

## SOUL DETOX THE BURDENED SOUL

*"Come to me, all of you who are weary and loaded down with burdens, and I will give you rest. Matthew 11:28*

*You are not just a self; you are a soul. 'The LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.'* *You're a soul made by God, made for God, and made to need God, which means you were not made to be self-sufficient."* Dallas Willard

John Ortberg. Soul Keeping: Caring For the Most Important Part of You

- We are created with physical substance: body
- We are created with non-physical substance: soul
- Our full identity is incomplete without both.
- The body is like a ship and the soul is like the engine.

**A healthy soul INTEGRATES** the **body** (health, both good and bad, actions, cravings, language) **mind** (thoughts, moral reasoning, convictions) and **will** (intentions and motives) into a single person. When a soul is connected with God there is a maturing balance with these entities leading to a healthy life.

**An unhealthy soul** leads to the disintegration of these entities, a result of sin.

*Peter said, "I don't get it. Put it in plain language." Jesus replied, "You, too? Are you being willfully stupid? Don't you know that anything that is swallowed works its way through the intestines and is finally defecated? But what comes out of the mouth gets its start in the heart. It's from the heart that we vomit up evil arguments, murders, adulteries, fornications, thefts, lies, and cussing. That's what pollutes."* Matthew 15:15-19, The Message

*What does it profit a man to gain the whole world and forfeit his soul? Mark 8:36*

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## WHAT DO YOU DO WITH A BURDENED SOUL?

- **WHEN BURDENED BY PAINFUL MEMORIES—USE GOD’S WORD TO COUNTER HARMFUL THOUGHTS.**

*We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. 2 Corinthians 10:5, The Message*

*Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits. Psalm 103:1-2*

- **WHEN BURDENED BY CURRENT TROUBLES—POUR YOUR HEART OUT TO GOD.**

*Yet man is born to trouble, as the sparks fly upward. For rain falls on the righteous and unrighteous. Job 5:7*

*Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge. Psalm 62:8*

- **WHEN BURDENED BY UNCERTAINIES ABOUT TOMORROW—REMEMBER HIS FAITHFULNESS IN THE PAST TO ENTRUST YOUR FUTURE TO GOD.**

*“Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.” Psalm 90:1-2 (NIV)*

*Yet you do not know [the least thing] about what may happen tomorrow. What is the nature of your life? You are [really] but a wisp of vapor (a puff of smoke, a mist) that is visible for a little while and then disappears [into thin air]. James 4:14*

*Though you have not seen him, you love him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, **the salvation of your souls.** 1 Peter 1:8-9*

Sources: Craig Groeschel, lifechurch.tv for the series concept. John Ortberg, Soul Keeping: Caring For the Most Important Part of You

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