



DETOX

Detox, Week 3 January 19 & 20

Speaker: Heather Zempel

Scripture: Philippians 4:4-8

Sermon Overview

In his letter to the church at Philippi, Paul outlines three daily practices that help re-set, re-orient, and re-calibrate. Rejoice, Pray, and Focus. We can experience joy in the midst of pain through gratitude, we can move from anxiety to anticipation through prayer, and we can change our reality by focusing on the promises of God.

Sermon Series Questions:

1. How are your boundary stones holding up? Share the wins and losses.
2. What's one pre-decision you made this week?

Sermon Specific Questions:

1. What is a setback you have experienced recently?
2. What is one thing you could do to orient yourself to celebrate God every day?
3. Your focus determines your reality. What shift in focus do you need to make?
4. What is a potential untruth or lie that needs to be replaced? What words or reminder can you speak over yourself as a way to remember God's truth about you?
5. When you think of God, what are characteristics you think of, and why? What do they mean to you personally?

Deep Detox: In Focus

Introduction: The Apostle Paul was in prison as he was writing to the church and people of Philippi. He was experiencing a setback yet was still able to see beyond his current circumstance through focusing on the character of God. He saw his circumstance as a way to deepen his relationship with Him. *Below are a few exercises and ideas of action to help you shift your focus and perspective:*

1. Rejoice: Gratitude Journal – God promises His presence. To live in a place of joy and grateful living, Pastor Heather shared about the starting of a gratitude journal – a space to write and remember and express things you are thankful for. **Grab a journal and start the rhythm of gratitude through writing what your thankful for each week.**

2. Care: Let Someone In – Allowing someone to enter into our circumstances and struggle can be life-giving and provide a space for encouragement. How could you care for someone in a way that enables to shift their perspective in the midst of their circumstance? Is there someone you need to let in to your circumstance? **Have a conversation with a friend you can care for and encourage. Have a conversation with someone you need to let in.**

3. Ignatian Examen: This weekend, Pastor Heather shared a spiritual discipline that allows us to reflect and reorient our minds and our perspectives. Here are the five steps to the discipline:

1. **Recognize:** Take a moment to acknowledge God's presence. He's already with you in this moment. Thank Him for being with you.
2. **Rejoice:** Look at the day or week and express gratitude and thanks. This is where the gratitude journal comes into play. What are you thankful for? It can be small things or very big and significant things, as well. Write it down.
3. **Review:** Ask yourself reflective questions: When did you feel closest to God and when did you feel furthest from God? How did you exercise the Fruits of the Spirit?
4. **Repent:** Find one moment in the day where you didn't walk like Jesus. A situation, conversation, or word that didn't reflect the heart of God. Ask for wisdom and think about what could have been done or said differently.
5. **Recalibrate:** Look to the next day and see if there's a moment or situation where you need extra wisdom or discernment. Ask God for His presence in those spaces. Journal a reminder or make a reminder on your phone to recalibrate your focus.