

PSALM 24 FAST

(29 Feb – 23 Mar 2024)

FASTING GUIDE

HOW TO USE THIS GUIDE

This guide can be used as a roadmap to help us as we posture our hearts before God during this fast to allow Him to reveal, expose, surface, and remove every impurity and misalignment, and also to impart holiness, righteousness and purity to us.

The details given for each aspect are not meant to be exhaustive, but are meant to be a starting point for us. As we take Him seriously and lean in during the fast, we can trust that the Holy Spirit will lead, guide, and speak to us individually on this journey of becoming the people who will be able to ascend and enter into all that God has for us.

A. CLEAN HANDS (Ps. 24:4a)

What the Bible Says About This

- The word “hands” primarily refers to one’s deeds and actions (see Gen 20:5 — “integrity of heart” and “innocence of hands”).
- Hebrew word of “hands” is “*kap*” — doesn’t seem to signify anything special, just means palm/ hand.
- Hebrew word of “clean” is “*naqiy*” — Free from contamination, innocent, blameless, guiltless/ free or exempt from blame or guilt (Exo 23:7; Job 4:7).
 - “Unclean” according to Blue Letter Bible means:
 - [In a ceremonial sense] Not cleansed; That which must be abstained from, according to the Levitical law (Acts 10:14; 10:28; 11:8)
 - [In a moral sense] Unclean in thought and life (Eph 5:5)
- 2-fold meaning:
 1. **Avoidance of unrighteous / evil acts** eg. abusing positions of power, stealing (Ps. 141:4)
 2. **Doing righteous acts** eg. giving to the poor, acting justly (Ps. 15:2)

Things to Look Out For

- What we touch
 - Do not touch (literally / physically) objects that are “unclean” e.g.
 - Items of idolatry (eg. joss sticks, incense paper, etc.)
 - Things that can stir up lust of the flesh
 - Things that have a spiritual significance (e.g. statues, symbols, etc.)
 - Do not touch things that will dull and sear our conscience
 - E.g. mindless scrolling through Instagram, and seeing pictures that may stir up the flesh.

- What we participate in / Where we go
 - Participating in activities which are dedicated to other gods (e.g. religious festivals, halloween, etc..)
 - Participating in social events that are ungodly (gay parades, pink dot day, etc..)
 - Going to places with bad influences (e.g. night clubs, gambling dens, etc..)
 - (Especially for musicians) Using our hands to play secular and/or sensual songs

- What we consume
 - Do not look at things that will turn us away from the Lord. Our eyes are the “gates” to our soul.
 - What we look at (e.g. social media). It is not that we have to completely abstain from it, but we are to guard what our eyes see, and whether what we see influences our actions.
 - Sexual sins
 - Avoid seeing, hearing, going to online sites or going to places that can cause one to falter.
 - Music + Movies + Books

- Who we spend time with
 - People we associate with or spend time with (lifestyles which are not becoming of people of the Lord, different values and outlook)

- Our dealings with people — Avoidance of unrighteous acts / ways that contradict God’s laws and ways such as:
 - Reacting in anger towards people
 - Rebellion against God

How to Acquire

How To Acquire	Scripture Reference	Questions to ask (based on things to look out for)
<p>1. Ask the Lord to search out acts of unrighteousness in our lives. Don't be quick to assume we do not do acts of unrighteousness.</p>	<p>Ps. 139:23–24: “Search me O God, and know my heart.. see if there is any wicked way in me.”</p> <p>Ps. 86:11 — Ask the Lord to unite our heart so we will fear His name</p>	<p>Am I doing anything unrighteous / unclean in God's sight?</p> <p>Am I “touching” anything that is unclean? (even if it's not outrightly sinful)</p> <p>What are the lifestyle choices I'm making?</p> <p>Who am I spending time with and why?</p> <p>What sort of media am I consuming?</p> <p>How are my interactions with people? (family, fellow believers,co-workers etc.)</p> <ul style="list-style-type: none"> ● Do we deal with others justly and with integrity? ● Do we act in a manner that lowers the dignity of others? <p>Am I obeying God in His Word intentionally and wholeheartedly?</p>
<p>2. Repent and receive forgiveness based on the work of the cross</p>	<p>Ps. 51:1–4, 7, 14 — Ask the Lord to cleanse us</p> <p>Zech. 3:1–5 — Stand on the work of cleansing and restoration found in Jesus</p> <p>SoS. 8:6 — Invite God's all-consuming fire to refine and purify us</p>	
<p>3. Appropriate the work of the cross on our old man</p>	<p>Rom. 6:11 — Reckon ourselves dead to sin and alive to God in Christ</p>	
<p>4. Align and renew our minds to God's standards of righteousness</p>	<p>Rom. 6:13 — Present ourselves as instruments of righteousness</p>	<p>Do any of these areas need to be aligned with God?</p> <ul style="list-style-type: none"> ● Our lifestyle & pursuit (2 Cor. 6:14a)

	<p>John 17:7 — Let the word of God sanctify us and renew our minds</p>	<ul style="list-style-type: none"> ● Our standards of “right” vs “wrong” (2 Cor. 6:14b) ● Our standards of truth and morality (2 Cor. 6:14c)
<p>5. Resolve to come out of unrighteousness and walk in righteousness + walk</p>	<p>2 Cor. 6:14-7:1: “<u>Come out from among them and be separate ... Do not touch what is unclean, and I will receive you...</u>”</p> <p>Jas. 4:7-10: “<i>Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double minded...</i>”</p>	<p>Is there any act that God wants me to do?</p> <ul style="list-style-type: none"> ● Charitable deeds or acts of kindness (Matt 6:1-4; Acts 9:36) ● Giving to the poor & doing justly unto others (Isa. 58:6-7) ● Blessing & giving unto others (2 Cor 8:1-7; 9:7) ● Reconciliation / seeking to make things that are wrong right

B. PURE HEARTS (Ps. 24:4b)

What the Bible Says About This

- Hebrew root word
 - “pure”: *“bar”* — pure, without mixture, consecrated, always desires what is pure
 - “heart”: *“lebab”* — inner man, will, heart

- 1 Peter 1:16 — *“because it is written, “Be holy, for I am holy.”*
 - Our heart speaks the totality of our entire being and our inner life.
 - To have a pure heart is to be without mixture in our inner being — desires, intentions, motives, emotions, thoughts, which will outflow into our speech, actions and pursuits.
 - It is the call to be set apart for God and set apart from the world.

- Having a pure heart is desirable / vital because:
 - One of the attributes of those who will ascend and stand on the holy hill of God (Ps. 24:3)
 - God is good to those who are pure in heart (Ps. 73:1)
 - Blessed are the pure in heart for they will see God (Matt. 5:8)
 - If the Lord looks at our heart and not the outward appearance, we want to cultivate our inward life in a way that honours and pleases God (1 Sam. 16:7). More than behaviour and actions, the essence of our walk is at our heart level.
 - All our actions, ways and speech flow out from our heart (Matt. 12:34–35):
 - Out of the abundance of the heart, the mouth speaks
 - Out of a good heart brings forth good things
 - Out of the treasures of an evil heart brings forth evil things
 - The purpose of the commandment is love from a pure heart (1 Tim. 1:5)
 - We are exhorted to love one another fervently with a pure heart (1 Pet. 1:22)

- What we know about the human heart:
 - Jeremiah 17:9 — *The heart is deceitful above all things, And desperately wicked; Who can know it?*
 - Psalm 16:2 — *O my soul, you have said to the LORD, “You are my Lord, My goodness is nothing apart from You.”*

- Posture to pursue a pure heart:
 - Firstly, we need to reckon that to have a pure heart is not something we can work out solely from our human effort without God’s intervention and transformation. (Rom. 3:23; Ps. 51:10)

 - Secondly, we have a part to play in our response in seeking a pure heart.
 - We do not resolve that we can do nothing about it; in contrast, Psalm 24:6 reminds us to remember the wrestling of Jacob with God, an

encounter where Jacob saw God face to face, and his life was blessed.

- People of God had been intentional in:
 - *“Preparing our heart”* for God (1 Sam. 7:3), to seek God (2 Chron. 19:2) and to seek His word (Ezra 7:10)
 - *“Set our heart”* to seek God (Ps. 16:8; 1 Chron. 22:19), on the word of God (Deut. 32:46), and to understand the things of God (Dan. 10:12) (eg. prophetic words, mysteries of God, biblical narrative)
 - Exhortation to *“Keep your heart with all diligence”* (Prov. 4:23).

Things to Look Out For

- Watch out for the presence of mixture in our hearts
- Watch our motives and intentions
 - God-glorifying vs self-glorifying
 - Before the Audience of One vs audience of man
- Watch out for the contrary narratives/norms that influence our heart

What to Press In for and How to Acquire

What to press in for (+ve)	How to acquire*
A pure heart without mixture of self (A holy heart)	<ul style="list-style-type: none"> ● Humbly come before God to repent of sin/mixture and ask God for forgiveness (Ps. 51:3-4,6, 9, 17) ● Ask God to give a clean heart and a steadfast spirit (right attitude) in us (Ps. 51:10) ● Ask God to search our heart and reveal any wicked way to us (Ps. 139:23-24; 1 Chron 28:9) ● Ask God to let us know wisdom in the hidden part (Ps. 51:6) ● Allow the Word of God to search our hearts as the discernor of thoughts and intents (Heb. 4:12) ● Guard our hearts above all things (Prov. 4:23) ● Ask for the fire of God to consecrate and purify us (Mal. 3:3; Isa. 4:4; Ps. 51:7) ● Seek God for restoration (Ps. 51:10-12)
A heart that is single-minded (Luke 11:34-35; Acts 13:22; Jas. 4:8)	<ul style="list-style-type: none"> ● Deal with any double-mindedness (Jas. 4:8) — (e.g. wanting to glorify God but also edify / glorify self) ● Ask for a heart that is after God’s own heart

	<p>(Acts 13:22)</p> <ul style="list-style-type: none"> ● Ask for the fire, zeal and jealousy for God's name to be exalted (Isa. 26:8; Songs 8:6) ● Ask God for one heart and one way to be imparted to us (Jer. 32:39) ● Ask the Holy Spirit to circumcise our heart that we will not have hindrance (of impurity) withholding us from loving Him wholeheartedly (Rom. 2:29; Deut. 30:6) ● Ask God for a loyal heart to the lordship of Jesus and there is no rival idol. (1 Chron. 29:19; 2 Chron. 16:9)
A heart that fears His name (Ps. 86:11)	<ul style="list-style-type: none"> ● Ask for the impartation of the fear of the Lord (Jer. 32:39-40) ● Mark, see and hear well that we're aligning to the plumb line of God's standards (Ezek. 44:5)
A heart that is upright and of integrity (Ps. 78:72; 1 Chron. 29:17)	<ul style="list-style-type: none"> ● Purpose in our heart not to be defiled (Dan. 1:8) — our response is independent of societal norms or circumstances or others ● Ask God to reveal, expose and remove every area of deceit and wickedness (Jer. 17:9)
Pure thoughts (intentions and motives) (Prov. 16:2; 21:2; Phil. 4:8)	<ul style="list-style-type: none"> ● Ask God to search and try us to see if there is any wicked way in us. ● We are called to wash our heart from wickedness — <i>“O Jerusalem, wash your heart from wickedness, that you may be saved. How long shall your evil thoughts lodge within you?”</i> (Jer. 4:14). ● We can “wash our heart” by: <ul style="list-style-type: none"> ○ Renewing our mind with the word of God (Rom. 12:2; Eph. 5:26) ○ Set our mind on the things of the Spirit (Rom. 8:5-8) ○ Ask God for His supernatural work to put His word in our heart and to be taught by the Holy Spirit (Jer. 31:33-34; 1 Jn. 2:27) ● Choose to meditate/dwell on/think about things that are true, noble, just, pure, lovely, of good report, virtue and praiseworthy. (Phil. 4:8)

(*there can be overlaps)

What to Guard Against

Diligently guard our heart from getting defiled or polluted (Prov. 4:23-27; Matt. 12).

Heart conditions to guard against	Response in the Opposite Spirit
<p>Divided heart (Jas. 4:8) is associated with double-mindedness and desiring both God and the things apart from Him. We are warned that we cannot serve both God Almighty and mammon (Matt. 6:24).</p>	<p>Seek to have a loyal heart unto the Lord (2 Chron. 16:9; 1 Jn. 2:15)</p> <p>Seek to have a good eye → single-minded → undivided heart/wholehearted (Matt. 6:22-23; Luke 11:34-35).</p>
<p>Hardened heart (Ps. 95:8) is associated with not hearing the voice of God with obedience. Hardness of heart will in return hinder our understanding of the things of God (Mk. 6:52).</p>	<p>Seek to have a responsive heart towards God and His word (<i>logos</i> — Heb. 4:12, <i>rhema</i> — Heb. 3:7,14, prophetic promises — 2 Chron. 20:20)</p>
<p>Dull-hearted is associated one who is without knowledge (Jer. 10:14; 51:17), and have not sought the LORD (Jer. 10:21)</p>	<p>Seek to be diligent to hide God's word that we may not sin against Him (Ps. 119:11; Ps. 1:2-3, 6)</p>
<p>Evil heart (Gen. 6:5; Jer. 4:14) an evil heart harbours evil thoughts and intentions of wickedness. It is out of evil hearts that will proceed evil thoughts and deeds (Mark 7:21-24). Evil heart is a heart of unbelief (Heb. 3:12)</p>	<p>Believe and agree with who God says He is, His word as truth (what He said about His heart, about us, about nations, about the world).</p> <p>Put away roots of bitterness, wrath, anger, clamour and evil speaking (Eph. 4:31).</p>
<p>Defiant and rebellious heart (Jer. 5:23-24) is one that does not fear God or regard the works of His hand. Accompanying this negative heart posture is revolting against God and departing from worshipping God.</p>	<p>Embrace gentleness and lowliness of heart towards God like Jesus (Matt. 11:29)</p>
<p>Set up idols in our heart (Ezek. 14:1-8). When our hearts go after idols, we will see the symptoms of despising God's word and not choosing to walk in accordance with His word as described in Ezekiel 20:16.</p>	<p>Set God as the One Thing in our heart (Ps. 27:4; Ps. 16:8).</p>
<p>Spiteful heart (Ezek. 25:15) is in one who will take vengeance into his/her own hands because of unresolved old hatred.</p>	<p>Seek to forgive others in the spirit of walking out the Sermon on the Mount lifestyle (Matt. 5-7)</p>
<p>Pride of your heart (Oba.1:3), or heart that is lifted up (Deut. 18:14; Ezek.</p>	<p>Embrace poverty in the spirit and humility (Phil. 2:3-8; Matt. 5:2).</p>

28:2,5,17) is when we forget God and forget who He truly is. Pride hardens our heart (Dan. 5:20). This heart condition can degenerate to putting our confidence in ourselves for possessing the riches of created things, and eventually making ourselves god; as the path that the devil has taken (Eze. 28:1-19).

Seek to walk out the Sermon on the Mount lifestyle (Matt. 5-7).

C. DOES NOT LIFT UP SOUL TO AN IDOL (Ps. 24:4c)

What the Bible Says About This

What is idolatry / what does it mean to lift up our soul to an idol?

- Idolatry is primarily an issue of the heart.

- What are “idols”?
 - Anything that displaces God from first place in our hearts, minds, lives.
 - Anything that we place our confidence in, give our allegiance to, love and find satisfaction in that is above God.
 - Allegiance (Jer. 3:12–14)
 - Confidence (Jer. 2:27–28)
 - Love (Jer. 3:1; Col. 3:5)
 - Satisfaction (Jer. 2:13)
 - Not necessarily just physical statues of other “gods”, but can be intangible things

- Ex. 20:3–6 — The first 2 commandments of the 10 commandments are about idolatry, which shows how important of an issue it is to the Lord
 - Issue of priority — “no other gods before Me”: what takes the first place in our hearts?
 - Issue of making carved images / physical images to worship (Rom. 1...)
 - All idols are futile and testify of the futility of man who created them (Ps. 135:15–18; Isa.44:9–10)
 - Idolatry is an iniquity, defiling our blood and can pass on from generation to generation (Jer. 2:22)
 - Idolatry is making a statement that the one true God is not God, and moreover is the injustice of exchanging the excellent glory of God for something worthless (Jer. 2:11; Ps. 119:37).
 - It is saying that God is replaceable, or that there is someone or something that is on the same level as God...what a great injustice (Isa. 44:8)!
 - It is despising who He is
 - It is misattributing the aspects of God to something or someone else (Jer. 2:27)

- Idolatry is equivalent to the worship of demons, and partaking of food sacrificed to idols is fellowship with demons (Deut. 32:17; 1 Cor. 10:20).
 - Idolatry opens the door for even greater evil and wickedness, and is often accompanied by the issue of immorality (Col. 3:5; Rev. 2:20)

- The issue of idolatry can also be the issue of double-mindedness and mixture, just as Elijah confronted the nation of Israel for faltering between God and their idols (1 King. 18:21; 1 Cor. 10:21)

Why does God hate idolatry?

- Idolatry hinders us from walking in holiness and righteousness
 - Holiness because we are no longer set apart for just Him, but we have other options that have come above Him

- Righteousness because we are no longer pure but are defiled by idolatry (Ezek. 20:7)
- Idolatry hinders us from loving God wholeheartedly, as our hearts are also towards these idols
- Idolatry hinders us from the fullness that God has for us
- Idolatry is a sin that especially causes us to go astray and take us further away from God, and even forget God (Jer. 2:5–8).

How to Remove

To deal with idolatry, one must begin at the heart level, and then follow through with outward expressions (has to be both, and not just either one).

1. Renouncing and repenting

- a. Renouncing: Choosing to no longer put our confidence in the idol but in God, declaring that our allegiance is no longer to the idol but to the Lord
- b. Repenting: Turning away from idolatry unto the Lord, stop doing anything that fuels or expresses that confidence/allegiance, and then continuing to have God in first place
 - i. We have to ask God: what is it that you want me to do?
 - I. If it is physical, does God want us to remove the idol?
 - ii. Issue of first love — remember from where we have fallen, repent and do the first works (Rev. 2:5)
 - iii. Fellowship with idols — repent (Rev. 2:16, 21)

2. Remove completely

- a. In multiple instances in Scripture, godly men dealt with idols by removing or destroying them
 - i. Jacob commanded his household to put away all idols, that they would no longer be defiled by them (Gen. 35:2–4)
 - ii. Both King Hezekiah and King Josiah destroyed the high places (places of pagan worship) and dealt radically with the images of sacrifice and idolatrous things — breaking them, burning them, etc.
- b. By removing idols completely from our lives, we are no longer vulnerable to worshipping them
 - i. This should be done with wisdom and through inquiring of the Lord (i.e. in some cases, it is not wise to completely remove something that is of actual importance, e.g. to give away all our wealth; the key is to remove it from its place of preeminence in our hearts and lives.)
- c. The way in which we deal with these idols may not look the same for every individual. The heart behind such is to take **practical steps** to deal radically with the issue and not be casual about it.

3. Actively and wholeheartedly pursue God (Joel 2:12–14)

- a. Rending of our hearts
- b. Allegiance: Choose loyalty to God and His commandments (1 Chr. 29:19)
- c. Confidence: Trust in the Lord and hate idolatry (Ps. 31:1–6)
- d. Love: Love God with all our heart, soul, mind and strength (Matt .22:37)
- e. Satisfaction: Longing for and seeking the Lord (Ps. 42:1–3; 63:1–2; Song. 3:1–3)
- f. In King Josiah's repentance, he did not just take away the idols, but made a covenant before God to follow Him and His commands with all his heart and all his soul (2 King. 23:3)

4. To deal with wrong mindsets, we must renew our minds with the truth of:

- a. Who God is
- b. What is good in His sight (Phil. 4:8)
- c. How He works and deals with issues and people (including idolatry)
- d. Primarily through reading, meditating, embracing and understanding God's word

5. Being diligent in prayer

- a. Praying for God to reveal and expose us of every idol (Psalm 139:23–24)

Things to Look Out For

As Singaporean believers, what idols do we have?

1. Money — balance in bank account, CPF, Singapore's financial system etc.
2. Ourselves
 - a. Own Comfort — both material and emotional
 - i. "Bottom lines" in terms of quality of life and what we have in life
 - b. Our own desires / dreams / aspirations that are not aligned with His will for us
 - c. Our own ways
 - i. Of thinking (mindsets)
 - ii. Of viewing things (perspectives),
 - iii. Of doing things (how we make decisions and go about living life)
 - d. Our own abilities
3. Ministry / Career
4. Pursuit of the secular narrative
 - a. Qualifying that it is unto the glory of God, but without seeking the Lord first / about it
5. People's perceptions of us (like King Saul)
 - a. We care more about other people's perceptions of us
6. Structure / Formality / Programmes of the Church

7. Asian / Chinese / family traditions

8. Kids (For parents)

- There are also particular situations Scripture highlights that makes us vulnerable to idolatry:
 - Presence of idols and constant fellowship with people who worship other gods
 - Comfortable in our flesh and overindulgence of things in the flesh (Deut. 32:15)

D. NOT SWEARING DECEITFULLY (Ps. 24:4d)

What Does it Mean to Not Swear Deceitfully?

- “To speak in truth with integrity. To honour our words whether to the LORD or to people.”
- The effects of swearing deceitfully is that others will be deceived and might suffer losses. The opposite is affirmed in this that God is looking for ones who will speak only things that are true and the truth. His words are reliable, hence reflecting God in that His words are always fulfilled.
- Keeping our vows and honouring our words reveals the truthfulness of our hearts and the integrity of our character. This is an issue of what comes out from our mouths. Jesus said that it's not what we eat that defiles us, it's what comes out of our mouth that shows what is defiled in the inside (Matt. 15:11)
- It means to let our yes be yes and our no be no (Matt. 5:33-37)
- A person who does not swear deceitfully is one who:
 - Loves the truth and speaks the truth. Truth being what is true.
 - Does not bear false witness to others even when it costs them (wrongly accuse someone)
 - Does not say something is when it isn't.
 - Does not claim credit for what is not his.
 - Makes promises / vows that can be always relied upon / fulfilled

What the Bible Says About This

- God hates it
 - Zech. 8:17 — “...And do not love a false oath. For all these are things that I hate, '...”
 - Prov. 6:16–19 — “God hates ... a lying tongue...”
 - God calls a lying tongue an abomination to Him (Prov. 12:22).
 - God is Truth, deceitfulness is something He cannot stand.
- God calls it a sin, and there is a need for restoration.
 - Lev. 6:2–3 — ““If a person sins and commits a trespass against the LORD by lying to his neighbor about what was delivered to him for safekeeping, or about a pledge, or about a robbery, or if he has extorted from his neighbor, or if he has found what was lost and lies concerning it, and swears falsely—in any one of these things that a man may do in which he sins: then it shall be, because he has sinned and is guilty, that he shall restore.”
- Satan is called the “Father of Lies” (Jn. 8:44) while Jesus is called “The Way, Truth, and Life” (Jn. 14:6).

- This is an issue of what comes out from our mouths. Jesus said that it's not what we eat that defiles us, it's what comes out of our mouth that shows what is defiled in the inside (Matt. 15:11).
- Truth is important because God cares about the state of our hearts, and there are serious consequences to those who lie and take it casually.
 - Ps. 101:7 — *“He who works deceit shall not dwell within my house; he who tells lies shall not continue in my presence.”*
 - Prov. 19:5,9 — *“A false witness will not go unpunished, and he who speaks lies will not escape. A false witness will not go unpunished, and he who speaks lies shall perish.”*
 - Prov. 14:8 — *“...the folly of fools is deceit.”* — when we swear deceitfully, we end up deceiving ourselves and will end up not knowing what the truth is anymore.
 - Prov. 12:19 — *“The truthful lip shall be established forever, but a lying tongue is but for a moment.”*
- He will bring forth judgement and curses on those who walk in it.
 - Hos. 10:4 — *“They have spoken words, swearing falsely in making a covenant. Thus judgement springs up like hemlock in the furrows of the field.”*
 - Mal. 3:5 — *“And I will come near you for judgement; I will be a swift witness against sorcerers, against adulterers, against perjurers, against those who exploit wage earners and widows and orphans, and against those who turn away an alien — Because they do not fear Me,” Says the LORD of hosts.”*
 - Zech. 5:4 — *“I will send out the curse,” says the LORD of hosts; ‘It shall enter the house of the thief and the house of the one who swears falsely by My name.’ ”*
 - Micah 6:12-13 — *“For her rich men are full of violence, Her inhabitants have spoken lies, And their tongue is deceitful in their mouth ‘Therefore I will also make you sick by striking you, By making you desolate because of your sins.’ ”*

Things to Look Out For (Warnings)

- Vows / promises we make to God.
 - Do I have fervent zeal and intention to pay my vow without delay (Ecc. 5:4)?
 - Am I just giving God “lip service” (Matt. 15:8)?
 - What is my attitude when I fail to do so — sincere vs casual?
- Taking or swearing in God’s name in vain / abusing His name (Ex. 20:7; Deut. 5:11)
- Do I honour my words / commitment given to man? (Matt. 5:37)
- Do I manipulate / twist / exaggerate truth?

How to Remove A Deceitful Tongue?

- Ask God to search our hearts and see if there be any wicked way in us in terms of our speech (Ps. 139:23–24).
- Cultivate a heart of truthfulness, integrity, and honesty in all that we do, whether to the Lord or to man.
- Cultivate and walk in the fear of the Lord — God hears and holds us accountable to every word we speak, even if it’s to men.
- Take our words seriously. Consider our heart’s intention before we speak. Be quick to listen and slow to speak.
 - We must not take “oaths/swearing” casually.
 - Are there any instances that you said something but meant something else?
- Confess and repent of swearing deceitfully and speak what you mean and mean what you speak.
- Prov. 4:24 — *“Put away from you a deceitful mouth, And put perverse lips far from you.”*
 - Exercise your will and choose to speak only the truth.
- Accepting the consequences of our decisions and trusting in God’s mercy even when we have made the wrong choices.
 - Jos. 9:20 — *“This we will do to them: We will let them live, lest wrath be upon us because of the oath which we swore to them.”*