



Soul detox- How do we live clean in a contaminated world?

Have a bit of fun by sharing life-stories about a really messy job you've had to do!

How **do we** live clean in a contaminated world?

Can you name the 5 areas we have looked at over the past 5 weeks?!

Looking back over the series, share with each other:

- the challenges you have faced
- some transformation in you thinking
- the sermon illustration you most identified with
- an area of your life that's been under the 'Soul Detox' scrutiny and is freer than it was before

Be Still Restless Soul- Hurry sickness - Pull over. Pop the bonnet. Change lanes.

- Share any stories of how we have done this.
- How have we let God's wrap-around presence protect us?

I stand silently to listen for the one I love, waiting as long as it takes for the Lord to rescue me.

For God alone has become my Saviour. ²He alone is my safe place; his wrap-around presence always protects me. For he is my champion defender; there's no risk of failure with God. So why would I let worry paralyze me, even when troubles multiply around me? Ps 62:1-2 TPT

Be Whole Disconnected Soul- Know ourselves and what we find energising and draining.

- What have we put in place to keep our souls close to God's heart?

With passion I pursue and cling to you. Because I feel your grip on my life, I keep my soul close to your heart. Psalms 63:8 TPT

Be Healed Heavy Soul- When my Soul feels heavy I need to check what I am carrying.

- In what areas of our lives are we walking more freely and lightly?

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰For my yoke is easy to bear, and the burden I give you is light." Matt 11: 28-30

Be Clean Cluttered Soul- Think about what you are thinking about!

- Which negative thoughts do you battle with? (anxiety, pessimism, criticism, low self-esteem...) Have we identified any strongholds that are holding us back?
- Which truth from God's word will demolish that stronghold?

We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. 2 Cor10:3-5

Be Free Tortured Soul- What do we need to be free from?

Confess our sins to God for forgiveness. Confess our sins to God for healing.

Jesus was tortured physically so we can be set free spiritually.

- Have we 'confessed' anything to someone and know something change within us?

But if we freely admit our sins when his light uncovers them he will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and he will continue to cleanse us from all unrighteousness.

1John 1:9 TPT

Pray for one another using some of the above verses.

And you will know the truth, and the truth will set you free. John 8:32

Be at rest once more, O my soul, for the Lord has been good to you. Ps 116:7