



SOUL DETOX

ALLOWING YOUR HEART
TO CATCH UP
WITH YOUR LIFE

What will I do if such and such happens?
How will I get by? How will I survive?



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There will be times when the events in your life take an unexpected and unpleasant turn, and you will find yourself exactly where you don't want to be.



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“All of you, clothe yourselves with humility toward one another, because God opposes the proud, but shows favour to the humble. Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

1 Peter 5:5–11

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“Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast. To Him be the power for ever and ever. Amen.”

1 Peter 5:5–11

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THREE THINGS WE CAN BE SURE OF:

1. God will honour you.

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“Humble yourselves under the mighty hand of God, and in His good time, He will honour you.”

1 Peter 5:6



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“Humble yourselves in the sight of the Lord,
and He shall lift you up.”

James 4:10 (KJV)



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“Get someone else to toot your horn, and the sound will carry twice as far.”

Will Rogers



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“For with a strong hand hath the Lord brought thee out of Egypt.”

Exodus 13:9b (KJV)



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Be aware of where the power comes from.

It's God's power; not yours.



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Be willing to do good without
getting credit for it.



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Be able to rejoice in someone else's success.



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THREE THINGS WE CAN BE SURE OF:

1. God will honour you.
2. God will take care of you.



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“Casting all your care upon Him; for He careth for you.”

1 Peter 5:7 (KJV)



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Careth, by the way, is not an emotion.
It's an action. God takes care of you, like a
parent takes care of a child. He knows what
you need and when you need it.



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What's our responsibility?



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THREE THINGS WE CAN BE SURE OF:

1. God will honour you.
2. God will take care of you.
3. God will restore you.

The longer we look at what we have lost,
the stronger the grip of regret on our life.
It can consume us.



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“After you have suffered a little while, He will restore, support, and strengthen you, and He will place you on a firm foundation.”

1 Peter 5:10



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“Take a firm stand against [the Devil] and be strong in your faith.”

1 Peter 5:9



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“My purpose in writing is to encourage you and assure you that the grace of God is with you no matter what happens.”

1 Peter 5:12



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“Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are.”

1 Peter 5:9



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