



## LESSON 8 // DETOX YOUR SOUL—PARTS 1 AND 2

**Big Idea:** You need to be healthy on the inside in order to develop healthy relationships. An important aspect of this is allowing the Lord to filter out toxic poisons in your soul, like fear; past sins, failures, guilt and shame; present unhealthy practices and patterns; and self-centered living. You'll be better as you let Jesus detox your soul, and so will all of your relationships!

**Proverbs 4:23 (NIV)** *Above all else, guard your heart, for everything you do flows from it.*

**1 Thessalonians 5:23 (AMP)** *Now may the God of peace Himself sanctify you through and through [that is, separate you from profane and vulgar things, make you pure and whole and undamaged—consecrated to Him—set apart for His purpose]; and may your spirit and soul and body be kept complete and [be found] blameless at the coming of our Lord Jesus Christ.*

### Start Talking:

Why is it important to filter the water you drink (or to make sure it's filtered before it reaches you)? How might this apply to the need to filter what you "drink" spiritually?

### Start Thinking:

**Read 2 Timothy 1:7.** What are some ways that fear has affected you in your relationships (e.g. insecurity, worry, isolation, etc.)? How is God helping you deal with these so they don't continue to impact you?

**Read Micah 7:18, 19.** How can the truth and experience of God's great compassion and forgiveness filter out poisons of your past sins, failures, guilt and shame?

**Read Ephesians 4:22-24.** Why are the right attitudes and thinking so important in overcoming unhealthy practices and patterns in your relationships?

**Read Luke 9:23; Galatians 2:20; Philippians 2:3, 4.** What do you learn from these verses about filtering out "the poison of self" in your life?

### Start Praying:

Pray for the Lord to filter out ungodly attitudes, thinking and actions that poison your soul and your relationships.

### Start Doing:

Memorize and declare the truth of Proverbs 4:23 and Ephesians 4:22-24 as key verses that will help you root out toxins from your heart and mind and "put on the new self" (Ephesians 4:24) in Christ.