



Soul and Body Detox

Soul and Body Detox:

- Intro: Toxic to the body (George - Detox)
- Point: Our new life in Christ calls us to put off deeds of darkness that harm community and put on virtues of love that help community. This is the only way we can walk in alignment with the Spirit and that the community can mature together. Putting off these vices, and putting on virtues detoxes our soul, and the Body of Christ.

Ephesians 4:25-28

- Call to live moral life motivated by: (1) identity in Christ; (2) sacrificial love for others; (3) personal relationship with the Spirit of God who can be grieved by our sin.
- The first three exhibit the following general pattern: (1) an exhortation to the Ephesians to rid themselves of a particular social vice, (2) an appeal to develop the corresponding social virtue, and (3) a reason for the injunction.

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- Ephesians 4:25-28, "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 'In your anger do not sin': Do not let the sun go down while you are still angry, and do not give the devil a foothold. Those who have been stealing must steal no longer, but must work, doing something useful with their hands, that they may have something to share with those in need."

Soul and Body Detox:

- Detox #1: Put off falsehood, and speak the truth. Eph 4:25, "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."
- Honesty with one another is essential for mutual trust and is foundational to life in the community of believers. Lying to one another is like lying to ourselves – we are one body.

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- Examples: Lying about oneself (pretending, addiction); slandering others; withholding liberating truth for self-preservation – Eph 4:15

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- Detox #2: Put off sinful angry reactions, put on resolve to process. Eph 4:26-27, "In your anger do not sin': Do not let the sun go down while you are still angry, and do not give the devil a foothold."
- It isn't a sin to be angry; Times for anger (abuse, oppression, evil – ferocity of the Father). Righteous anger is selfless. (Motives - Injured pride, envy, spite, hurt, etc – process & deal with anger, be careful. Slow down)

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- Detox #2: Put off sinful angry reactions, put on self-control. Eph 4:26-27, "'In your anger do not sin': Do not let the sun go down while you are still angry, and do not give the devil a foothold."
- Deal with anger quickly. Don't allow it to endure. Always dangerous spiritual territory. (Ground – practicing ungodliness opens us to demonic attacks; Heb 12:15) (grieve, forgive, bless)

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- Detox #3: Put off stealing, put on hard work and generosity. Eph 4:28, "Those who have been stealing must steal no longer, but must work, doing something useful with their hands, that they may have something to share with those in need."
- Put off stealing. (Shoplifting, cheating)
- Put on hard work for generosity. Quit being a taker and be a giver. (Friendships – add value; family, church, community – give back)

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