



Module 1: Important Steps in the Detoxification Process

Personal Goals:

- 1) Identify places that need to need the exposure of a truth life for detoxification purposes
- 2) Find a list of steps to begin the journey

What are some areas where a Truth Light can be helpful in our own personal lives?

- Hurt feelings
- Perfectionism
- People pleasing
- Confidence
- Jealousy
- Pride
- Fear
- Anxiety
- Idols
- Desire/ lust
- Lack of control
- Self-confidence
- Competition
- Jealousy
- Behavior
- Thought process → thoughts in general
- Reaction/ Response
 - Others
 - Self
 - Circumstances
- Anger
- Decision making

These issues clog our ability to see making it challenging to 'see' (spiritually) and to discern accurately. We need to unclog and cleanse (detoxification) so the Holy Spirit can move freely in and through us to allow us to see and discern.

Two pivotal questions we must choose to ask ourselves, as we deep dive, in every situation/response/action/thought, etc.

- 1) What is my intent?
- 2) What is my motive?

We must learn to identify and be aware of our susceptibilities – our fleshly tendencies, conditioned behaviors, habits, beliefs, Etc.

- Susceptibilities can include places, emotions, situations, or people that cause unbiblical or non-Christlike responses.
- Our goal is to move through the Boulder, Rock, Pebble, Grain of Sand metaphor to live at the “Grain of Sand Level,” in Christ through the power of the Holy Spirit in us.
 - Boulders → Rocks → Pebbles → Sand
 - Once you move past boulders you can see rocks and as you remove rocks you can start moving and changing pebbles to see grains of sand
 - Once you are at the grain of sand level, it is important not to allow the grains of sand to remain and then develop back into pebbles, rocks, and even boulders

How do I identify susceptibilities: You use a Susceptibility Scanner – allow the Holy Spirit to examine you – search you – try you – test you (“Prove me, O LORD, and try me; test my heart and my mind,” Psalm 26:2)

Questions to ask yourself:

- Why do I feel this way right now?
- Why is this bothering me?
- Why am I responding in an attitude of [fill in the blank with the thought or emotion/feeling]?
- What situation, person, action, or circumstance caused me to respond this way?
- What am I unwilling to give up? Or become defensive about when confronted with my ‘it’?

Consider some examples:

- Hurt Feelings → which we then allow to become resentments
 - Ask yourself, why are my feelings hurt?
 - Miscommunication
 - Are you communicating authentically and genuinely?
 - Did not get my way
 - Why is it really important that I have my way?

You can see in these two examples the power of the flesh. If we are dead to self (it is not I who live but Christ who lives in me – Galatians 2:20; then why give power to the flesh?)

- Pride → is the number one manifestation of self/flesh and it wants to, at all cost - Defend itself.
 - Ask yourself: Why am I so desperately trying to prove a point? Or defend myself?
 - Over explanation is a point of self-justification and self-rationalization.
 - Defense comes from wanting my point valued – myself/flesh vindicated/heard/proven correct
 - Where does my value come from? My value comes 100% from my position in Christ – in Him alone is my worth and significance.
 - Humility says, “I do not have to be right.” The Lord says vindication is mine! Romans 12:19 and Deuteronomy 32:35).
- Idols (anything in our life that takes priority over God or that we worship or are attached to) → get between us and God
 - If our priority is obedience to God, we must be willing to take down the idols and nail them to the cross.
 - Ask yourself, where do I get defensive about someone or something in my life? or believe that I ‘cannot live without’ or ‘choose not to live without it’
 - These can be areas of idolatry that need to be taken down. Ask the Lord to reveal idols in your life to you.

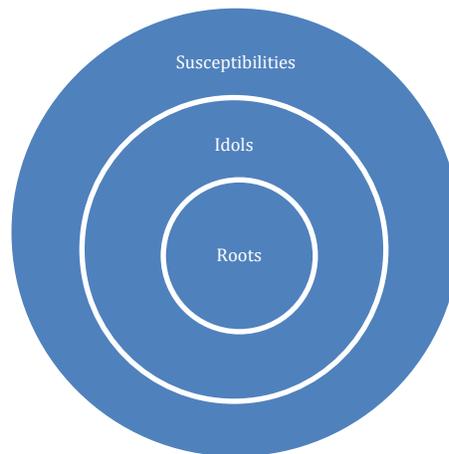
Some examples of personal Susceptibilities:

- Tired
- Fear of negative outcomes (physical, emotional, mental, relational)
- Praise
- Stressful circumstances
- Anything out of my control that I cannot solve immediately
- Desire/ lust

Idols: An idol is something that has taken the place of God or is more important than God or receives more of our time and attention than God. An idol comes between you God and comprises your commitment, prioritization, steadfastness to obedience to God – His holiness, righteousness and desires for you, including His requests and desires of and for you.

Roots

- A root is the source – the deeper cause of your susceptibilities and idolatry,
- A root is usually the reason why we respond the way we do to the person, place, or thing.
- A root perpetuates the lies we believe about ourselves, God, others, situations/ circumstances that cause us to react in a fleshly/sinful way.



Questions to help you dig deeper and find a root cause: [Our Deep Diving Scuba Gear]

- What causes you to feel [fill in the blank]
- What need do you think you have that surrounds your thoughts/emotions?
- Why do you feel [fill in the blank] in a particular circumstance/situation?
- In what areas do you find yourself becoming defensive or reactive rather than responsive?
- What activities, emotions, people if someone suggested you not do or be with them for a bit would make you very angry or defensive?
- What aspects of God's character do you have a hard time believing?
- What do you tell yourself to justify, rationalize, defend, or excuse your responses to circumstances/situations/people/feelings/toughts?

As you begin to identify the root causes of your susceptibilities and idols, it is important to be willing to shine Truth Lights upon them.

How to use the Truth Light: [Truth Light]

- What does God's word tell me about my actions, attitude, God's character, etc.
- Allow the Holy Spirit to guide and direct you
- Be open to God's conviction and the Spirit's promptings
- Find a verse or two to anchor into to overcome your natural tendencies and susceptibilities – the flesh.

SPIRITUAL TOOLBOX: Detoxification

Truth Lights

Idol Identifier

Deep diving scuba gear

Distraction discovery tool

Susceptibility Scanner

Root Revealer