

**SOUL DETOX
THE FESTERING SOUL**

Fester: (of a negative feeling or a problem) become worse or more intense, especially through long-term neglect or indifference.

Dear friends, I urge you, as aliens and strangers in the world to abstain from sinful desires, which war against your soul. 1 Peter 2:11

THINGS THAT FESTER THE SOUL

1. Things we have done—**ACTS OF SIN**.

...my bones have no soundness because of my sin. 4 My guilt has overwhelmed me like a burden too heavy to bear. Psalm 38:3-4

2. Lies we embrace—**ATTITUDES OF SIN**.

...[The devil] was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. John 8:44-45

3. Wounds that won't heal—**CONSEQUENCES OF SIN**.

Do not be deceived: God cannot be mocked. A man reaps what he sows. Galatians 6:7

THINGS THAT HEAL THE SOUL

1. Confession is better than **HIDING** your sins.

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. Proverbs 28:11

- Ask God to **FORGIVE** you.

If we confess our sins, God is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

- Ask others to **SUPPORT** you.

Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16

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2. Build your **FAITH**.

4 Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. 5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. 9 But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins. 10 Therefore, my brothers and sisters,[a] make every effort to confirm your calling and election. For if you do these things, you will never stumble, 2 Peter 1:4-10

3. Accept God's **GRACE**.

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9

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