

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

BODY TOXINS

(Romans 7:21-24) So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death?

Addiction - (Romans 6:12-14) Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God... For sin shall not be your master.

Debauchery - (Ephesians 5:18) Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

Sexual immorality - (1 Corinthians 6:15-18) Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh."

SOUL DETOX

(1 Thessalonians 4:4-5) Each of you should learn to control his own body in a way that is holy and honourable, not in passionate lust like the heathen, who do not know God.

Get away from it - (1 Corinthians 6:18-20) Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body.

Guard my mind - (Romans 8:5 NLT) Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.

Go all in with God - (1 Corinthians 9:25-27 NLT) All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

SUMMARY

To fight these harmful bodily toxins, we must first get away from them, even if that means a physical change in proximity! The Bible says to "flee" sexual immorality. We must also actively guard our minds, care-fully considering everything we watch and think about. And finally, to fight these toxins, we must go all in with God.

