

Detox: Pt 5 - Beyond Detox

May 31, 2026

Detox is a season; maintenance is a lifestyle.

Matthew 11:29 ESV Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and **you will find rest for your souls.**

1 Thessalonians 5:23 TLB May **the God of peace himself** make you entirely pure and devoted to God; and may your spirit and soul and body be **KEPT** strong and blameless until that day when our Lord Jesus Christ comes back again.

Proverbs 17:24 GN An intelligent person **aims at wise action**, but a fool starts off in many directions.

PRINCIPLES OF THE RULE OF 5

- **Be Intentional**
- **Be Practical**
- **Be Consistent**
- **Expect Results**

What area of your life should you focus on maintaining the most?

- **Maintain your spiritual life.**

Matthew 6:33 ESV But seek first the kingdom of God and his righteousness, and all these things will be added to you.

RULE OF 5 FOR SPIRITUAL LIVES

1) Acknowledge and thank God.

Psalm 145:1-3 ESV I will extol you, my God and King, and bless your name forever and ever. **Every day** I will bless you and praise your name forever and ever. Great is the Lord, and greatly to be praised, and his greatness is unsearchable.

2) Talk to God.

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

Jesus' way to pray:

- **A certain time**

Psalm 5:3 NIV In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

- **A certain place**

Mark 1:35 NIV 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 NIV One day, Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say: 'Father, hallowed be your name, your kingdom come. Give us each day our daily bread.'

3) Read and submit to God's WORD.

Joshua 1:8 NIV Keep this Book of the Law always on your lips;

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 NIV Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

4) Maintain meaningful relationships.

Hebrews 3:13 NIV 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.

1 Corinthians 15:31 ESV “...I die every day.”

Luke 9:23 ESV And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.”
