

Detox: Pt 4 - Body Detox

May 24, 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.

Romans 7:21-24 NIV 21 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. 24 What a wretched man I am! Who will rescue me from this body that is subject to death?

Addiction

Romans 6:12-15 NIV 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of

righteousness. 14 For sin shall no longer be your master, because you are not under the law, but under grace.

Debauchery

Extreme indulgence in sensuality.

Ephesians 5:18 NIV Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,

Sexual Immorality

1 Corinthians 6:15-18 NIV 15 Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! 16 Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." 17 But whoever is united with the Lord is one with him in spirit. 18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.

BODY GUARDS

1 Thessalonians 4:4-5 NIV 4 that each of you should learn to control your own body in a way that is holy and honorable, 5 not in passionate lust like the pagans, who do not know God;

Get away from it.

1 Corinthians 6:18-20 NIV 18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.

Guard my mind.

Matthew 6:22-23 NIV 22 "The eye is the lamp of the body. If your

eyes are healthy, your whole body will be full of light. 23 But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

Romans 8:5 NLT Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.

Go all in with God.

Romans 6:13 NIV Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.

I will _____ .