

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

SOUL TOXINS

(Psalm 42:5 MSG) Why are you down in the dumps, dear soul? Why are you crying the blues?

Unforgiveness - (Hebrews 12:15) See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Comparison - (James 3:14-16) But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.

Anger - (James 4:1-2) What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

Worry - (Matthew 6:27) Can any one of you by worrying add a single hour to your life?

SOUL DETOX

(Proverbs 4:23 NKJV) Keep your heart with all diligence, for out of it spring the issues of life.

Right relationships

(Proverbs 13:20) He who walks with the wise grows wise, but a companion of fools suffers harm.

God-defined identity

(Galatians 6:4 MSG) Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others.

Crucified life

(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.

Eternal perspective

(Colossians 3:1-2) Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

I will _____.

SUMMARY

While the devil desires to enslave us to bitterness, we can rid ourselves of unforgiveness by fostering right relationships and having an accountability partner. Next, in a culture entrenched in an identity crisis, we can defeat the spirit of comparison by being grounded in our God-defined identity. Additionally, instead of getting angry about not getting the things we want, we can live a crucified life of unselfishness. Finally, if we want to disarm worry, we can develop an eternal perspective. If we can keep our eyes on heaven, we will thrive instead of suffocating under the weight of the world.

