

**SOUL DETOX
THE DIVIDED SOUL
SEPTEMBER 30, 2018**

You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. Exodus 20:3-4

“FOLLOW YOUR **HEART**” is a creed embraced by billions of people. It’s a statement of faith in one of the great pop-cultural myths of the Western world—a gospel proclaimed in many of our stories, movies, and songs.

The “follow your heart” creed isn’t found in the Bible. The Bible actually thinks our hearts have a disease: “*The heart is deceitful above all things, and desperately sick; who can understand it?*” (Jeremiah 17:9)

Jesus, the great physician, describes this disease: “*Out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.*” (Matthew 15:19)

“No one lies to us more than our own hearts.” Jon Bloom

We are both a body and soul. The heart describes the part of our soul that focuses on what we see as most important in our lives. If what we focus on most is anything other than God it is called **IDOLATRY**.

An “idol” is anything more **FUNDAMENTAL** than God to your happiness, meaning in life, and identity. Idolatry is not so much wanting bad things as it is turning good things into **ULTIMATE** things.

Our hearts were never designed to be followed, but to be **LED**.

Don’t believe in your heart; direct your heart to believe in God. Don’t follow your heart; follow Jesus. Let not your hearts be troubled. Believe in God; believe also in me. John 14:1

Our hearts left unrestrained are the perfect idol **CHASERS**.

Romans 8 makes it clear that “*those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on **the things of the Spirit**. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.*” (Romans 8:5-6 ESV)

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The most common warning about sin in the Bible is not gossip, lying, adultery, stealing, or murder. We are told to recognize, avoid, reject, remove, move away from **IDOLATRY**.

Little children, guard yourselves from idols. 1 john 5:21

SO HOW DO YOU GUARD YOUR LIFE AGAINST IDOLS?

1. Learn to IDENTIFY them.

Take an honest inventory of what motivates you and defines your self-worth.

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
Psalm 139:23-24*

2. Remove the counterfeit GODS from your life.

*...Tear down your father's altar to Baal and cut down the Asherah pole beside it.
Judges 6:25*

Jesus looked at him and loved him. "One thing you lack," he said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me." Mark 10:21

3. Don't lean on your own UNDERSTANDING.

*Trust in the LORD with all your heart and lean not on your own understanding.
Proverbs 3:5*

4. Focus your deepest desires on one hope: JESUS CHRIST.

Love the Lord your God with all of your heart, soul, mind and strength...

Sources: Bloom, Jon. Don't Follow Your Heart (p. 5). Tim Keller, whitepaper on idolatry. www.lifechurch.tv for series title and concept.

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