

Detox

Session 1 – Cleansing for the Soul

Matthew 11:28-29 (KJV) – ²⁸*Come unto me, all ye that labour and are heavy laden, and I will give you rest.* ²⁹*Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

Matthew 11:28-29 (ERV) – ²⁸“Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest. ²⁹Accept my teaching.^[a] Learn from me. I am gentle and humble in spirit. And you will be able to get some rest.

I. Introduction

A. We are Spirit, Soul and Body

1. **1 Thessalonians 5:23** ²³*And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our LORD Jesus Christ.*
2. **Wholly**=perfect/complete in all respects
3. Our spirit was taken care of at salvation/the new birth
4. Our soul and body require continued work in order to be WHOLE

B. Jesus declared that He desired to give REST for the SOUL

1. If you are heavy laden (KJV) – Tired from the things that you have been carrying –
2. If you will hear of me – follow me – and allow me – I WILL GIVE YOU REST/ERV = *you will be able to get some rest.*
3. Jesus wants you to have REST
4. There are many in the Body of Christ who have SOUL SICKNESS *Inward issues that plague the natural mind – natural emotions These inward issues effect every area of life including our spiritual health and physical health.*

- a. A restless soul – is not God’s plan
- b. A tormented mind - is not of God
- c. An anxious heart is not God’s best

Note: *When Jesus saw the multitudes in addition to seeing those who were sick and demon possessed, he saw people who were weighted down with HEAVINESS – people who had NO REST He desired for them to have REST.*

II. Detox - What is it?

A. Detox Definition = a treatment intended to remove toxins and impurities from the body – a cleansing – a washing

B. Toxin Def = a poison that has been introduced into your system/
*Toxins may be introduced by different things in different ways
 Toxins left unchecked may cause illness/disease or even death*

Note: *If illness is caused by increased toxins – a person will need detox to clear and clean out what is causing the issue.*

Example: *People who are addicted to drugs often require detox/a process of cleaning their bodies from addictive substances. In addition, an addict needs a mind cleansing and freedom from substance dependency.*

III. Soul Detox

A. There are toxins of the mind/soul

1. A toxin of the mind/soul is anything that causes my thoughts, decisions, emotions to become polluted.
2. Toxins of the soul are all around us
 - a. Philosophies of the culture/The way of thinking

- b. Words that we hear daily /fear/negativity/
 - c. Media influence
 - d. Business/A over-busy lifestyle
 - e. Hopelessness
3. To rid yourself of the DAILY SOUL TOXINS that have been imparted to your life, YOU NEED SPIRITUAL DETOX:

B. Signs that you need spiritual/soul detox

1. Feelings of Burnout
 - a. I can't keep going
 - b. Strong desire to quit
 - c. Lack of energy/passion
2. Negative thinking
 - a. Thoughts of why things won't get better
 - b. Thoughts of why things won't work
 - c. Thoughts of personal lack/failure
 - d. Negative thoughts about the place you are in
 - e. Negative thoughts about the people who surround you
3. Negative Words
 - a. Your mouth is filled with negativity
 - b. Negative thoughts become negative words
 - c. Words of defeat
 - d. Words of fear
4. Worry
 - a. A mind that is dominated by worry
 - b. Worry is fear/fear is torment
 - c. A tormented mind from fear of what might happen
5. Lack of rest and sleep
 - a. Your body cant sleep because your mind is speaking so loud
 - b. Your mind is never at rest
 - c. No peace in your mind/thoughts
6. Boredom
 - a. You are bored with where life is
 - b. You find no satisfaction in life as it is

- c. You find it difficult to celebrate the good things of your life
- d. Your mind settles on the lack of your life
- 7. Spiritual things are not as important as they once were
 - a. You find it difficult to spend time in the Word
 - b. Coming to church is not the same priority as it once was
 - c. There is a lack of excitement/zeal/passion for God

IV. Biblical Soul Detox

A. Matthew 11:29 (KJV) – *Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

1. Learn of me = Hear me – hear my words *Learn from me.*
2. Jesus emphasized the necessity of hearing his words

B. The Word has a detoxing effect

1. **John 15:3 (KJV)** – *Now ye are clean through the word which I have spoken unto you.*
 - a. **Clean** = Purified = free from that which is corrupt
2. **2 Corinthians 7:1 (NIV)** – *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* Other versions - defilement or pollutants = TOXINS
3. **Ephesians 5:26 (NIV)** – *to make her holy, cleansing her by the washing with water through the word*
4. The Word of God has a WASHING EFFECT
 - a. The Word of God washes out the TOXINS of the soul
 - b. Toxic Thinking
 - c. Toxic words
 - d. Fear/worry/failure/defeat/guilt/shame/unworthiness/
 - e. The Word of God is WASHING everything out that needs to be out of my system.

- f. Things that are making me spiritually Weak/Sick are being expelled by the washing of the Word of God.

C. Feet Washing

John 13:4-14 (NLT) – ⁴ So he got up from the table, took off his robe, wrapped a towel around his waist, ⁵ and poured water into a basin. Then he began to wash the disciples’ feet, drying them with the towel he had around him.

⁶ When Jesus came to Simon Peter, Peter said to him, “Lord, are you going to wash my feet?”

⁷ Jesus replied, “You don’t understand now what I am doing, but someday you will.”

⁸ “No,” Peter protested, “you will never ever wash my feet!”

Jesus replied, “**Unless I wash you**, you won’t belong to me.”

⁹ Simon Peter exclaimed, “Then wash my hands and head as well, Lord, not just my feet!”

¹⁰ Jesus replied, “**A person who has bathed all over does not need to wash, except for the feet,^[c] to be entirely clean.** And you disciples are clean, but not all of you.” ¹¹ For Jesus knew who would betray him. That is what he meant when he said, “Not all of you are clean.”

¹² After washing their feet, he put on his robe again and sat down and asked, “Do you understand what I was doing? ¹³ You call me ‘Teacher’ and ‘Lord,’ and you are right, because that’s what I am. ¹⁴ And since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet.

1. Jesus is demonstrating the necessity of daily personal spiritual washing and cleansing
2. Peter did not understand = Peter, you do not understand what I am doing right now, but you are going to understand.

- a. *Peter was about to experience some TOXIN of the SOUL*
 - b. *Peter was about to be impacted by OUTSIDE pressure*
 - c. *Peter was about to sin by denying the Lord Jesus*
3. Peter was going to need a DETOX/CLEANSING of wrong thinking/action
 4. Every believer needs the cleansing of the Lord Jesus
 - a. The priesthood of believers
 - b. 1 Peter 2:5 – We are a holy priesthood
 - c. 1 Peter 2:9 - We are a royal priesthood
 - d. Revelation 1:6 – We are kings and priests
 - e. Priests have ACCESS -
 - f. We no longer need a man/priest to bring us into the presence of the Father – we have been given personal access –
 - g. We do have JESUS as the HIGH PRIEST of our salvation
 - h. The priest would bathe and dress appropriately for priestly duty prior to leaving their home.
 - i. Once they had walked across the desert to enter the Temple, they would need to wash their feet in a laver prior to entering for service.
 - j. They didn't need to BATHE completely again, but they did need to wash their feet.
 - k. JESUS TOLD PETER - you don't need me to wash you entirely, you have already been made clean. However, your feet have picked up things/TOXINS that need to be removed. You need to have your feet washed
 - l. Feet are the part of the body that touches the world.
 - m. While you are saved/There are things that touch your life from this world daily – Left undealt with – THEY ARE TOXIC.

- n. You need to be daily washed from the daily toxins of the world!
 - o. Toxins do not cause you to need to be re-saved
 - p. Toxins will hinder the fullness/blessing of your salvation.
5. Just as feet washing keeps my feet in good walking order/Soul Detox keeps my spiritual walk in shape.

NOTES:

- *Example: Why I feel better after coming to church*
- *Example: The effects of missing regular church services*
- *I need to be WASHED on Sunday from everything that I had to walk through Monday-Saturday.*

