

Ten steps for spiritual cleansing

1st Alone – get alone in a quiet place with paper, pen, and your Bible

2nd Quiet – quiet your heart before God

3rd Pray – begin to pray to prepare your heart

4th Holy Spirit – ask the Holy Spirit to reveal the specific sins in your life that you need to confess

5th – List – list every sin the Holy Spirit reveals to you to confess

6th Struggle – anticipate the personal struggle you will face

7th Confess – confess your sins one at a time, beginning with the hardest

8th Humble yourself – expect to have to humble yourself to at least one other person as you seek to make all things right in your life

9th Done - write "DONE!" across your sheet of paper after you finish

10th Thanksgiving – end with thanksgiving to God