

# Detox: Pt 3 - Soul Detox

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May 17, 2026

## **DETOX: Removal of toxic substances from a living organism.**

**2 Corinthians 6:14-18 NIV** 14 Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? 15 What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever? 16 What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." 17 Therefore, "Come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." 18 And, "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."

**2 Corinthians 7:1 NIV** Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

**Psalms 42:5 NIV** Why, my soul, are you downcast? Why so disturbed within me?

## **SOUL TOXINS**

### **Unforgiveness**

**Hebrews 12:15 NIV** See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

### **Comparison**

**James 3:14-16 NIV** But if you harbor bitter envy and selfish ambition

in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.

## **Anger**

**James 4:1 NIV** What causes fights and quarrels among you? Don't they come from your desires that battle within you?

**James 4:2 NIV** You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

## **Worry**

**Matthew 6:27 NIV** Can any one of you by worrying add a single hour to your life?

## **SOUL FOOD**

**Proverbs 4:23 NKJV** Keep your heart with all diligence, For out of it spring the issues of life.

## **Right Relationships**

**Proverbs 13:20 NIV** Walk with the wise and become wise, for a companion of fools suffers harm.

## **God-defined identity**

**Galatians 6:4 MSG** Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.

## **Crucified life**

**Galatians 2:20 NIV** I have been crucified with Christ and I no longer

live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

## **Eternal perspective**

**Colossians 3:1-2 NIV** Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

**Psalms 42:5 NIV** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**I will \_\_\_\_\_ .**