

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.

INTRODUCTION

We cannot stay in detox mode forever. As we transition back into the normal flow of our lives, we must be intentional, practical and consistent in maintaining the change we've experienced through the detox. If we can do this, we can expect the results to continually show in our lives! Now, the most important area of our life is our spiritual life, so we must give special attention to maintaining the health of our spirit. There are five practical ways to maintain a healthy spirit, and each must be done daily.

KEY POINTS

THE RULE OF 5

1. Acknowledge and thank God

(Psalm 145:1-3) I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise.

2. Talk to God

(Psalm 68:19) Praise be to the Lord, to God our Savior, who daily bears our burdens.

A certain time - (Psalm 5:3) In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.

A certain place - (Mark 1:35) Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

A certain plan - (Luke 11:2-4) He said to them, "When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."

3. Read and submit to God's Word

(Joshua 1:8) Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

(Psalm 1:1-3) Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

4. Maintain meaningful relationships

(Hebrews 3:13) But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.

5. Surrender my life to God

(Luke 9:23) Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me."

SUMMARY

We need to talk to God, setting and keeping an appointment with Him in a certain time and place, and having a plan in mind so that we can talk to Him effectively. Then, we must read and submit to God's Word. It's not enough for us to read the Word – we need to submit to what it says. We must also maintain meaningful relationships. We simply cannot maintain spiritual health or continue to grow without others. And finally, we need to surrender our lives to God every day. If we recommit our lives to Him each day, we remind our spirit Who is in charge, and we can live freely in spiritual order.

