

Central Coast Baptist Association

2015 Prayer Campaign: Returning to Holiness



Dr. Gregory Frizzell¹ teaches us in his
7 categories of cleansing:

book “Returning to Holiness”² that there are

- 1) Sins of Thoughts, 2) Sins of Attitude, 3) Sins of Speech, 4) Sins of Relationships,
- 5) Sins of Commission, 6) Sins of Omission, and 7) Sins of Self-Rule and Self-Reliance.

As we desire to see God’s spiritual renewal of our personal lives, our families, our churches, and our communities we must humbly seek a holiness that glorifies our God. We must desire more than what we can do ourselves or what we can produce on our own. We must seek God’s favor and His blessing over our lives and our ministries. We must be willing to repent of our ways in our thoughts, in our attitude, in our words, in our relationships, in what we do, in what we don’t do, and in our self-dependence.

From doubting our salvations to engaging in improper relationship, from many careless and slanderous words we use to arrogant and prideful attitudes, we must come before God in full surrender. We need God! We need God’s Favor! We need God to speak tenderly, personally, and intimately into our hearts.

As you reflect on the following lists of verses, ask the Lord to speak to you.

Meditate deeply.

Commit to memory.

Allow the Holy Spirit to minister to you.

Allow the Living Word of God to lead you into prayers of repentance, brokenness, praises, thanksgiving, surrender, supplication, and of commitment.

May the Lord lead you and restore in you the joy of His Salvation and the joy of serving a personal God, who forgives.

Sincerely in prayer,

Se J. Won

Associate Director of Missions

Central Coast Baptist Association

1) SINS of THOUGHTS

¹ For over twenty years, Dr. Frizzell has pastored churches and conducted national prayer conferences. His life-long research is prayer, evangelism, and spiritual awakening. On this subject, he has written over twenty books. For four years, he hosted three multi-state radio programs addressing prayer and revival. He currently serves as Prayer and Spiritual Awakening Specialist of the Baptist General Convention of Oklahoma and the North American Mission Board. Dr. Frizzell is also founder and president of a non-profit ministry that distributes books and resources in well over thirty languages. His wife Sandy is a treasured prayer partner and invaluable aide to his ministry.

² *Returning to Holiness: A Personal & Churchwide Journey to Revival.* Dr. Gregory R. Frizzell, *The Master Design*.

Do I struggle with the assurance of my salvation? Do I frequently entertain thoughts of doubt instead of trust? Do I have any pattern of unclean or lustful thoughts? Have I viewed anything that inflames wrong thoughts? Do I think far more about worldly things than spiritual? Am I often guilty of angry thoughts? Am I often filled with thoughts of bitterness and unforgiveness?

- a. **John 17:3** – *Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.*
- b. **Romans 8:16** – *The Spirit himself testifies with our spirit that we are God's children.*
- c. **Romans 10:9-10** – *That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.*
- d. **John 5:24** – *I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.*
- e. **1 John 5:13** -- *I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.*
- f. **Romans 12:1-2** – *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*
- g. **Colossians 3:1-3** – *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God.*
- h. **Psalms 1:2** – *But his delight is in the law of the LORD, and on his law he meditates day and night.*
- i. **Psalms 119:15 - 16** – *I meditate on your precepts and consider your ways. ¹⁶ I delight in your decrees; I will not neglect your word.*
- j. **Matthew 6:33** – *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*
- k. **Matthew 28:19 - 20** – *Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you.*
- l. **Acts 1:8** – *But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

2) SINS OF ATTITUDE

Am I lukewarm about spiritual things? Am I in any way proud or condescending toward others? Is there anyone about whom I think jealous, envious thoughts? Do I have an attitude of doubt, fear or unbelief? Do I have any tendency toward being harsh or critical?

- a. **Revelation 3:15-16** – *I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! ¹⁶ So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth*
- b. **Psalm 51:17** – *The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.*
- c. **Philippians 2:3-4** – *Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. ⁴ Each of you should look not only to your own interests, but also to the interests of others.*
- d. **Philippians 2:5-8** – *Your attitude should be the same as that of Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be grasped, ⁷ but made himself nothing, taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself and became obedient to death— even death on a cross!*
- e. **Colossians 3:13** – *Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.*
- f. **Ephesians 4:32** – *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

3) SINS OF SPEECH

Have I uttered any inappropriate or slang speech? Do I have patterns of cursing or off-color words? Am I prone to exaggeration or lying? Do I have patterns of complaining and griping? Have I spoken or emailed any form of divisive speech? Do I have any patterns of critical, judgmental speech or emails?

- a. **Matthew 12:36-37** – *But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. ³⁷ For by your words you will be acquitted, and by your words you will be condemned.*
- b. **Ephesians 4:29** -- *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*
- c. **Ephesians 5:4** -- *Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.*
- d. **Colossians 3:9** -- *Do not lie to each other, since you have taken off your old self with its practices*
- e. **1 Corinthians 10:10** -- *And do not grumble, as some of them did—and were killed by the destroying angel.*
- f. **1 Thessalonians 5:16-18** -- *¹⁶ Be joyful always; ¹⁷ pray continually; ¹⁸ give thanks in all circumstances, for this is God's will for you in Christ Jesus.*
- g. **James 3:9-10** – *With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers, this should not be.*

4) SINS OF RELATIONSHIPS

Is there anyone I have offended but have not asked forgiveness? Have I failed to seek full reconciliation and make restitution to anyone I have offended or harmed? Do I harbor the slightest unforgiveness and anger toward anyone? As a father, am I leading my family spiritually? As a mother, am I sacrificially and joyfully serving my family? Have I in any way failed to honor, respect or show attention to my parents? Have I spoken negatively about anyone behind his or her back? Am I involved in any form of gossip or negative, critical speech or emails? Have any of my social medial conversations become excessive or inappropriate? Is there any patter of failing to respect and support my spiritual leaders?

- a. **Matthew 5:23-24** -- *Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.*
- b. **Matthew 6:14-15** -- *For if you forgive men when they sin against you, your heavenly Father will also forgive you. ¹⁵But if you do not forgive men their sins, your Father will not forgive your sins.*
- c. **Matthew 18:35** -- *This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.*
- d. **Matthew 5:27-28** -- *You have heard that it was said, ‘Do not commit adultery.’ ²⁸But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*
- e. **2 Corinthians 6:14** -- *Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?*
- f. **1 Corinthians 6:18-20** – *Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. ¹⁹Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your body.*
- g. **Hebrews 10:25** -- *Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.*
- h. **1 Corinthians 12:21-26** -- *The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” ²²On the contrary, those parts of the body that seem to be weaker are indispensable, ²³and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, ²⁴while our presentable parts need no special treatment. But God has combined the members of the body and has given greater honor to the parts that lacked it, ²⁵so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.*
- i. **1 Corinthians 12:27** -- *Now you are the body of Christ, and each one of you is a part of it.*
- j. **Ephesians 5:22-28** -- *Wives, submit to your husbands as to the Lord. ²³For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything.*
- k. **Ephesians 5:25-28** -- *Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶to make her holy, cleansing her by the washing with water through the word, ²⁷and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.*
- l. **Ephesians 6:1-4** -- *Children, obey your parents in the Lord, for this is right. ²“Honor your father and mother”—which is the first commandment with a promise—³“that it may go well with you and that you may enjoy long life on the earth.” ⁴Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.*
- m. **Matthew 18:6** -- *But if anyone causes one of these little ones who believe in me to sin, it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea.*

5) SINS OF COMMISSION

Am I engaged in any form of sexual immorality? Have I compromised by viewing anything unclean via movies, TV or Internet? Do I have habits that abuse or neglect my body? Do I commit idolatry by placing anyone or anything over loving and serving God? Have I dabbled in any form of gambling or new ageism? Am I doing anything for which I do not have perfect peace? Am I in any way harsh or unkind to others? Have I abused God's grace by taking sin lightly? Do I confess sins but fail to forsake them?

- a. **Exodus 20:2-4a, 7-8a**, -- *"I am the LORD your God, who brought you out of Egypt, out of the land of slavery. ³ "You shall have no other gods before me. ⁴ "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. ⁷ "You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name. ⁸ "Remember the Sabbath day by keeping it holy. ¹² "Honor your father and your mother, so that you may live long in the land the LORD your God is giving you. ¹³ "You shall not murder. ¹⁴ "You shall not commit adultery. ¹⁵ "You shall not steal. ¹⁶ "You shall not give false testimony against your neighbor. ¹⁷ "You shall not covet your neighbor's house."*
- b. **Matthew 22:37-40**, -- *Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and the greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments."*
- c. **Matthew 28:19-20**, -- *Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.*
- d. **Malachi 3:8-10** -- *Will a man rob God? Yet you rob me. "But you ask, 'How do we rob you?' "In tithes and offerings. ⁹ You are under a curse—the whole nation of you—because you are robbing me. ¹⁰ Bring the whole tithe into the storehouse, that there may be food in my house..."*
- e. **Ephesians 5:5** -- *For of this you can be sure: No immoral, impure or greedy person—such a man is an idolater—has any inheritance in the kingdom of Christ and of God.*
- f. **Ephesians 5:11-12** -- *Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹² For it is shameful even to mention what the disobedient do in secret.*
- g. **Revelation 2:14** -- *Nevertheless, I have a few things against you: You have people there who hold to the teaching of Balaam, who taught Balak to entice the Israelites to sin by eating food sacrificed to idols and by committing sexual immorality.*
- h. **1 Corinthians 10:31-32** -- *So whether you eat or drink or whatever you do, do it all for the glory of God. ³² Do not cause anyone to stumble, whether Jews, Greeks or the church of God—*

6) SINS OF OMISSION

Am I failing to abide in Jesus by neglecting regular time in His word and prayer? Do I neglect to be a daily witness and fail to generously support evangelism and missions? Have I neglected to discern and use my spiritual gifts? Have I in any way failed to support and respect my spiritual leaders? Am I failing to daily pursue holiness? Am I robbing God by failing to tithe and give generous offerings beyond the tithe? Have I neglected to work at improving my marriage and family life? Do I fail to pray with my family?

- a. **James 4:17** -- *Anyone, then, who knows the good he ought to do and doesn't do it, sins.*
- b. **John 15:4-5** -- *Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.*
- c. **Acts 1:8** -- *But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*
- d. **1 Peter 3:15** -- *But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.*
- e. **Mark 8:38** -- *If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of him when He comes in His Father's glory with the holy angels.*
- f. **Matthew 28:19** -- *Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.*
- g. **Luke 12:47-48** -- *That servant who knows his master's will and does not get ready or does not do what his master wants will be beaten with many blows. ⁴⁸ But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.*
- h. **James 1:23-25** -- *Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.*
- i. **James 5:16** -- *And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other so that you may be healed. The prayer of a righteous man is powerful and effective.*

7) SINS OF SELF-RULE & SELF-RELIANCE

Have you willfully failed to surrender any part of your life to God's total control? Has God told you to do something yet you still haven't obeyed Him? Is there some area where you pretend not to know what God is saying, yet deep down you know you do? Are there things God has told you to stop; yet you still do them? Is there any area of service you should be doing; yet you are not? Have you continued to sin willfully in areas about which God has clearly spoken?

- a. **Ephesians 6:12** -- *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*
- b. **Galatians 5:17-18** – *For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ¹⁸ But if you are led by the Spirit, you are not under law.*
- c. **Matthew 16:24-25** – *Then Jesus said to his disciples, “If anyone would come after me, he must deny himself and take up his cross and follow me. ²⁵ For whoever wants to save his life will lose it, but whoever loses his life for me will find it.*
- d. **Romans 6:6** – *For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin— ⁷ because anyone who has died has been freed from sin.*
- e. **Romans 12:1-2** – *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*
- f. **2 Corinthians 10:5** -- *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*
- g. **John 12:24-25** – *I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. ²⁵ The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life.*
- h. **Hebrews 4:12-13** – *For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.*
- i. **2 Corinthians 12:9** – *But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.*
- j. **Galatians 2:20** – *I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*