

# soul detox

## The Trapped Soul – Message 4

### Announcements

- **Rhythms of Grace Groups** // Women, consider hosting a Women's Group based upon the book *Rhythms of Grace* by Women's Night guest speaker Kerri Weems.
- **Kingdom Man Groups** // Men, it's not too late to host a Kingdom Man Group. Go to [ChurchoftheKing.com/mensnight](http://ChurchoftheKing.com/mensnight) to register.

### Warm-up

What are your memories of your first day of school? What emotions were attached to those memories?

Today we will continue with the fourth message in the *Soul Detox* series on how to detox our soul. Our discussion centers around some of the toxic emotions that can leave us with a Trapped Soul.

### Word and Application

As we have learned in past weeks, we are not a body with a soul; we are a soul with a body. God made each of us perfectly for the purpose He created us to live. Often life gets in the way and we lose sight of our purpose. Fear, jealousy, self-sabotage can block us from the true desires of our heart and our purpose.

**Read 2 Corinthians 7:1 & Psalm 42:5.**

What are these passages speaking to you? Is there a place where you've allowed a specific toxic emotion to keep you from growing as a Christian and being effective in life? What emotion is blocking you?

### Three Toxic Emotional Traps:

God created emotions; they are natural and make up our soul. The danger comes when we allow emotions allow emotions to rule over us. Let's take a look at three emotions or behaviors that, when unchecked, can lead us into emotional traps.

1. From hurt to unforgiveness and bitterness.

**Read Hebrews 12:15 & Ephesians 4:31-32.**

We must accept that hurt will happen. It is important to know that we cannot allow the hurt to marinate and go toxic turning into bitterness and unforgiveness. If you find yourself seeing wrong with everyone, you may be trapped by bitterness. Share a time with the group when you had to forgive someone and how it set you free.

2. From comparison to envy and jealousy.

**Read James 3:14-16.**

Another toxic trap is allowing comparison to move into envy and jealousy. God is very straightforward in His Word about the destructive emotions of envy. It traps us. What does Paul say in this scripture about what exists when we have envy? How can we as Believers avoid the comparison trap?

3. From anger to uncontrolled rage.

**Read James 4:1-2.**

How does this verse speak to you personally? Anger is a natural and passionate emotion that God gives us. Righteous anger can bring about justice and good. But anger left unchecked becomes uncontrolled rage. This usually comes from wanting something and not getting it, like missed goals. God created us to be passionate, however, our job is to learn to control that passion. What would your life look like if you made the choice today to overcome these negative emotions such as rage that would propel you into the purpose God created specifically for YOU?

### **Three Detoxifiers:**

1. Walk in your God-defined identity.

**Read Galatians 6:4-5.**

God created you and only He can help you understand who you are. No longer can we allow the world define us. As a group brainstorm practical ways we can daily remind ourselves what God says about us.

2. Cultivate healthy relationships.

**Read Proverbs 13:20.**

Do you have friends that keep you can call on when you need advice or prayer? Do they provide you with wise and godly counsel?

3. Live a crucified life.

**Read Galatians 2:20 & 5:24.**

How is living a crucified life the most difficult yet one of the most important things we can do? How can you remind yourself each morning to live with this mindset? How will it detox your soul?

**Prayer**

Thank the Lord for opening our eyes and ears to the emotional traps and for a way out. Ask the Lord to remind us each day to stay fixed on the truth about our identity in Him. Pray for specific needs of the group.