

LIVING WATER

The Official Newsletter of Southside Church of Christ

ARE YOU CLEAN?

by Zach Wharton

The term Crunchy has become more prevalent in the years following 2020 as people's eyes have been opened to the shocking number of extras that are tossed into our food and water supplies. The slang term is said to mean people have adjusted the way they live to be more natural. I have slowly tried to follow these practices by raising and processing my own meats and vegetables to cleanse my body of the pesticides and chemical additives that are found in many heavily processed foods. In doing this I have realized that living a crunchy lifestyle requires a lot of work, preparation, time, and research. Is it hard to eat healthily in a very processed society? Absolutely!

Does it cost more? Yes! Does it require you to be on top of your diet daily? Absolutely!

What about our spiritual cleanliness? Are we taking the time and effort daily to keep ourselves clean in a perverse and sinful generation of people? The answers we applied to these last questions also apply to our spiritual cleanliness. We read in **2 Corinthians 7:1** "Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." So how do we go about doing this? The same way we eat and consume healthy foods. We must first surround ourselves with cleanliness, in the form of friends, jobs, and interests.

Isaiah 1:16 says "Wash and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong." Paul was the ultimate example of a spiritual cleanse. He came from a world of sin and persecution of the church to a life of devotion to Christ and saving souls. He changes so much so that he was confident in his salvation as we read in **2 Timothy 4:7-8**, "I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing." So we as Christians finishing up the year 2024 have to make the decision. Are we going to lock in on being spiritually clean and dedicating our lives to constant spiritual nutrition? Or are we going to be tossed here and there by every wind of doctrine? Our spirituality is going to be tested in our lifetime, let us all be reminded to cleanse ourselves so that we will be prepared to give a defense and be confident in our salvation.

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