



May 10, 2026

Detox

Spirit Detox

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

**2 Corinthians 6:14-17:1 NIV** <sup>14</sup>Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? <sup>15</sup>What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever? <sup>16</sup>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." <sup>17</sup>Therefore, "Come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." <sup>18</sup>And, "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty." **7** 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 13:2 NIV** How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

## Spiritual Prescription

**Romans 8:5-13 NIV** <sup>5</sup>Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup>The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup>The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup>Those who are in the realm of the flesh cannot please God.

<sup>9</sup>You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup>But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life<sup>[a]</sup> because of righteousness. <sup>11</sup>And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ

from the dead will also give life to your mortal bodies because of<sup>[b]</sup> his Spirit who lives in you.

<sup>12</sup>Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. <sup>13</sup>For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

Starve It: Doubt.

Solve It: Trust what God says.

**Proverbs 3:5 NIV** Trust in the Lord with all your heart and lean not on your own understanding;

Starve It: Negativity.

Solve It: Think what God thinks.

**Isaiah 26:3 NIV** You will keep him in perfect peace,  
Whose mind is stayed on You, Because he trusts in You.

Solve It: Say what God says.

**Ephesians 4:29 NLT** Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Starve It: Sin.

Solve It: Turn to what God wants.

**Romans 6:13 NLT** 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.

Feed It: God's Word.

**Psalms 1:1-2 NLT** Oh, the joys of those who do not follow the advice of

the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night.

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

Feed It: **Worship.**

**Philippians 4:8-9 NLT** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup>Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

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

Feed It: **Prayer.**

**2 Chronicles 7:14 NLT** Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

✓ Holy Spirit what are you **saying to me?**