

SERMON TOPIC: DETOX

SERMON OUTLINE

(2 Corinthians 6:14-7:1) Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said:

"I will live with them and walk among them, and I will be their God, and they will be my people." "Therefore come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."

Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

During this message series, we are focusing on detoxing the three different parts of our being:

- Week 1 – Our Spirit
- Week 2 – Our Soul
- Week 3 – Our Body

KEY POINTS

SPIRIT TOXINS

(Psalm 13:2) How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

(Romans 8:5-13) Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace... Therefore, brothers, we have an obligation--but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

STARVE IT

Doubt. I will trust what God says.

(Proverbs 3:5) Trust in the LORD with all your heart and lean not on your own understanding.

Negativity. I will think what God thinks.

(Isaiah 26:3 NKJV) You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

Sin. I will turn to what God wants.

(Philippians 4:8 NLT) Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

FEED IT

God's Word. I will _____.

(Psalm 1:1-2 GN) Happy are those who reject the advice of evil men... instead they find their joy in obeying the Law of the Lord and they study it day and night.

Worship. I will _____.

(Philippians 4:8-9 NLT) Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise... Then the God of peace will be with you.

Prayer. I will _____.

(2 Chronicles 7:14 Message) If my people, my God-defined people, respond by humbling themselves, praying, seeking my presence, and turning their backs on their wicked lives, I'll be there ready for you: I'll listen from heaven, forgive their sins, and restore their land to health.

SUMMARY

Three things we must starve so that our spirit can thrive are doubt, negativity and sin. In order to starve doubt, we must trust what God says and stop valuing our own reasoning above what He says is true. To starve negativity, we need to say what God says and think what God thinks. And to starve sin, we must turn to what God wants. Three things we must feed our spirit with are God's Word, worship and prayer. This detox is important because we need to prioritize the right things in order for our spirit to flourish.

