



## Meditation #7

### *Fill It Up*

Experiencing the Fullness of God in Every Way!

### Mr. Clean

“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless...”

1 Thessalonians 5:23

The year was 1975. One of the most important events in my life (so I thought at the time) was about to take place. It was time for the annual school talent show. I do not for the life of me know why this talent show was so important to me, except that on this occasion I would finally get the chance to come as close as I ever would to **actually being** the singer and entertainer Michael Jackson, instead of always dreaming and pretending at home. This time I would be on stage. This time I would be in front of the crowd. I showed up in my striped red, white, and blue bell bottom jeans. I had on my long sleeve button down shirt with the extended three-button cuffs and the extra-long collar that came all the way to the shoulder. I sported my knitted blue and white Apple Cap with the fuzzy ball on the top, and of course, the brim slightly tipped and turned to the right. I strutted on stage and heard the janitor shout from the back, “Go on Mr. Clean!” I looked my best. I had everything in place. Everything was in order. I was clean. I proceeded to sing Michael’s “I’ll be There” and “ABC”. Don’t know how I sounded, but I was clean.

In a way, the spiritual disciplines of fasting and prayer work to help make us clean too. Certainly, the fruits and vegetables and juices and water help to cleanse our physical system. But, restricting ourselves to these foods and drinks also tests our spiritual stamina, our will to please God, and our commitment to our church’s efforts to receive the fullness of God. Fasting provides the means for us to stretch out toward God and it tests a our desire and determination to do so. We are helped by fasting because it can be a time when we allow the Holy Spirit to expose toxic thought patterns and negative habits we sometimes develop as we go and grow. Today, take inventory of the ways in which your mind, heart, and spirit can be cleansed of those things which hinder the quality of your walk with God and your fellowship with others.

Release the anger and bitterness you carry toward others who have hurt you. Release your heart from the burden of the guilt and shame of any past wrongs you’ve done. Seek cleansing of your mind, so that you harbor no negative thoughts toward yourself or toward others. Rid yourself of worries and anxieties about your well-being. Fear nothing, and fear no one. Clear the disappointments and regrets of yesterday from your mind. We know that clean air, clean water, and clean foods are vital to healthy living. So too are clean minds, hearts, and spirits vital to a healthy and fulfilled life in God. Are you clean?

#### **Pray this:**

**Lord, cleanse me of all negative thoughts, feelings, and attitudes which hinder my quality of life. Help me to be healthy in spirit, mind, soul, and body as I live for and serve you.**

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