



**The Cleansing Prayer**

## **Mountain Refuge Ministries**

*[www.mountainrefugeministries.com](http://www.mountainrefugeministries.com)*

# The Cleansing Prayer

## Introduction

*All heaven has been diligently working for six thousand years to bring us to this point in earth's history. The emptiness left in heaven by the defection of one-third of the angels brought much sadness to heaven, but this is about to change. Soon, the redeemed of all ages will take their places and we will be one united, happy family (see Seventh-day Adventist Bible Commentary, vol. 7, p. 949). At great cost to the Father and the Son has this been made possible, yet Jesus saw the travail of His soul and was satisfied.*

*As we look at the state of society around us, as we become aware of God's people diligently seeking Him as never before, and as we listen to heaven's messages of love coming to us from the throne room above, we sense that the eternal world is only a breath away. The people of God are coming into line and are cooperating with heaven. God's remnant people are disconnecting from the world and its corrupt systems, and are beginning to partake more and more of the Spirit of Jesus. There is great rejoicing in heaven!*

*This is where the cleansing and blotting out of all our sins comes in. The goal of cleansing is restoration to the original sinless condition of mind, spirit, soul and body. We realize, of course, that our mortal bodies will not be changed into the likeness of His glorious body until His second coming, but our minds and hearts must reflect the image of Jesus perfectly before He can claim us as His own.*

*The cleansing prayer which we share with you in this booklet is the pathway to cooperate with Jesus in the cleansing of our soul temples from all defilement. It may be adapted to your needs as God directs you in your personal worship time with Him each day. It is our desire and prayer that you too may experience freedom from sin, and liberty from painful memories and hurtful emotions. May this joyful freedom be yours as you let Jesus heal all your pain and cleanse you from those things that separate you from Him.*

## **Jesus is Now Making the Final Atonement**

“I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.” (Isaiah 43:25)

During the process of sanctification, Jesus is still ministering His grace for us in the heavenly sanctuary. Sins that are hidden from us, buried in the secret memories of our brain (in the subconscious), are covered by the perfect righteousness of Christ. These are sins of ignorance which Jesus must bring to our awareness before He ceases His intercessory work. When Jesus makes the final atonement for sin, He removes all confessed sins and places them on the head of the scapegoat, which is Satan.

The blotting out of sins from the records of heaven takes place during the judgment of the living. We must come to the place where we are in complete agreement with God on every issue that the Holy Spirit brings to our attention. Through this cleansing prayer process, our sins will be removed from the books of record in heaven as well as from our minds and hearts.

## **Holiness is Agreement with God**

All sin is disagreement with God’s principles, for “holiness is agreement with God” (*Testimonies to the Church*, vol. 5, p. 743). Wrong impulses come from our thoughts and feelings which began at our conception. We also inherit sinful tendencies through our family line as far back as the 3rd and 4th generation (see Exodus 20:5).

Sinful impulses, tendencies and a bent to evil are passed on through demons that have been transmitted through our lineage. These can become demonic strongholds in our lives. The demons have access to us through wrong thoughts and feelings, and influence and tempt us through the uncleansed areas of our hearts. These will be revealed to all who are seeking holiness through communion with God.

## The Secret of Cleansing

Do you want to know the secret of cleansing? It is coming into perfect agreement with God in every area of our lives. When you think about your personal, sinful experiences, you keenly remember your pain, suffering and brokenness. Jesus wants to help you “reach the condition of sinlessness in which Adam lived before his transgression” (*In Heavenly Places*, p. 146). He desires to heal your broken heart, but He will never force you or take away your freedom to choose.

Jesus walks with us as He brings to our remembrance the times we listened to the temptations of the evil one, and got off the path of obedience and purity. If we then repent, Jesus will wash away our guilt, give us His perfect character in place of our failures, and He will blot our sins out of His book. He will also deliver us from the painful memories and the demons who have influenced us. Jesus will restore us completely from the damage that Satan has done and prepare us to live in His presence forever.

## Looking to Anything but Jesus

Whenever, in our lives, we have violated the principles of God’s law, these must be confessed and forsaken. Our former infidelity—when we looked to people or any other thing in place of looking to Jesus—must be recognized and renounced. Examples include looking to people for love, safety, security and approval; looking to food to satisfy soul hunger; looking to worldly things and worldly entertainment instead of God; looking to worldly achievements to feel successful and important, and so forth.

We must not forget as we pray to ask that the demons, who have had control in our lives and led us astray by their temptations, lies and empty promises, be cast to the Abyss until their final judgment. Thus, our sins and the effects of them will be cleansed away forever, never more to come to our minds.

**The following pages contain a detailed outline and explanation, providing God’s people with a guide for the cleansing and blotting out of all sins and emotional traumas.**

## Cleansing Prayer Outline

### Part I: Cleansing

1. Begin your prayer by praising God, offering thanksgiving to Him by naming specific blessings you have received, especially during the last 24 hours
2. Ask God to reveal anything that has separated you from Him. This may include wrong behavior, negative thoughts, sinful feelings, wrong desires, criticism, resentment and bitterness, or painful memories
3. Once He has revealed your sin or painful emotions, confess these by claiming His blood to cover the sin and heal your painful emotions
4. Ask Jesus to cleanse your memories of the sin or painful emotions
5. Ask Jesus to cleanse you to the 3rd and 4th generation where the tendency to this sin may have been passed on through your lineage
6. Ask Jesus to cleanse you from sin and remove the painful emotions from your amygdala\*
7. Ask Jesus to cleanse your books in heaven where the sin is recorded
8. Ask Jesus to cover you with His robe of righteousness
9. Ask Jesus to blot out the sin and put it upon the head of the scapegoat (Satan)
10. Conclude by asking Jesus to cast out all demons associated with the sin, sending them to the abyss and binding them there for the day of judgment, never to return

### Part II: Re-creation and Restoration

1. Ask Jesus to re-create you according to the original plan that He has written in His books for you



2. Ask Jesus to seal you into His truth and write His law upon your heart, claiming specific promises that address your sin or painful emotions
3. Ask Jesus to give you the fullness of the Holy Spirit, the “Latter Rain”
4. Ask Jesus to remind you of His promises when tempted

## **Explanation of the Cleansing Prayer Outline**

### **Introduction**

Our Savior, Jesus Christ, loves us with “an everlasting love” (Jeremiah 31:3). He longs to heal our hearts and minds from deep hurts and disappointments that we have experienced. In this healing and cleansing process, Jesus walks with us as we pray for the removal of the roots of sins and hurts from our lives, enabling us more and more to fully reflect the loveliness of His character.

We are living in the Day of Atonement when Jesus is not only cleansing the heavenly sanctuary from our sins but also our hearts and minds from all the damage the enemy has done to us. All our sins recorded in our books in heaven are also registered in our minds. This process of cleansing, which we have described, is necessary in order to have our sins blotted out. Thus, we will be prepared for the full outpouring of the Holy Spirit (the Latter Rain), in order to give the Loud Cry. We then will be ready for the close of probation and the coming of Jesus.

### **Part I: Cleansing**

1. It is important to always begin your prayer by praising God for who He is and the blessings that He has showered upon you in the last 24 hours or throughout your life. Be specific to name even the smallest blessing He has bestowed upon you and your family. This will connect you with His love for you. When you feel depressed and discouraged, keep thanking and praising Him, focusing on His love until you come into the light. Coming into the light means that you sense His love and acceptance of you personally. Only then are you prepared to go to the next step.

2. Ask our Heavenly Father to reveal any sin, hurtful memories, negative sinful behavior, thoughts, feelings, motives or resentment that you may be harboring in your heart. Ask Him to reveal the root of sins (where this sin first took hold of you). Seek the Lord, asking Him to reveal the lies and deceptions of the enemy that you believed, causing you to go down the wrong pathway in the first place. Wait quietly before Him, allowing Him to speak to your heart.

You may claim such texts as:

“He reveals deep and secret things; He knows what is in the darkness, and light dwells with Him.” (Daniel 2:22)

“Search me, O God, and know my heart; Try me, and know my anxieties; and see if there is any wicked way in me, And lead me in the way everlasting.” (Psalm 139:23, 24)

“For Zion’s sake I will not keep silent, for Jerusalem’s sake I will not remain quiet, till her vindication [righteousness] shines out like the dawn, her salvation like a blazing torch.” (Isaiah 62:1, NIV)

3. Confess your sin to Jesus, asking Him to cover you with His blood.
4. You have most likely fallen into a particular sin or wrong pattern of thinking and feeling repeatedly, and your brain has stored these memories. These must be blotted out by Jesus.
5. Tendencies to sin are passed on to you from the generations that have gone before you. Demons take advantage of these sinful tendencies to gain access to your mind. If you give in to the demons, they then gain rights to continue to have access to tempt you in those areas. Jesus will bring you to the point where there is nothing in you that responds to the overtures of the enemy.
6. Ask Jesus to cleanse and remove the sinful and painful emotions from your amygdala.\*

\*The amygdala is the area of your brain where every emotion that you have ever experienced from the moment of conception is stored.



7. Ask Jesus to cleanse your record from this sin and the memory of it.
8. Ask to be covered by the perfection of Christ's life. You may find Scriptures that reveal the way He acted and felt in a similar situation.
9. Ask Jesus to blot out the sin and put it upon the head of the scapegoat (Satan).
10. At this point in your prayer, it is important for you to ask Jesus to cast out every demon that is responsible for leading you into the sin you have confessed and renounced. Ask Christ to put a God-given enmity between you and Satan (see Genesis 3:15).

## Part II: Re-creation and Restoration

1. Ask Jesus to restore the perfect plan that He had ordained for you to follow when His mind conceived you, and heal the damage that sin has made in your mind and emotions.

You may claim these promises regarding God's plan for you and your life:

"Your eyes saw my substance, being yet unformed. And in Your book they all were written. The days fashioned for me, When as yet there were none of them." (Psalm 139:16)

"For I know the thoughts [plans] that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." (Jeremiah 29:11)

2. Ask Jesus to fulfill His covenant promise by recreating His character in you, as He writes His law of love, the Ten Commandments, on your heart. You may claim Hebrews 8:10, 11. It is very important to have God guide you to specific Scripture texts which address the area of your life you have just confessed. The cleansed area now needs to be filled with God's word.
3. We are dependent upon the Holy Spirit for every aspect of our life.

"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you." (John 14:26)

We are now living in the time of the Latter Rain, which God is ready to pour out upon His people who are emptied of sin.

4. Ask the Lord to help you hear and follow His still, small voice, gently reminding you not to think wrong thoughts or harbor wrong feelings.

“Your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ Whenever you turn to the right hand or whenever you turn to the left.” (Isaiah 30:21)

“The thoughts and feelings combined make up the moral character.” (*Testimonies to the Church*, vol. 5, p. 310)

Our character is “the only treasure that we can take from this world to the next.” (*Christ’s Object Lessons*, p. 332)

Now we are prepared to be the bride of Christ. “Alleluia! For the Lord God Omnipotent reigns! Let us be glad and rejoice and give Him glory, for the marriage of the Lamb has come, and His wife has made herself ready.” (Revelation 19:6, 7)

## **The Journey is Almost Over!**

It has been a long, arduous journey for all of heaven. In order for perfect agreement and perfect holiness to be restored once more, the plan of salvation had to include Christ’s life as a human being on earth, His sacrificial death on Calvary, His resurrection and His mediatorial work in the heavenly sanctuary.

Now the long journey is almost over! Can you imagine the excitement and joy of the angels as they see us striving with all our hearts to grow in holiness? They rejoice as we respond to their efforts to point our eyes upward to the straight and narrow way that Ellen White saw in vision.

High above the earth, she saw the little band of His chosen ones traveling to the holy city (*Early Writings*, p. 14). God’s true people have not let the bright light of truth that was given to the pioneers in 1844 go out, but have kept it burning brightly to cheer them on the rugged path upward. They are the reward of Christ’s sacrifice and the centuries of service that have been tirelessly given by the loyal angels.

## **The Invitation of the Almighty**

“Come, my people, enter your chambers, and shut your doors behind you; Hide yourself, as it were, for a little moment, until the indignation is past. For behold, the LORD comes out of His place to punish the inhabitants of the earth for their iniquity; The earth will also disclose her blood, And will no more cover her slain.” (Isaiah 26:20, 21)

The hour is late and time is short until Christ returns. He is longing to take us home with Him. Yet every soul must have a chance to hear and decide upon truth. Then probation will close forever upon the world. The time of trouble will be the final display of wickedness when the power of the Holy Spirit is fully removed from those who have chosen the evil over Christ. During that time God will shelter and protect us in the covert of His hiding place, under the shadow of the Almighty. Then His waiting, faithful ones will be caught up to meet Him in the air, nevermore to be apart. Our prayer is that we all will be among this purified group.

***“Ye shall know the truth and the truth shall make you free!”***

**The Sealing Truths Study Guides are designed for those who wish to expand their understanding of the concepts presented in The Cleansing Prayer booklet.**

Study Guide 1—“Watchman, What of the Night?”

Study Guide 2—“For Such a Time as This”

Study Guide 3—“My Sheep Hear My Voice”

Study Guide 4—“You Have Heard the Sound of the Trumpet”

Study Guide 5—“The Hour of His Judgment Has Come”

Study Guide 6—“Then Shall the Sanctuary be Cleansed”

Study Guide 7—“Holy, Harmless [and] Undeclared”

Study Guide 8—“That Your Sins May Be Blotted Out”

Study Guide 9—“And the Earth Was Illuminated with His Glory”

Study Guide 10—“These Follow the Lamb Wherever He Goes”

Study Guide 11—“He Who is Holy, Let Him Be Holy Still”

Study Guide 12—“You Are My Hiding Place”

**For further information on The Cleansing Prayer and the Sealing Truths Study Guides:**

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