



# DETOX

## **Detox, Week 2** January 12 & 13

**Speaker:** Joel Schmidgall

**Scripture:** Psalm 55:1-10

### **Sermon Overview**

Many of us are ingesting things, knowingly or unknowingly, that are breaking down our spirit. Whether it's consumption of media, negative words, wrong relationships, DC mindset of position and status - we find ourselves taking in the very things that will tear us down in the long run. What toxins have you allowed in your life that are breaking you down? How are you going to release it and come to a place of soul health?

### **Sermon Series Questions:**

1. How are your boundary stones holding up? Share the wins and losses.
2. What's one pre-decision you made this week?

### **Sermon Specific Questions:**

1. Has there been a time when you completed a food detox? What was that like and how is it similar to detoxing your soul?
2. What toxic thinking have you allowed into your mind?
3. What disciplines can you practice in order to detox an unhealthy thought, habit, or action, to help you follow Christ with steadfastness?
4. What is the result of allowing toxic habits or things to build up in our soul?

## Deep Detox: The Soul

**Introduction:** King David was confronted by the prophet Nathan after his disobedient and deceitful act, and in Psalm 51 he cries out to God. It's a cry and a prayer for a *soul detox*. He recognizes his sin and is aware of his actions.

Spend some time seeking the Lord this week about how you need to soul detox. Before we cut things away or add in disciplines, we need to seek. *Below are a few exercises and ideas of action to help you examine inwardly and soul detox:*

**1. Reread Psalm 51:1-10:** Reread this passage. What words or phrases stand out to you and why? Circle them and pray through them. Ask God to help you see how you can live those words out this week. **Ask: In light of Psalm 51, what might I need to stop doing or start doing?**

**2. Seek out a Nathan:** Nathan confronted David about his sin and had a hard conversation and kept a level of accountability through doing so. **Who is a Nathan who can speak truth into you? How can you seek out accountability?**

**3. Prayer Inventory:** Inventory items and categories of your life (relationships, possessions, finances, habits, disciplines, work life etc.) Pray over each category and item. What is something that needs to be let go of or is unnecessary? **For each category ask: How can I follow God more faithfully here and what is one thing I can do differently?**

**4. Fasting:** Fasting allows us to focus on God and detox our soul, fixing our thoughts and actions more on Him. Consider fasting something this week. Maybe you skip a meal one day and spend that time in the Scriptures. Maybe you fast from TV or social media this week and use that time to pray, journal, or spend time in community. **What could you fast to create more margin and time with God?**