



SOUL DETOX

ALLOWING YOUR HEART
TO CATCH UP
WITH YOUR LIFE

Your jar unpacked



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Work



13^{YRS} 2^{MTHS} [4821^{DAYS}]

Including overtime

1 YR +
2 MTHS

Whether daily grind or dream career, our jobs take up a lot of our time; 13 years on average, actually.



The percentage of time we spend working in a typical 50 year period of employment.

GETTING TO
WORK SAFELY
CAN DEPEND ON
GOOD SLEEP >>

A large proportion of road traffic accidents are due to a lack of sleep



Sleep-related



Commercial vehicles

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Our economy and our society are in an unfortunate and troubling condition.

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“Humble yourselves, therefore, under the mighty hand of God, so that, He may exalt you at the proper time, casting all your cares on Him, because He cares about you.”

1 Peter 5:6–7



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“Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.”

1 Peter 5:8



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“Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world.”

1 Peter 5:9



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“The God of all grace, who called you to His eternal glory in Christ, will Himself restore, establish, strengthen, and support you after you have suffered a little while. To Him be dominion forever. Amen.”

1 Peter 5:10–11



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You Do:

- Humble yourself
- Cast all your cares on God
- Strive to be clear-minded
- Be aware of your situation
- Stand firm in the Faith



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God is Doing:

- Exalt you at the proper time
- Keep care of you
- Call you to eternal glory
- Restore, establish, strengthen, and support YOU!

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You Don't:

- Let any suffering, misfortune, or ANYTHING cause us not to believe those things God IS doing

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Our hardships can become an opportunity
for our passions to be ignited.



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God has created all of humanity
in His image.



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Innovation

Justice for others

Art

Fly a plane

Cooking

Law

Medicine

Accounting

Construction

Welding

Farming

Raising a family

Serving others

insert passion here

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The tragic gift of the pandemic.

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There is going to come a time
when we **all** come out of this.



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Who **am I** in all of this?



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How will I come out of this?



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How will I **support others**
as we come out of this together?



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God has a purpose for your life
and it is greater than what you think.

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Kingdom of Rod

- Rod rules and reigns over everything
- Play in the NBA
- Travel the world constantly
- Build with other people
- Ride a motorcycle
- Cover of *GQ Magazine*
- Best bass guitar player ever

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Kingdom of God

- **God rules and reigns over everything**
- Love God and neighbor
- Humility
- Peace
- Justice
- Received forgiveness, so they also forgive
- Serve others
- Generous with their abundance

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What are things that begin to get minimized, removed, or renewed in our lives as we seek first the Kingdom of God.



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