

What an incredible service, taking communion and enjoying the beautiful presence of God. This series has generated more responses than any I can remember. God is healing people. Next Sunday will be incredible!

Many blessings and MYESE!

## **Part 30: Elevate Your Life!**

### **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."

### **Soul Detox:**

## **Speak Life Rather Than Toxic Words of Death! or "The Result of Talking to Yourself"**

A. Toxic thoughts produce toxic emotions....toxic emotions lead to toxic words.... toxic words produce a toxic life.

1. Why does this happen? Like God, you have been given the ability to speak your world into existence.
2. If you've been plagued with toxic emotions, make no mistake, those emotions will manifest themselves in toxic words. In fact, the entire cycle will begin to repeat itself.
3. The toxic thoughts most of us deal with likely originated from toxic words of death—rather than words of life—that someone spoke over us.

4. If we believe what others say about us, we will begin speaking toxic words to ourselves.
5. Some researchers say that the average person speaks to themselves about 50,000 times a day—and 80% of that talk is negative.

**B. *Be careful what you say!***

1. Apply that good advice to every part of your life—but especially to your spouse and other family relationships.

2. **Joke:** You Have Great Eyesight!

A husband walked into his home and found his wife standing in front of a mirror with a big frown on her face. "I'm really looking old," she confessed. "My hair is turning gray, I've got wrinkles, and I'm too fat!" Her husband just stared and never said a word. Finally, she turned and asked, "Well, aren't you going to say anything?"

After pausing for a moment to think, he finally replied, "Well, your eyesight is really working well."

3. The English word "toxic" comes from the Greek "toxikon," which refers to an archer taking aim and shooting a poisoned arrow. This is precisely the image used in scripture to describe toxic words.

- a. **Psalm 64:3b (NIV)** - "They....aim cruel words like deadly arrows."

- b. This scripture confirms that like a poisonous arrow, hurtful words can lodge in your heart, begin to fester, and then spread its poison throughout your system.

- C. Because of the tremendous power in spoken words, the Word of God cautions us to be careful about what we say.

1. **Matthew 12:36-37 (NKJV)** - "But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For

by your words you will be justified, and by your words you will be condemned.”

2. Why would God be so concerned about the words we say? Well, if **anyone** knows how powerful words are, He does!

a. **Psalm 33:6 (NIV)** - “By the word of the Lord the heavens were made, their starry host by the breath of his mouth.”

b. **Psalm 33:9 (NIV)** - “For he spoke, and it came to be; he commanded, and it stood firm.”

c. **Proverbs 18:21 (NIV)** - “The tongue has the power of life and death, and those who love it will eat its fruit.”

3. Each and every day, you either speak life or you speak death over yourself and others.

a. **Matthew 12:36-37 (The Message)** - “Let me tell you something: Every one of these careless words is going to come back to haunt you. There will be a time of Reckoning. Words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation.”

4. If words can be our salvation or damnation, they are actually determining our future!

5. As our example, what kind of words did Jesus speak?

a. **John 6:63b (NKJV)** - “The words that I speak to you are spirit, and they are life.”

6. Let's become like Jesus—and speak life!

D. In our recent series on spiritual authority, we found that whether we realize it or not, words have tremendous authority!

1. Words are so powerful, they command a particular outcome.

2. (See Dr. Masaru Emoto's discovery of the power words upon water crystals: <http://youtu.be/iu9P167HLsw>).

E. In this Soul Detox series, we have observed the toxicity that existed within Jacob.

1. As mentioned, I believe Jacob's dysfunctional family severely wounded him in early childhood.
2. In my opinion, Jacob was one of—if not the **most** blessed individual in the entire Bible. Yet when he stood before Pharaoh, he seemed to have no recollection of how blessed he truly was!
3. Jacob believed that his days had been **few and difficult!** Why do you suppose he made such a statement? Could his parents have made a lasting impression with the name they gave him or the words they spoke over him?
4. Worse, could Jacob have been partly responsible for the bad situations he encountered by inadvertently speaking toxic words over himself?

F. After many years of counseling, plus my own painful experiences in life, I am convinced that the enemy uses a very successful strategy of prompting people to use negative self-talk that will limit and even destroy their lives.

1. The big question, then is: why has this strategy been so successful?
2. And secondly, how did the enemy discover such an effective tool? How could he know that it would work so well?
3. The answer is very simple: negative self-talk is the weapon that destroyed him!
4. Ezekiel, Chapter 28, reveals that the Archangel Lucifer was once Heaven's worship leader. Named in scripture as the "anointed cherub that **covered**," this angelic creature who was perfect in beauty and wisdom, could have even 'shielded' God!
  - a. **Ezekiel 28:12a (NKJV)** - "You were the seal of perfection, Full of wisdom and perfect in beauty."
  - b. **Ezekiel 28:14-15 (NKJV)** - "You were the anointed cherub who covers; I established you; You were on the holy mountain of God;

You walked back and forth in the midst of fiery stones. You were perfect in your ways from the day you were created, Till iniquity was found in you.”

5. Why was Satan, or Lucifer, cast out of Heaven? How could he forfeit a position of such favor, prominence and blessing? ....His self-talk!!
  - a. **Isaiah 14:12-15 (NKJV)** - “How you are fallen from heaven, O Lucifer, son of the morning! How you are cut down to the ground, You who weakened the nations! [13] For you have said in your heart: I will ascend into heaven, I will exalt my throne above the stars of God; I will also sit on the mount of the congregation On the farthest sides of the north; [14] I will ascend above the heights of the clouds, I will be like the Most High.’ [15] Yet you shall be brought down to Sheol, To the lowest depths of the Pit.”
  - b. Notice verse 13: "For you have said in your heart...."
6. Talking to himself was not the problem. We all do it. The problem was the words he chose in those intimate conversations within the privacy of his own heart. What he said was wrong. His self-talk became toxic!

G. Satan uses his persuasive abilities to entice us to do as he did—abort God's favor, blessings, elevation—and even our destiny—by engaging in the destructive powers of toxic self-talk!

1. He begins by producing a negative situation in your life.
2. Then he persuades you to rehearse it over and over again until your self-talk becomes toxic.
3. Not only do you repeatedly mention negative thoughts, but you also begin to predict a negative future for yourself.
4. When that happens, he rejoices over the inevitable results!

H. Correct self-talk can position you to experience a breakthrough!

1. In Jesus' parable of the prodigal son, notice what happened:

- a. **Luke 15:17 (NKJV)** - "But when he came to himself, he said...."
  - b. Who was he speaking to? ...himself. All his "good-time" friends forsook him as soon as his money was spent.
2. Remember the woman with the issue of blood?
    - a. **Mark 5:28 (NKJV)** - "For she said, If I may touch but his clothes, I shall be whole."
    - b. To whom did she speak these words? ....herself. She had no one who could help her.
  3. As blessed as he was, what **could** Jacob have accomplished for God had he learned about soul detox and refusing to speak words of death over his life?

#### I. Life Application Points:

1. Change your talk! Do not speak about your circumstance; speak God's Word **to** the circumstance!
  - a. **John 6:63 (NKJV)** - "It is the Spirit who gives life; the flesh profits nothing. ***The words that I speak to you are spirit, and they are life!***"
  - b. The reason scripture is so powerful is that God and His Word are indivisible!
  - c. **John 1:1 (NKJV)** - "In the beginning was the Word, and the Word was with God, and the Word was God."
  - d. **John 1:14 (NKJV)** - "And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth."
2. Count your blessings instead of your problems!
  - a. **Psalms 139:17-18 (NKJV)** - "How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; When I awake, I am still with You."

- b. **Psalm 103:2 (NKJV)** - "Bless the LORD, O my soul, And forget not all His benefits:"
  - c. **Psalm 68:19 (NKJV)** - "Blessed be the Lord, Who daily loads us with benefits, The God of our salvation! Selah!"
  - d. A minister friend of mine from Fort Worth had been preaching in Latin America. On his way to the airport, he was delayed by traffic and the agent refused to allow him on the plane. He became so angry, he gave the airline some bitter complaints. But later that day, he learned that the plane crashed and every person on board lost their life.
3. Speak life-giving words over your family, your health, business, marriage and ministry! Never allow negative circumstances to make you doubt God's promises or keep you from speaking words of life.
  4. Speak until you have a breakthrough. Like Ezekiel's vision of the dry bones, speak until life comes forth!