



**KEEP IT**  
*Clean*

S E R M O N G U I D E

**Keep It Clean**

*2 Corinthians 7:1*

**INTRODUCTION**

You’ve probably heard of a “detox” in the context of health and wellness. Many people will perform a detox cleanse in order to rid their bodies of all of the impurities and unhealthy substances so that they can be healthier. Well, I believe that detoxing is not only necessary for our natural lives, but it’s also necessary for our spiritual lives. In order to fulfill the mission, the purpose, and the assignment that God has for all of us, we must remove impurities, pollutants, and contaminants that keep us from having that kind and the quality of life that God wants us to have. In today’s key verse, Paul tells the church at Corinth that the path toward their spiritual empowerment calls upon them to engage in a detox, which I’m defining as “the elimination of impurities or unhealthy things that damage our faith, damage our hearts, pollute our minds, disrupt our relationships, and block our destiny.” Anything that keeps you from possessing what God wants you to have, going where God wants you to go, being who God wants you to be, and doing what God wants you to do needs to go. And in today’s text, we discover why detoxification is necessary for the child of God.

**KEY POINTS**

**1. Detoxification connects us to the promises of God.**

Paul opens this chapter by saying, *"Since we have these promises,"* which is a reference to the list of five promises available to every child of God found in chapter 6 verses 16-18. The first promise is (1) the promise of God’s presence, where God says, *"I will live (or dwell) in them,"* (2) the promise of God’s protection, where He says, *"I will walk among them,"* (3) the promise of God’s redemption/deliverance, where God says, *"I will be their God and they will be my people,"* (4) the promise of God’s reconciliation, where He says, *"I will welcome you to myself,"* and (5) the promise of God’s adoption and provision where He says, *"I will be your father, and you will be my children."*

These are five promises for every child of God: God’s presence, God’s protection, God’s deliverance, God’s reconciliation, and God’s adoption. In one way or another, each of these five promises establishes that God desires to have a personal, impactful, meaningful, and transformative relationship with each and every one of us. But we can only experience that connection and relationship when we detoxify ourselves from the unhealthy things that damage us from the inside out.

**NOTES**

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**NOTES**

**2. We detox because of our position in God.**

The presence of the possessive pronoun “we” in verse 1 requires us to understand who the subject of the promise is. For that answer, we must go back to Chapter 1 where we rediscover that the intended recipients of this letter are a group of designated people who have been called out from the world and joined together under the banner of Jesus Christ.

2 Corinthians 1:1 says that the letter is written to the “ekklesia” or “the church of God that is in Corinth.” The word “ekklesia” is a technical term in the ancient world that refers to “the citizens of a city or the citizens in a kingdom.”

The letter is written to those who belong to God because they have confessed Christ and therefore, identify with His name, His authority, and His mission. And because they are citizens of the Kingdom, they qualify to be recipients of His promises. They get to possess the promises because of their position in the Kingdom. What Paul is trying to say is that the possession of the promises is determined by who the promises possess – and that’s us, God’s children.

**3. Detoxification is a process that helps us access God’s power.**

The Greek word “katharizo” means to clean or to purify from that which contaminates or defiles, and it is a concept that is used in the Bible to refer to what the Christian needs to prioritize after he or she gets saved.

Remember, we are saved not because of what we do. When we repent of our sins and confess Christ as our savior, God declares us righteous. There’s no test you have to take, no exam you have to pass, or rules you have to follow. But even though salvation is a gift from God, Paul reminds us that we should not accept the grace of God in vain.

After God gives us the gift of salvation, we are responsible as citizens of the kingdom to participate in what’s called the work of sanctification. Sanctification is the renewal of our fallen nature after we are saved so that we can become more like Christ. We cleanse ourselves internally not to be saved, but because we are saved. This is the process that helps us access the power of God.

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# No Limits with Pastor Delman

## **Keep It Clean**

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### **QUESTIONS TO CONSIDER**

1. Which of the five promises of God do you need to remember most this week?
2. How does it make you feel to know that you are a part of God's Kingdom?
3. What is one practical step you can take to become more like Christ this week (sanctification) in order to detox yourself from anything that is spiritually unhealthy?

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