

Sealed

In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise, which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

–Ephesians 1:13-14

When Mom took the canning jars from the pressure cooker, she lined them up on the kitchen table. My job was to watch and listen for them to pop as they cooled. If the jars didn't pop they were not sealed, and this meant germs on the outside could get inside and spoil the contents. Mom would have to pour the contents out and repeat the process.

The devil cannot contaminate our lives when we stay sealed by the Holy Spirit. Seek God daily to reveal areas in your life that are exposed to the influences of the world. Bring those areas under the Lordship of Jesus Christ.

Let the Holy Spirit seal you against evil and teach you to “walk worthy of the vocation wherewith ye are called” (Ephesians 4:1). Be careful to guard your heart so that nothing is permitted to break the seal on your life. Keep yourself free from garbage and contaminates that will pollute the holiness of your life.

Holy Spirit, keep me pure and holy.

Help me to abstain from all

immorality. Seal me with

Your purity. Amen.