

SOUL DETOX – FINDING PURITY

ABOUT THIS WEEK

This week we continue a series called *Soul Detox* to help your people find freedom from a toxic world. Today's discussion will be about finding purity and, keeping with the tradition of Lent, challenge your folks with a beverage fast.

ITEMS NEEDED

Prayer Journal Bibles Pens

CHECKLIST BEFORE YOUR GROUP ARRIVES

Pray for the group Print Discussion Guide Refreshments (optional)
 Clean meeting area Clean bathroom Crack open front door

OPENING (5-7 MIN)

Briefly welcome everyone and say: Before we get into the third fast for the *Soul Detox* series, let's start with a discussion about last week's fast.

WHAT DID YOU LEARN ABOUT YOURSELF DURING THE SHOPPING FAST?

HOW DID YOU GIVE DURING THE SHOPPING FAST?

After a discussion, say: Regardless of how last week went for you, this week is a new week with a new fast! More on that in just a minute.

OPENING PRAYER (1 MIN)

Say: But first, can someone start us off with a brief prayer for our time together?

BEVERAGE FAST: STOP DRINKING BEVERAGES (15 - 20 MIN)

After a prayer, say: For week 3 of the *Soul Detox* series we will be doing a Beverage Fast! This is a fast that replaces soda, coffee, juice, and alcohol with water.

This might sound intimidating, but there are options for you:

- 6 DAYS — drink only water for 6 days!
- 1 DRINK PER DAY — allow yourself one drink other than water for the day and only water for the rest of the day
- WATER DURING DAYLIGHT — only drink water from sunup to sundown.

Whatever option you choose, make sure it's BOTH doable and challenging for you!

WE ALL HAVE OUR WEAK SPOTS, SO WHAT SORT OF BEVERAGE IS HARD FOR YOU TO RESIST?

WHAT MODIFICATION DO YOU THINK YOU'LL DO?

ON A SCALE OF 1 TO 10, WITH 1 BEING NOT AT ALL AND 10 BEING EXTREMELY DIFFICULT, HOW HARD WILL THIS FAST BE FOR YOU?

After a discussion, say: Our Beverage Fast gives us another unique way to live out the teaching of Jesus.

CAN SOMEONE READ 1 CORINTHIANS 6:12-20 ALOUD FOR THE GROUP?

After the reading, say: This is a hard teaching for our independent American spirit, but Paul is teaching us, to be good stewards of the body, we must remember it belongs to God first.

WHY DO YOU THINK GOD IS CONCERNED WITH US BEING MASTERED BY SOMETHING?**HOW DOES THE TEACHING THAT YOUR BODY IS A TEMPLE HIT YOU IN YOUR DAY-TO-DAY LIFE?****BEVERAGE FAST: START RECITING SCRIPTURE**

After a discussion, say: During *Soul Detox* we're not only stopping things, we're starting something else. During the Radio Fast, we started prayer and singing praise. During the Shopping Fast, we started giving away money. So, for the Beverage Fast, every time we take a sip of water over the next week, we're reciting the words of Psalm 51:10, "Create in me a pure heart, O God, and renew a right spirit within me."

Not only are we "hiding God's Word in our heart", we're also praying a prayer in different circumstances.

WHEN IN YOUR DAY IS IT THE HARDEST FOR YOU TO A CLEAN HEART AND A RIGHT SPIRIT?

After a discussion, say: As you pray the words of Psalm 51 this week every time you sip water, may God give you the pure heart and right spirit that you desire. And may God give you strength for the Beverage Fast!

ANNOUNCEMENTS TO SHARE (2-3 MIN)

Say: Before we get to our prayer requests, just a few quick announcement—

- Sunday, March 3, Connect Lunch, 12:15. If you are new to St. Mark this is the next step in connecting to St. Mark.
- Wednesday, March 6, Prayer Night, 6:30 PM. Opportunity to join in prayer and worship with other followers of Jesus.

CLOSING PRAYER (5-7 MIN)

Say: Let's close in prayer. *Please write the group's prayer requests in your group prayer journal.*

ARE THERE ANY OTHER PRAYER REQUESTS TODAY?

After prayer requests have been taken, ask if someone would like to close the group in prayer. If not, Host, close the group in prayer.