



SOUL DETOX

ALLOWING YOUR HEART
TO CATCH UP
WITH YOUR LIFE

“Drugs and alcohol are not my problem; reality is my problem. Drugs and alcohol are my solution to fill up a hole inside of me.”

—Russell Brand (comedian, actor)



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“For He satisfies the thirsty and fills the hungry with good things.”

Psalm 107:9



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- Is it possible to feel satisfied in life?

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- Is it possible to feel satisfied in life?
- **Is it okay to feel satisfied?**



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- Is it possible to feel satisfied in life?
- Is it okay to feel satisfied?
- **Is it possible to sustain satisfaction in the middle of this crisis and hardship?**

- Is it possible to feel satisfied in life?
- Is it okay to feel satisfied?
- Is it possible to sustain satisfaction in the middle of this crisis and hardship?
- **What is true satisfaction?**

Pursue the right things from
the wrong source.

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Left with shame or pain from the place
we tried to find satisfaction in.



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There is no meaning to life.

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“I have come that they may have life, and have it to the full.”

John 10:10



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“Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For His sake I have discarded everything else, counting it all as garbage, so that I could gain Christ.”

Philippians 3:8



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Godly satisfaction: the state of being pleased and grateful for God's provision and work in our lives.



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1. Gift of Grace



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1. Gift of Grace

- release the meaningless pursuits



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1. Gift of Grace
 - release the meaningless pursuits
2. **Abide in Christ**



SOUL
DETOX

1. Gift of Grace

- release the meaningless pursuits

2. **Abide in Christ**

- rhythms of rest



SOUL
DETOX

1. Gift of Grace
 - release the meaningless pursuits
2. Abide in Christ
 - rhythms of rest
3. **Pour into People**



SOUL
DETOX

1. Gift of Grace
 - release the meaningless pursuits
2. Abide in Christ
 - rhythms of rest
3. **Pour into People**
 - reach out to people

Gift of Grace

Abide in Christ

Pour into People

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