

soul **DETOX**



April 11, 2021 | Where to Begin

Toxic Behavior Is . . .

1. Self-_____ and Self-_____.
2. _____ and _____.
3. _____ and _____.

Proverbs 6:16-19 There are six things the Lord hates, seven that are detestable to him: ¹⁷ haughty eyes, a lying tongue, hands that shed innocent blood, ¹⁸ a heart that devises wicked schemes, feet that are quick to rush into evil, ¹⁹ a false witness who pours out lies and a person who stirs up conflict in the community.

How Do We Live Healthier Lives? How Do We Become Less Toxic?

1. The Bible Says that All Behavior is _____ or _____,
and _____ or _____.

Proverbs 10:6 Blessings crown the head of the righteous, but violence overwhelms the mouth of the wicked.

Proverbs 10:11 The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence.

Proverbs 10:1, 12:5, 13:20, 14:1

2. The Starting Point for a Soul Detox is to _____ in the _____.

Proverbs 27:19 As water reflects the face, so one's life reflects the heart.

Jeremiah 17:9 The heart is deceitful above all things and beyond cure. Who can understand it?

I'm Acting Like a Fool When I . . .

- Live Like There's No God, or Live Like I am God. **Psalm 14:1**
- I Say Everything that Pops into My Head. **Proverbs 10:8, 14**
- I Reject Advice and Correction. **Proverbs 12:15**
- I Think I am Right all the Time. **Proverbs 26:12**
- I Refuse to Change. **Proverbs 13:20**
- I React in Pride. **Proverbs 14:3**
- I Live in Love with My Own Opinions. **Proverbs 18:2**
- I Am Quick to Quarrel. **Proverbs 20:3**
- I Trust Only in Myself. **Proverbs 28:26**
- I Give Full Vent to My Rage. **Proverbs 29:11**

3. A Soul Detox Begins with an _____ that I am the _____, and that I Need _____.

Romans 3:10 As it is written: "There is no one righteous, not even one;
Proverbs 30:2-4, 1 Corinthians 1:23-24

4. A Soul Detox Takes _____ as I Learn to _____ Like Jesus _____.

Proverbs 8:32-36 "Now then, my children, listen to me; blessed are those who keep my ways. ³³ Listen to my instruction and be wise; do not disregard it. ³⁴ Blessed are those who listen to me, watching daily at my doors, waiting at my doorway. ³⁵ For those who find me find life and receive favor from the Lord. ³⁶ But those who fail to find me harm themselves; all who hate me love death."

Proverbs 9:1-6

The One Thing:

Life is Healthier When I _____ into the House of _____, Not Just Stop by for a _____ Once in Awhile.