

**Detox: Detox My Mind**

Scripture used: [Job 17:11 \(NLT\)](#)

**OVERVIEW**

Pastor Hurmon started a new series, Detox. Detoxing is the process of removing toxic elements from our lives, indeed, from our minds and bodies. We need this as we are emerging from two years of intense toxicity in the US, with reduced faith in our government, racial and political tensions, a mental health & drug overdose emergency, and the pandemic and its never-ending, always-morphing quarantines. In our Scripture, Job is at his most wretched point. He says: “My heart’s desires are broken.” In the same way, the detox process relies on a time and place - a detox center - which curtails access to the toxic materials. This may give us painful withdrawal symptoms for a while, but we hope to come out the other side as brand new people with a renewed sense of calm and focus; with a peace that will sustain us for the long-term.

**KEY POINTS**

- 1) Job has 42 chapters, with many tales of grievous misfortune, **but it ends in restoration**. When growing up in Coushatta, LA, Pastor Hurmon attended a church congregation where “Sister Sally” was a strong presence and boisterous participant. She danced, shouted, and praised God loudly during worship. Then her son was killed, and for months her joy was extinguished. But she gradually healed and resumed her active and joyful participation in the church service. Chapter 11 of Job (ironic numbering in light of the US Bankruptcy Code) shows Job literally so beaten-down that he is one step away from the grave – but then he, too, came back to life.
- 2) Job was a man of complete integrity. He saw his enormous blessings as a sign of special favor from God, with a straight line between his faithfulness and enormous windfall in life. Then one day he woke up in the same world, yet a world transformed for him. His children, business, and health suffered great and sudden harm and destruction. **Loss became the consistent thread.**
- 3) Pastor Hurmon admitted that the last two years have been the hardest in his lifelong ministry. The first step is to get rid of denial – **admit “I am not OK”**, or at least “I am not 100%”. I must do something different. I must channel the “Hood with a hint of Holy”, which is a call to people to pray with us.
- 4) The notion that God is here to shield us from trouble is flawed. We all suffer, we all die, we all face a broken world. We realize the unfairness of the world, yet God is faithful. In [Job 9:22](#), the dominant emotion is confusion and anger with God. Yet we must find the source of hope, the wisdom to navigate the chaos, the knowledge that the Redeemer lives in the context of the resurrection ([Job 19:25](#)). **We see God while we wrestle with Him in our time of trial.**
- 5) Ultimately, the promise of God is that He is with us in the challenge and trauma of life, and He provides the **HOPE, STRENGTH, COURAGE, PEACE, and WISDOM** that we need to live life with Him. He does not remove challenge and trauma, but he provides what we need to experience His grace and to be a light to the world in the midst of challenge and trauma. We know that we will face trouble of all kinds in this world. We follow Jesus, who was crucified - we will have moments of feeling crucifixion pain in our own lives. But the promise of the Gospel is that just as Jesus experienced resurrection, He also has the last word in our lives, and God’s promise to us is that grief and trauma will not have the last word; rather, God will speak the last word of redemption, salvation, and eternal life over us.

**DISCUSSION**

- 1) **HEAR** - [Romans 12:2](#) reminds us that we are called not to conform to this world, but to allow God to transform us as we live out God’s purpose. But the challenges of this world do have a tendency to infiltrate into our lives and thinking; the toxicity of the world can affect us. Where in your life do you feel the need to “detox”?
- 2) **UNDERSTAND** - Consider [Job 17:11](#) and [Job 19:25](#). Which sentiment is more similar to the one you are currently feeling? Do you feel like it is possible to engage life with hope, strength, courage, peace, and wisdom even when circumstances are full of challenge or trauma? What helps us tap into the Presence of God and the resources of God in difficult times? Does it help to eliminate denial and immature theological perspectives to be able to walk with God through difficult times?
- 3) **DO** - Find someone you trust to share how you are feeling right now, in the vein of “I’m not ok, but (with God) I’ll be ok.” Be open to the prayers and support of others, and look for confirmations of the promise that God is with you and strengthening you even in the midst of challenge or pain. Join us next Sunday!