



**Week 5 Soul Detox- "Be free my tortured soul"**

**Welcome:** Have you ever been trapped or got stuck somewhere and you needed help to break free or get moving again?

How have the last 5 weeks spoken to your soul? It was said on Sunday that Soul Detox shouldn't be an annual event but a daily one. What have you/what can you put in place to check your soul's health?

**Word:** Spend some time on this verse, Romans 7: 15 NLT/MSG

***I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.*** (NLT)

***What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise.*** (MSG)

- Do you relate to Paul's words?
- Why is it often easier to do what you don't want to do and not do what is right? What happens as a result of doing this?

On Sunday we looked at the sin, confess, repeat, cycle. Take a moment by yourselves to think of some of the ways you get into this pattern.

- What's got you hooked right now? If you're brave enough, share with the group.
- As a group share ways that you hope to continually get out of this habitual cycle. What are some ideas that we can help each other?

Read I Peter 2: 11...

***Dear friends, I urge you, as foreigners and exiles to abstain from sinful desires, which wage war against your soul.***

What impact does this verse have on our soul?

- Why is the real battle for our soul?
- How do we overcome this battle?

Read I John 1: 9

***But if we confess our sins to God, he can always be trusted to forgive us and take our sins away.***

- How does that sin that tortures you leave your body?
- Why does it feel we can still stay tortured? What's missing?
- Read James 5: 16 (NLT)

Confess your sins to each other and pray for each other so that you may be healed

- Why can it be so hard to confess to another human being?
- What's the result? If it's obvious what's stopping you from doing it?
- What hidden sin do you have in your life?
- Who do you need to tell?

Finish by reflecting back over the series, over the things that have impacted you and some things you can change in order for your soul to stay healthy.

**Prayer:** Take communion together and pray for each other in the group.