



Part 1:

Big Idea

During this message series, we are focusing on detoxing the three different parts of our being: our spirit, our soul, and our body. We need the detox because all of us allow toxic substances into our lives, whether knowingly or unknowingly. This week we talked about our spirit, which technically doesn't "need" detox because it is the part of us that is like God. Our spirit is already clean and righteous. But the enemy still attacks our spirit, especially in our mind – and our mind feeds our spirit. During this Detox Series and process, we will be both starving ourselves of the world and feeding ourselves with the things of God. Three things we must starve so that our spirit can thrive are doubt, negativity and sin. In order to starve doubt, we must trust what God says and stop valuing our own reasoning above what He says is true. To starve negativity, we need to say what God says and think what God thinks. And to starve sin, we must turn to what God wants. Three things we must feed our spirit with are God's Word, worship and prayer. This detox is important because we need to prioritize the right things in order for our spirit to flourish. We are ultimately defined by the things we can't live without.

"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." - 2 Corinthians 7:1

Discussion Questions

- Proverbs 3:5 says to "Trust in the LORD with all your heart and lean not on your own understanding." Discuss how we can consistently apply this verse in our everyday lives.
- This week, we were called to starve our spirit of doubt, negativity and sin. What steps will you need to take to make that happen in your life?
- Who in your life needs help carrying their burdens? What are some practical ways that you can show them compassion while pointing them to Jesus?

Prayer Focus

Identify the ways that you want to feed your spirit and write them down. Put this list on a mirror or in a place that you will see it every day so that you can remember to spend this week detoxing your spirit. Spend time in God's Word, worship and pray every day this week.

Next Step

Ask God to identify and remove any doubt, negativity or sin that you may have in your life. Let Him know that you are not interested in letting any of those three things define you, and ask Him to help you redirect the focus of your mind, which influences your spirit. As you read the Word each day, ask Him to reveal more of Himself to you through Scripture.

Leader Tip

Remember to pray for your group members by name every day. Ask your members how you can pray for them and keep a list so you can see how God is answering your prayers.