

Wow! Lots of deep healing today!

Blessings and MYESE!

Pastor Heard

Part 1: Soul Detox!

Texts:

Ephesians 2:6 (NIV) – *“God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.”*

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

Today we will begin a new series that I believe will help remove hindrances and facilitate the elevated life God meant for us to enjoy. For the next few weeks, we will be discussing:

"Soul Detox!"

A. Here are some subjects we will discuss:

1. Toxic thoughts: how to flush out the junk—for good.
2. Toxic emotions: take control before you lose control.
3. Toxic words: speak life instead of death.
4. Toxic faith: the bitter fruit of bad religion.
5. Toxic relationships: when it's this wrong, it can't be right.
6. Toxic parents: forgive them...they need it.

7. While researching these lessons, I found a book with this same title by a respected author. If you wish to purchase the book, it may prove to be very helpful.
- B. What do the NIV and New King James Version have to say about “Soul Detox?”
1. The NIV says we should guard our hearts because EVERYTHING we do flows out of it. Notice the word: EVERYTHING!
 2. In the NKJV, **Proverbs 4:23** says, “Keep your heart with all diligence, For out of it SPRING the issues of life.”
 3. I like the expression “spring” in the New King James. It conveys the idea of something being under pressure.
 - a. For example, an artesian spring, or well is formed when some type pressure forces underground water to the surface.
 - b. The difference between an artesian spring and an ordinary stream is that a typical body of water in a bayou, river, lake or even the ocean, will always comply with the effect gravity has upon a liquid of seeking the lowest level.
 - c. However, a true spring is formed when water is forced to the surface by some type pressure that is out of control.
 4. The toxins produced by life situations can prick your heart and then fester and become painful. Most people choose to just live with the pain and hope it goes away. What we must understand is that God wants to remove those hurts and restore our health.
 5. If the pain is not treated, just as pressure forces water to become a spring, things will begin to surface in our lives that will generate more pain and suffering—not only to ourselves, but our friends and loved ones.
 6. Relationships are then affected, including the most vital of them all—our relationship with God!
- C. To experience true elevation that is both lasting and meaningful, we must deal with those hurtful poisons.

1. A toxin is a dangerous substance that can cause harm to the body or even death.
2. If we fail to detox the soul, negative, self-destructive forces will continue to surface through the emotions, thoughts, decisions and behavior.
3. "Toxic" comes from the Greek word "toxikon," which refers to an archer taking aim and then shooting a poisoned arrow.
4. This is exactly what the enemy does. He aims at the heart and mind and then shoots his destructive, unhealthy thoughts.
 - a. **Ephesians 6:16 (NIV)** - "Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one."

D. In the Hebrew, the word "heart" conveys a much fuller meaning than merely an organ in the human circulatory system.

1. The heart is the center of a person's will, emotions and intellect, often referred to as the "soul." It is so easy for the will, emotions and thoughts to become poisoned.
 - a. **Proverbs 23:7a (KJV)** - "For as he thinketh in his heart, so is he."
2. Tragically, even if a believer's thoughts become negative, the truth of the Bible still applies.
3. Who you are is not determined by wealth, title, or status in society. It is determined by the thoughts you entertain and embrace.
4. Many have this concept in reverse. They believe that the accumulation of wealth and popularity will automatically cause you to think like those who are successful and happy. But that's not how it works. Generally speaking, you must change the way you think BEFORE you experience elevation.
5. Those who seem to be blessed and elevated without following the correct order will eventually discover that poisonous thoughts will pull them down again.

E. *Detox*, which is short for "to detoxify," means: to remove or extract poisons.

1. The purpose of this series is to "detox" those poisons that have affected your thoughts, will or emotions.
2. The good news is, you can be rid of everything that has negatively affected your life by first diagnosing the problem and then developing a strategy for eliminating it.
3. Many people do not understand what the problem is—like the joke about the Louisiana guy, Boudreaux, and the Balcony.

As Boudreaux lay sprawled across three entire seats in the Saenger Theater, he appeared to be drunk. When the usher noticed his position, he whispered, "Sorry sir, but you're only allowed one seat."

Boudreaux groaned, but didn't budge.

Becoming more impatient, the usher ordered, "Sir, if you don't get up from there, I'll have to call the manager."

But all Boudreaux did was just groan.

Marching briskly up the aisle, the usher returned in a moment with the manager. Repeatedly, they tried to move Boudreaux, but with no success. Finally they summoned the police.

A cop surveyed the situation and demanded, "All right buddy, what's your name?"

"Boudreaux," he moaned.

"I'm Cajun, too. Where ya come from, Boudreaux?" asked the cop.

Without moving a muscle, in a terribly painful voice Boudreaux replied, "From da balcony...".

F. All of our lives we've heard the saying, "What you don't know can't hurt you." Right?WRONG!

1. When I was just a little guy, I remember that my dad worked at a plant in Lake Charles that manufactured hydrazine, a rocket fuel component used by NASA and the military.
 - a. Hydrazine is extremely dangerous, highly explosive—and very unstable. If not diluted, it will literally explode in its natural form.
 - b. A few years ago, the government announced that a missile was being fired from the sea to destroy a spy satellite which was about to re-enter the earth's atmosphere. The reason for shooting it from the sky was because it contained this dangerous component.
 - c. If a mistake should be made in the production of hydrazine, the entire batch would have to be dumped and the process started again.
 - d. Unknown to the scientists, every time this happened, an even deadlier chemical was being created within the tanks, making the hydrazine even **more** unstable.
 - e. Finally, one night it exploded. The blast was so loud, it awoke my family—15 miles away! Thankfully, my dad wasn't working the night of the explosion. But several people lost their lives.
2. Contrary to what we have been taught, what you don't know **can** hurt you! The consequences can be devastating—and even deadly!
3. Like that unobserved chemical slowly forming in the processing system at Olin Matheson, unseen toxins can also build in the heart.
4. In the beginning stages, you may feel as though you've been poisoned. But as the build-up of toxins progresses, a person can explode, self-destruct, and fall apart—without a clue of what was about to happen. Even worse is the effect upon those who we should bless, rather than hurt.
5. God doesn't want this to happen to any of us. In **Genesis 12:2 (NKJV)**, He told Abraham, "I will make you a great nation; I will bless you And make your name great; And you shall be a blessing."

6. Our lives were meant to bless and to do good toward all those we meet, especially our loved ones.

G. Throughout his life, Jacob struggled with toxic thoughts and feelings.

1. While reading his story from the Book of Genesis, I must keep reminding myself of God's extraordinary blessings upon this man. But Jacob never seemed to grasp that fact!
2. Isn't it amazing that certain people can be the envy of multitudes, and yet feel as though they are dying on the inside?
3. To reveal the depth of Jacob's toxic thoughts and emotions, notice the effects of God changing his name from Jacob to Israel:
 - a. **Genesis 32:28 (NKJV)** - "And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men, and have prevailed."
 - b. **Genesis 32:30 (NKJV)** - "So Jacob called the name of the place Peniel: "For I have seen God face to face, and my life is preserved!"
4. Even though God Himself had declared that he was "no more Jacob but Israel," he CONTINUED to call himself Jacob until near the time of his death many years later. While God saw him as a prince, Jacob continued to see himself as a thief or 'heel-grabber.'
5. In the chapter after Jacob's encounter with God and name change, notice how the chapter begins:
 - a. **Genesis 33:1 (NKJV)** - "Now Jacob lifted his eyes and looked, and there, Esau was coming, and with him were four hundred men."
 - b. He doesn't call himself Israel; he's still Jacob.
6. God even appeared again to remind him of his name change:
 - a. **Genesis 35:9-10 (NKJV)** - "Then God appeared to Jacob again, when he came from Padan Aram, and blessed him. And God said to him, "Your name is Jacob; your name shall not be called Jacob

anymore, but Israel shall be your name." So He called his name Israel."

7. Even after this reminder that he was no longer Jacob, in the next few verses he still calls himself Jacob—not Israel!
 - a. **Genesis 35:13-15 (NKJV)** - "Then God went up from him in the place where He talked with him. So Jacob set up a pillar in the place where He talked with him, a pillar of stone; and he poured a drink offering on it, and he poured oil on it. And Jacob called the name of the place where God spoke with him, Bethel."
8. Jacob doesn't call himself Israel until Genesis 37, after the death of his father Isaac.
 - a. Does that give us any insight as to why he saw himself as Jacob instead of Israel? Was it because of his father?
 - b. Still, using the name Jacob did not completely cease. He seemed to rotate back and forth between the two names.
9. During difficult, stressful times, he seems to revert to the name Jacob.
 - a. After his sons told him that Joseph had been killed by a wild animal, the name Jacob is used.
 - b. **Genesis 37:34 (NKJV)** - "Then Jacob tore his clothes, put sackcloth on his waist, and mourned for his son many days."
 - c. During the famine that threatened his family, he called himself Jacob.
 - d. **Genesis 42:1-2 (NKJV)** - "When Jacob saw that there was grain in Egypt, Jacob said to his sons, "Why do you look at one another?" And he said, "Indeed I have heard that there is grain in Egypt; go down to that place and buy for us there, that we may live and not die."
 - e. After being safely established in Goshen and reunited with his son Joseph, he called himself Israel again.

- f. **Genesis 47:27 (NKJV)** - "So Israel dwelt in the land of Egypt, in the country of Goshen; and they had possessions there and grew and multiplied exceedingly."

10. As we often do in times of stress and difficulty, Jacob reverted to his old way of thinking. That old negativism, anger and distrust crept back inside.

H. Without a doubt, Jacob was elevated in very remarkable and unusual ways.

1. But as mentioned, in his statement to Pharaoh, we have the distinct impression that he never truly realized how blessed he had been. When Pharaoh asked his age, notice Jacob's reply:

- a. **Genesis 47:9a (NKJV)** - "And Jacob said to Pharaoh, "The days of the years of my pilgrimage are one hundred and thirty years; ***few and evil*** have been the days of the years of my life."

- b. The NIV says "few and difficult." He never enjoyed what God had done for him!

2. I'm reminded of the words of Frederick Langbridge: "Two men looked out from prison bars; one saw mud, the other saw stars." How many of us live exactly like that? We do not recognize how blessed we are because of hurt or disappointments and for failing to rid ourselves of toxins picked up along the way.

3. Somehow, we never enjoy the life God meant for us to celebrate. But even worse, like Jacob, our dysfunction is passed to those we love most—our children.

4. Next week we will examine the causes for the tragedies in Jacob's life—and our own—and how detox can prevent us from being harmed.

5. Our subject: "Toxic thoughts: flushing out the junk—for good!"

I. **Life Application Points:**

1. Ask yourself this question: Do I seem to keep doing or saying things that are painful to me and those near me?

2. If you were told to create two lists, one of blessings and the other of sorrows, which list would be the longest?
3. Which do you think of the most: your blessings or your sorrows?
4. Why?