



CLASS #1: THE SPIRITUAL DETOX (Pastor Matt Anderson)

Something's Not Right

Luke 10:38-42

38 Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. 39 She had a sister called Mary, who was seated at the Lord's feet, listening to His word. 40 But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." 41 But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; 42 but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

Three Toxic Areas in Our Lives

1. Toxic B _____ :
 - Thoughts
 - Language
 - Sin
2. Toxic E _____ :
 - Bitterness
 - Anger
 - Fear
3. Toxic I _____ :
 - Culture
 - Relationships
 - Religion

How Do We Detox Our Soul

1. R _____ . Gen 2:2-3
2. R _____ . Gen 2:16-17
3. S _____ . Gen 2:15
4. R _____ . Gen 2:18

Application

1. What areas in your life need detoxing so that you can walk with God?
2. Do you need to focus more on Rest, Restraint, Serving, or Relationships? Why?
3. What must change in your life today so that you can walk closer with God?