

Matthew 23:25-26 NLT

25 “What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are so careful to clean the outside of the cup and the dish, but inside you are filthy—full of greed and self-indulgence! 26 You blind Pharisee! First wash the inside of the cup and the dish, and then the outside will become clean, too.

Pure in Heart means making God the single most important focus of your life.

Tim Mackie (The Bible Project)

Yes, it is a high bar. But for Jesus, this is what humans are made for: to desire what is good and beautiful and just, and above all, to desire God, who alone can satisfy our deepest longings.

Richard Rohr

Most of us were taught that God would love us if and when we change. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change, is the experience of love. It is that inherent experience of love that becomes the engine of change.

Ezekiel 36:26 NLT

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

Philippians 2:13 NLT

For God is working in you, giving you the desire and the power to do what pleases him.

Bought with a Great Price

Part 9: Blessed Are The Pure In Heart



February 23, 2025

She Left Her Jar

Gershon Kaufman

Shame leaves us feeling unspeakably and irreparably defective.

Francis Weller

It is unspeakable because we do not want anyone to know how we feel inside. We fear it is irreparable because we think it is not something we have done wrong—it is simply who we are. We cannot remove the stain from our core. We search and search for the defect, hoping that that, once found, it can be exorcised like some grotesque demon. But it lingers, remaining there our entire lives, anxious that it will be seen and simultaneously longing to be seen and touched with compassion.

London Psychiatric Centre

Survival mode is an informal term usually used to describe a state in which our nervous system is dysregulated – often because of prolonged stress. Usually when our sympathetic nervous system (that governs our body’s fight or flight response) and our parasympathetic nervous system (PSNS) that controls our ‘rest and digest’ response, are out of balance.

Romans 2:4 The Message

In kindness he takes us firmly by the hand and leads us into a radical life-change.

John 4:1-30 NLT

4 Jesus knew the Pharisees had heard that he was baptizing and making more disciples than John 2 (though Jesus himself didn't baptize them—his disciples did). 3 So he left Judea and returned to Galilee.

4 He had to go through Samaria on the way. 5 Eventually he came to the Samaritan village of Sychar, near the field that Jacob gave to his son Joseph. 6 Jacob's well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime. 7 Soon a Samaritan woman came to draw water, and Jesus said to her, "Please give me a drink." 8 He was alone at the time because his disciples had gone into the village to buy some food.

9 The woman was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, "You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?"

10 Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water."

11 "But sir, you don't have a rope or a bucket," she said, "and this well is very deep. Where would you get this living water? 12 And besides, do you think you're greater than our ancestor Jacob, who gave us this well? How can you offer better water than he and his sons and his animals enjoyed?"

13 Jesus replied, "Anyone who drinks this water will soon become thirsty again. 14 But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."

15 "Please, sir," the woman said, "give me this water! Then I'll never be thirsty again, and I won't have to come here to get water."

16 "Go and get your husband," Jesus told her.

17 "I don't have a husband," the woman replied.

Jesus said, "You're right! You don't have a husband— 18 for you have had five husbands, and you aren't even married to the man you're living with now. You certainly spoke the truth!"

19 "Sir," the woman said, "you must be a prophet. 20 So tell me, why is it that you Jews insist that Jerusalem is the only place of worship, while we Samaritans claim it is here at Mount Gerizim, where our ancestors worshiped?"

21 Jesus replied, "Believe me, dear woman, the time is coming when it will no longer matter whether you worship the Father on this mountain or in Jerusalem. 22 You Samaritans know very little about the one you worship, while we Jews know all about him, for salvation comes through the Jews. 23 But the time is coming—indeed it's here now—

when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. 24 For God is Spirit, so those who worship him must worship in spirit and in truth."

25 The woman said, "I know the Messiah is coming—the one who is called Christ. When he comes, he will explain everything to us."

26 Then Jesus told her, "I am the Messiah!"

27 Just then his disciples came back. They were shocked to find him talking to a woman, but none of them had the nerve to ask, "What do you want with her?" or "Why are you talking to her?" 28 The woman left her water jar beside the well and ran back to the village, telling everyone, 29 "Come and see a man who told me everything I ever did! Could he possibly be the Messiah?" 30 So the people came streaming from the village to see him.

Pure in Heart

Matthew 5:8 NIV

Blessed are the pure in heart,
for they will see God.

Bible Project

In biblical Hebrew, the heart is where you make choices motivated by your desires.

Proverbs 4:23

Above all else, guard your heart,
for everything you do flows from it.