

Day 22 and Beyond
Detox
September 20, 2020

- Detox - Removal of **TOXIC** substances from a living organism
 - ✓ Spirit, soul and body... then **WHAT NOW?**
 - 1 Thessalonians 5:23 TLB

- The Rule of 5 - Proverbs 17:24 GNT
 - ✓ Be **INTENTIONAL**
 - ✓ Be **PRACTICAL**
 - ✓ Be **CONSISTENT**
 - ✓ Expect **RESULTS**

- Day 22 and Beyond... - Matthew 6:33
 - ~ Every day....
 1. **ACKNOWLEDGE AND THANK** God - Psalm 145:1-3
 2. **TALK TO GOD** - Psalm 68:19
 - ✓ A certain **TIME** - Psalm 5:3
 - ✓ A certain **PLACE** - Mark 1:35
 - ✓ A certain **PLAN** - Luke 11:2-4
 3. **READ AND SUBMIT** to God's Word - Joshua 1:8, Psalm 1:1-3
 4. **MAINTAIN MEANINGFUL** relationships - Hebrews 3:13
 5. **SURRENDER MY LIFE** to God - 1 Corinthians 15:31c;
Luke 9:23