Part 3:DETOX…BODY

The Detox series is focusing on detoxing the three different parts of our being: our spirit, our soul, and our body. We need this detox because all of us allow toxic substances into our lives, whether knowingly or unknowingly. This week, we talked about our body. There are three main toxins that impact our bodies negatively and keep us in sin: addiction, debauchery and sexual im- morality. Most of us think we are immune to “addiction” because it’s such a serious word, but addiction is simply doing some- thing you wish you wouldn’t do, and all of us struggle with this at some point or another. Debauchery is extreme indulgence in sensuality, which is, essentially, following your feelings. And sexual immorality is sinning against your body – a temple of the Holy Spirit – in any inappropriate sexual way. To fight these harmful bodily toxins, we must first get away from them, even if that means a physical change in proximity! The Bible says to “flee” sexual immorality. We must also actively guard our minds, care- fully considering everything we watch and think about. And finally, to fight these toxins, we must go all in with God.

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19-20

**Discussion Questions**

* The closer we are to Christ the less we desire the things this world offers and the more we drift from God, the more we crave the things this world offers. What are some practical ways you can “go all in” with God daily or oftentimes hour by hour?
* Read Romans 6:12-14. We all have something that can easily master us (food, drugs, alcohol, lust, internet, gambling, television, spending, hunting, sports, work, etc.) Discuss with the group what potentially could be mastering you.
* Pastor Jeremiah challenges us to detox our body of addiction, debauchery and sexual immorality. What one thing can you do today to actively guard your mind and flee ungodly temptations?

**Prayer Focus**

Ask God to identify and remove any ways that your body is intoxicated by sin. Break off any remaining soul ties from unhealthy sexual relationships. Ask Him to give you a new mind and change your thinking on any areas in which you are struggling so that you do not return to any of your old ways. Commit to going all in with God and ask Him to have control over your life. Ask Him to restore purity to your physical body – He is willing and able!

**Next Step**

If anyone or anything in your life is leading you to sin against your body, get away from it today! Then, identify any other things of which your body needs to detox, and connect with an accountability partner to help you stay committed to finding freedom from these things. Commit to a way of fasting this week that will eliminate a specific toxin from your body. Take note of how this fast affects you so that you can report back to the group next.