

soul **DETOX**



May 9, 2021 | Part 6: Detoxing the
Ongoing Conversation Inside My Head

Our _____ Are Often
_____ in the Toxic.

Colossians 3:1-14 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory. ⁵ Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming. ⁷ You used to walk in these ways, in the life you once lived. ⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. ¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

The One Thing:

I Need to Fully _____ Grace,
in Order to Fully _____ Grace.

How Does Jesus Bring Freedom to a Mind Trapped by the Toxic?

1. Refocus My Thoughts not on _____ I _____, but Rather, on
_____ I _____ in _____.

Colossians 3:12-13

Colossians 3:1-3

2. Recognize My Tendency to _____, even
_____, My Toxic Sins.

Colossians 3:5-9

3. Release Myself From the _____ of _____ that
_____ Has Paid.

Colossians 3:12-13

4. Retrain My Brain to _____ My Toxic Thoughts with
_____ Thoughts.

Colossians 3:8-9

Colossians 3:12-14