

## **FIT: Faith Improvement Training**

### **Soul Detox**

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#### **2 Corinthians 7:1 (NIV)**

*Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.*

#### **Old Testament Purification**

The great annual purification of the people was on the Day of Atonement (q.v.). But in the details of daily life there were special causes of ceremonial uncleanness which were severally provided for by ceremonial laws enacted for each separate case. For example, the case of the leper (Lev 13, Lev 14), and of the house defiled by leprosy (Lev 14:49-53); (see also (Mat 8:2-4)). Uncleanness from touching a dead body (Num 19:11; Hos 9:4; Hag 2:13; Mat 23:27; Luke 11:44). The case of the high priest and of the Nazarite (Lev 21:1-4, 10, 11; Num 6:6, 7; Ezek 44:25). Purification was effected by bathing and washing the clothes (Lev 14:8, 9); by washing the hands (Deut 21:6; Mat 27:24); washing the hands and feet ((Ex 30:18-21; Heb 6:2), "baptisms", R.V. marg., "washings;" (Heb 9:10)); sprinkling with blood and water (Ex 24:5-8; Heb 9:19), etc. Allusions to this rite are found in Ps 26:6; Ps 51:7; Ezek 36:25; Heb 10:22.

Illustrated Bible Dictionary: And Treasury of Biblical History, Biography, Geography, Doctrine, and Literature.

#### **In New Testament ethical purity is stressed.**

##### **1 John 3:3 (NLT)**

*And all who have this eager expectation will keep themselves pure, just as he is pure.*

##### **Matthew 5:8 (NKJV)**

*Blessed are the pure in heart, For they shall see God.*

##### **Ephesians 5:26 (NKJV)**

*"that He might sanctify and cleanse her with the washing of water by the word,"*

What does it mean to seek purity of heart? Danish theologian Soren Kierkegaard said (in the title of a famous essay) it is "to will one thing."

##### **Hebrews 12:1-2 (NKJV)**

*<sup>1</sup> Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, <sup>2</sup> looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

**Hebrews 12:15 (TEV)**

*Guard against turning back from the grace of God. Let no one become like a bitter plant that grows up and causes many troubles with its poison.*

**Five Soul-Detoxification Practices**

1. \_\_\_\_\_ with God

**Matthew 6:6 (NLT)**

*But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.*

2. \_\_\_\_\_

**Matthew 17:21 (NKJV)**

*However, this kind does not go out except by prayer and fasting.”*

Fast social media, food, alcohol, caffeine, nicotine. Wean off prescription pain killers, drugs etc.

3. Write a \_\_\_\_\_

**Isaiah 30:8 (NLT)**

*Now go and write down these words. Write them in a book. They will stand until the end of time as a witness.*

We all need SOAP (Scripture, Observation, Application & Prayer). The book of Psalms is one man’s journal to God.

4. Make better \_\_\_\_\_

**Joshua 24:15a (NKJV)**

*“And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve...”*

Honor your values. Practice self-care. Love the people in your life but do not set them on a pedestal. Keep your perspective about yourself and others.

5. Court \_\_\_\_\_

**Deuteronomy 23:5 (BBE)**

*But the Lord your God would not give ear to Balaam, but let the curse be changed into a blessing to you, because of his love for you.*

“The price of progress is the pain of change.”

1. Solitude
2. Fast
3. Journal
4. Choices
5. Change