



#8 "DETOX YOUR SOUL" - PART 2

Proverbs 4:23 (NIV) Above all else, guard your heart, for everything you do flows from it.

Psalm 139:23-24 (TPT) God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting way—the path that brings me back to you.

Psalm 23:1-3 (NKJV) The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside the still waters. He restores my soul; he leads me in the paths of righteousness for His name's sake.

1 Thessalonians 5:23 (AMP) Now may the God of peace Himself sanctify you through and through [that is, separate you from profane and vulgar things, make you pure and whole and undamaged—consecrated to Him—set apart for His purpose]; and may your spirit and soul and body be kept complete and [be found] blameless at the coming of our Lord Jesus Christ.

1. The poison of _____.

Genesis 3:8-10 (NIV) Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. But the LORD God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

How is our soul detoxified from fear?

- ▶ *Give God the control of your life!*

Philippians 4:6 (NIV) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Deuteronomy 31:8 (NIV) The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

- ▶ *Trust in God's love and care for you.*

Psalm 56:3-4 (NIV) When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

1 John 4:18 (NIV) There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

- ▶ *Reject fear.*

2 Timothy 1:7 (NLT) For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Joshua 1:9 (NIV) Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

- ▶ *Be confident that you matter to God.*

Jeremiah 29:11 (NIV) "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

2. The poison of the _____.

How do we detox a soul poisoned by the past?

- Receive God's forgiveness.
- Forgive yourself.
- Invite God to heal your wounds.
- Forgive people fully—from the heart.
- Let go of enmeshments.
- Redeem your regrets by redefining them as lessons.

3. The poison of present _____ and _____.

Ephesians 4:17-18 (NIV) So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

Ephesians 4:22-24 (NIV) You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Galatians 5:19-21 (NLT) When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

1 Corinthians 15:33 (NIV) Do not be misled: "Bad company corrupts good character."

4. The poison of _____.