

Main Scripture: 2 Corinthians 1:12-2:4

Living with a clear conscience ... (1 Timothy 1:19, 4:2; Titus 1:15; 1 Cor 8:7-13, 10:24-29)

- in our conduct (1:12)
- in what we say (1:3-18)
- in relationship (1:23-2:4) (Ex 14:13-14)

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How can I enjoy a clear conscience, like Paul did?

1.	Confess, repent and ask for cleansing. (1 Jn 1:8-9, Heb 9:13-14)
	Sample prayer: "LORD Jesus, I agree (confess) that I have sinned by I now repent of this and choose to Please come and wash me clean – spirit, soul and body – of the stain of this sin and purify my conscience once again."
2.	Admit you were wrong to the other party, ask their forgiveness and seek to make amends where you can.
3.	Train our conscience by learning and meditating on God's Word. (Ps 37:3-31, 119:11)
4.	Be watchful and pray. (Mat 26:41)
5.	Avoid spiritual pride. (1 Cor 10:12)
6.	Recognize the seriousness of sin. (Rom 4:25)
7.	Recognize the first hint of temptation. (Jam 1:14-15)
8.	Ask God to continually search your heart. (Ps 139:23-24)
9.	Draw near to God with a sincere heart. (Heb 10:22-23)
10.	Make choices in line with what you know is right and wrong, asking God for clarity and direction. (Ps 119:106)