun to live like that. They are cluttered with things in their souls. Even Christian people, who love the Lord, need to ensure that they aren't hoarding hurts and pain and unforgiveness.

God will help you to break free of spiritual clutter. He wants you to be free and to live in a spacious place.

We need to be prepared to forgive people who have hurt you and people who have disappointed you.

Even if you have been hurt by the church, it is important to forgive so that you can love the church of Jesus again.

Many people know and love the Lord but have disconnected from the church. They are post church. But the Lord loves His church.

Has someone stolen from you, taken a promotion that you had worked hard to get, or betrayed your trust? Are you prepared to forgive them?

**Colossians 3:13** (NKJV) "bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*."



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Part of spiritual Spring-cleaning also involves forgiving ourselves for something we have done.

- It could be a poor decision that you made early in life.
- Perhaps you ruined a business that you started.
- Maybe you aborted a child.
- Maybe you gave up on your dreams.

You have beaten yourself up for years. It is time to forgive yourself so that you can move into the new thing, the new season, the new future the Lord has instore for you.

**Isiaah 43:19** contains the Lord's heart for you:

Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert.

Father God, I invite you to do a new thing in my life. Wash away the blockages. I choose to forgive and move forward in Jesus' name.

We are not going to camp out in disappointment. We are going to move forward, for God has greater things in store.

### 3. Value simplicity and make decisions that simplify your life.

Ecclesiastes 7:29 (GNT)

"This is all that I have learned: God made us plain and simple, but we have made ourselves very complicated."

Have you ever thought of simplicity being a value in your life.

Simplicity is one of our values as a church. We come and meet with God. We worship Him and hear His Word. We don't want our church to become complex and corporate.

Simplicity leads to freedom. Free from carrying excess baggage. You only carry what you are designed to carry.

John's testimony about God streamlining him and focusing him on the core aspect of his ministry.

The early church demonstrated simplicity so well.

#### Acts 2:42-47

And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. <sup>43</sup> Then fear came upon every soul, and many wonders and signs were done through the apostles. <sup>44</sup> Now all who believed were together, and had all things in common, <sup>45</sup> and sold their possessions and goods, and divided them among all, as anyone had need.

<sup>46</sup> So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, <sup>47</sup> praising God and having favour with all the people. And the Lord added to the church daily those who were being saved.



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Today's world drives us to complexity. But we mustn't be conformed to complexity.

So often people struggle emotionally and mentally as a result of an over busy life, and overly complex life. It robs them of their peace.

### **Tips for simplicity:**

- Buy things for their usefulness rather than for their status.
- Refuse to be consumed by your job. Have a rest day once a week.
- Simplify your finances. (Limit the number of accounts and cards that you have.
- Make use of debit orders. Keep your debt levels low. Debt produces stress).
- Limit your kids extra-mural activities.
- Learn to say NO!

At the start of this Spring season, consider making one or two changes that will simplify your life.

### **Matthew 11:29-30 (MSG)**

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."



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