



# SOUL DETOX

ALLOWING YOUR HEART  
TO CATCH UP  
WITH YOUR LIFE

“In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab. The man’s name was Elimelek, his wife’s name was Naomi, and the names of his two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem, Judah. And they went to Moab and lived there.”

**Ruth 1:1–5**

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“Now Elimelek, Naomi’s husband, died, and she was left with her two sons. They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years, both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.”

**Ruth 1:1–5**



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“Every man did what was right in his own eyes.”

**Judges 21:25**



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1. We have important choices to make in the wake of great loss.



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“I felt like I was staring at the stump of a huge tree that had just been cut down in my backyard. That stump, which sat all alone, kept reminding me of the beloved tree I had lost. I could think of nothing but that tree. Every time I looked out the window, all I could see was that stump.”

**Gerald Sittser, *A Grace Disguised***

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“The experience of loss does not need to be the defining moment of our life... The defining moment can be our response to the loss.”

**Gerald Sittser, *A Grace Disguised***



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“Then she arose with her daughters-in-law that she might return from the land of Moab, for she had heard in the land of Moab that the Lord had visited His people in giving them food.”

**Ruth 1:6**



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1. We have important choices to make in the wake of great loss.
2. Our joy can be restored through loyal commitment to each other.



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There's something about shared suffering  
that actually knits our hearts together  
with other people.



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“hesed” — loyal committed love



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If we're going to survive times of loss and tragedy, we have to learn to have this kind of loyalty and commitment to each other, this kind of *hesed*. We have to make a choice to look out for other people's interests. **The church of Jesus Christ ought to be a place where we demonstrate that it is possible to find a love that transcends racial, religious, and cultural differences.**

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1. We have important choices to make in the wake of great loss.
2. Our joy can be restored through loyal commitment to each other.
3. Our joy can be restored by honestly lamenting our pain.

"Naomi" means pleasant.

"Mara" means bitter.



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Jeremiah, Job, Moses, and David all expressed their laments to God. I think God actually appreciated their honesty.



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“Lament” means to feel, show, or express grief, sorrow, or regret, to mourn deeply.



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“The Almighty has dealt very bitterly with me...  
The Lord has brought me back empty.”

**Ruth 1:21**



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“So, Naomi returned, and Ruth the Moabite her daughter-in-law with her, who returned from the country of Moab. And they came to Bethlehem at the beginning of barley harvest.”

**Ruth 1:22**



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In the midst of our losses, it is an act of faith to believe God is still at work and his ultimate aim is to bless us.



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## Psalm 61

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the

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## Psalm 61

Lord's favour and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.

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## Psalm 61

They will be called oaks of righteousness, a planting of the Lord for the display of His splendor. They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.

A decorative pattern of small, semi-transparent green squares of varying sizes, arranged in a loose, organic shape that resembles a stylized plant or a cluster of particles. The squares are more densely packed on the right side and become sparser towards the left.

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