

**City Church Network - Tuesday Fellowship**

**August 6, 2019**

**“Maintaining a Clean Conscience”**

*facilitated by Wim Codington (cell: 423.505.6411; email: wimcodington@gmail.com)*

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**Questions discussed:**

Why is a clear conscience so important?

What is the cost of not having a clean conscience?

Where does a clean conscience come from?

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**Bible passages examined:**

Acts 23:1

I Timothy 1:5,19

Hebrews 10:22

Acts 24:16

I Timothy 3:9

Hebrews 13:18

Romans 9:1

2 Timothy 1:3

I Peter 3:16

Romans 13:5

Hebrews 9:14

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**Thoughts and ideas shared after reading the passages above:**

- A clean conscience...
  - Enables our witness
  - Destroys the power of shame
  - Helps us to live freely
  - Renews, refreshes, and restores
  - Brings glory to God
  - Enables confidence and assurance
  - Protects against sin
  - Enables hope, faith, momentum, and perseverance
  - Clarifies vision and decision-making



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- A clean conscience comes with proper understanding of the following categories:
  - God - our desire satisfier
  - Me - warrior (fighting sin / flesh / Satan)
  - Sin - gladness destroyer (my enemy)
  - Satan - sin inducer (my enemy)
  - Others - not our enemies
- Helpful prayer rhythm guide for securing and maintaining a clean conscience:
  - Examen prayer rhythm, developed by St. Ignatius:
    - 1. Become aware of God’s presence.
    - 2. Review the day with gratitude.
    - 3. Pay attention to your emotions.
    - 4. Choose one feature of the day and pray from it.
    - 5. Look toward tomorrow.
  - Helpful book about the examen prayer method:
    - *A Simple, Life-changing Prayer*, by Jim Manney
- (When examining the Bible’s use of the term “flesh,” keep in mind there are multiple meanings, including the following, so be sure to understand the context and meaning of the word in the passage being studied:
  - physical body (as opposed to soul or spirit)
  - sinful desire (as opposed to Godly desire)
  - alive (as opposed to dead))

