

Life Group Lesson

Soul Detox Week 1 • Week of January 16

Introduction

Detox begins with a choice. Every day we make a choice to eat the right foods (and the right amounts of those foods), discipline ourselves to exercise, get fresh air and adequate amounts of good, deep sleep – taking care of our bodies to the best of our ability. And we experience a difference overtime. God has beautifully designed our bodies to respond to positive changes, even small ones. Yet, there are still unforeseen health issues that come our way. These challenges are usually out of our control, just as being born into a fallen world is out of our control. The remedy is Christ: “He existed before anything else, and He holds all creation together” (Colossians 1:17). Physical detox and soul detox begin with Christ.

Why do we worry so much over weight and physical appearance? What if our more supreme concern was to be rid of the spiritual toxins in our souls? We absolutely need Christ for that. No other person can free us from the toxin of sin. Just as physical toxins are detrimental to our overall well-being, soul toxins are eternally deadly. But when we make a choice – remember, detox begins with a choice – and invite the Lord Jesus into our lives, giving the Lord top-priority (first consideration) in everything, we will begin to see a huge difference! Just as a physical detox is beneficial to us and those around us, a spiritual detox is good for us and others, as well. We begin a journey of freedom—moving away from fear, anger, self-absorption, resentment, deception—towards the great commandment: to love God and love others.

Background

Jesus humbled Himself in every way when He was born into this fallen world. God sent His Son into this world to save us from the deadly toxicity of sin. Jesus’ baptism not only marked the beginning of His public ministry, but was to fulfill all righteousness – “It should be done, for we must carry out all that God requires” (Matthew 3:15). Jesus’ baptism is a picture of the sacrifice He would make on the cross. Baptism for us is a picture of death, burial, and resurrection. Like the Son of God, the child of God humbles himself/herself when they submit to water baptism. The death is depicted by going down into the water, the burial is a watery grave for a moment, then resurrection—raised to life—is coming up out of the water like a tomb releasing new life. Jesus said, “I have a terrible baptism of suffering ahead of me, and I am under a heavy burden until it is accomplished” (Luke 12:50). Soul detox began with a choice: God chose to love us.

Reading the Text

Read Matthew 3:1-17

Deeper Application

(for discussion purposes, what 1-2 words stand out *to you* as you hear the Scripture read aloud)

1. What is the Holy Spirit saying to you?
2. What are you going to do about it?
3. How can we help you?

Close in a Time of Prayer

How can I pray for my fellow Life Group participants this week?



Text: Matthew 1:18-23, 3:13-17, 4:1-11, John 1:10-12

PLAIN TRUTH:

_____ detox begins when we
are _____ of water and
_____.

One Year Bible Readings

- January 16: Genesis 32:13-34:31, Matthew 11:7-30, Psalm 14:1-7, Proverbs 3:19-20
- January 17: Genesis 35:1-36:43, Matthew 12:1-21, Psalm 15:1-5, Proverbs 3:21-26
- January 18: Genesis 37:1-38:30, Matthew 12:22-45, Psalm 16:1-11, Proverbs 3:27-32
- January 19: Genesis 39:1-41:16, Matthew 12:46-13:23, Psalm 17:1-15, Prov. 3:33-35
- January 20: Genesis 41:17-42:17, Matthew 13:24-46, Psalm 18:1-15, Proverbs 4:1-6
- January 21: Genesis 42:18-43:34, Matthew 13:47-14:12, Psalm 18:16-36, Prov. 4:7-10
- January 22: Genesis 44:1-45:28, Matthew 14:13-36, Psalm 18:37-50, Proverbs 4:11-13

January 15 & 16, 2022