Cleanse and Replenish
4.30.17

To detox means to remove toxic substances from a living organism. The Bible says that our spirit is alive and that often toxins such as independence, self-centeredness, negativity, and sin can sneak in and undermine our ability to be fully alive. We can battle spiritual toxins through God's Word, worship, and prayer.

ICEBREAKERS
Choose one or two questions only as icebreakers.
- What first comes to mind when you hear the word detox?
- What has been your experience with either yourself or others in your life doing some kind of cleanse or giving up something like caffeine?
- What does it mean to have our mind set on something?

TALK IT OVER
Choose questions that keep the discussion moving. No need to discuss every question.
Read 2 Corinthians 6:14-7:1; Romans 8:5-6
- What toxins do you think have possibly worked their way into your life?
- What promises is Paul referring to in 2 Corinthians 7:1?
- What determines whether we live in accordance with the flesh or with the spirit?

CLEANSE INDEPENDENCE
Read Ecclesiastes 4:12
- In what ways do you tend to isolate yourself?
- What are some dangers of living a life of independence/isolation?
- In our group, how are we doing on being vulnerable with one another? What are some of the ways we prefer to be able to stand on our own two legs in our circumstances rather than being interdependent?

CLEANSE SELF-CENTEREDNESS
Read Phil 2:3-4
- What does it mean to consider others to be better than ourselves?
- What does it look like to humble ourselves?
- Why is self-centeredness a lack of faith?

CLEANSE NEGATIVITY
Read Ephesians 4:29
- How would it change your life and the lives of those you influence if you withheld every negative comment you’d like to make and focused on making positive statements instead?
- What things could you flip around to a positive this week?
• In what ways have you tended to overlook your blessings? Together make a detailed list of the blessings you currently enjoy. Use that list as a prompt for gratefulness this week.

CLEANSE SIN
Read Romans 6:13
• Pastor Daniel described sin as missing the mark by aiming at the wrong things or in the wrong direction.
  What are some ways we might be doing that?
• What are some of the right directions you could aim for this week?
• What do you think it means to offer our bodies as instruments of righteousness?

REPLENISH GOD’S WORD
Read Romans 12:2 and Psalm 1:1-2
• What do you think would happen if you only ate one day a week?
• How can reading God’s word transform (detox) our lives?
• What benefits can we gain by reading the Bible 5 minutes every day?

REPLENISH WORSHIP
Read Philippians 4:8
• What is your favorite worship song or way to worship?
• How does giving God praise help our soul?
• How does what we listen to affect how we feel?

REPLENISH PRAYER
Read 2 Chronicles 7:14; Matthew 6:5-6
• Why is prayer important to help us remove toxins from our lives?
• What are the benefits of humble prayer? What does humble prayer look like?

LIVE IT OUT
End with a challenge to take action with one or more of these steps.
• In what ways have you or will you accept Pastor Daniel's invitation to follow the principles of this message for one week?
• How long have you enjoyed the interdependence of your group? Is God nudging you to learn to lead a group so others can be encouraged by you in a new group?

LEADER TIPS
Tips for small group facilitators.

• Spend some time in prayer before each group meeting. Ask that God would lead the discussion where he wants it to go.
• This week find ways you can encourage your Group to make someone else's day better.