

**Detox: Detox My Mind**

Scripture used: [Romans 12:2](#)

**OVERVIEW**

Pastor Hurmon continued our new series, Detox. Pastor Hurmon challenges us to make our mental health a priority. We learned last week from Job's testimony that we cannot go from trauma to tragedy without a lasting impact on our mental health and wellbeing. The theme of our series, detoxing, means to rid the body of harmful or unhealthy substances. Our spiritual, physical, or mental detox may include getting rid of denial, letting go of immature assumptions about God, or anything else that is harmful to our wellbeing. We can renew our mind through choosing to act out of empathy rather than fear. We can take a pause before automatically allowing trauma and the worries of the world to make us act out in fear. Instead, we can lean on the people closest to us and talk to people about how we're feeling. Changing our "feed" means literally changing what we see on an everyday basis to uplift our spirits and change our attitude. Often if we are viewing things that bring us down and give us a sense of hopelessness, we will mirror these emotions. Change your feed to uplift you with God's message. And lastly, renew your mind by showing empathy for others and yourself.

**KEY POINTS**

- 1) Right now in the world, people are carrying a lot of grief and worries. From the atrocities going on in Afghanistan to the after effects of an 7.5 magnitude earthquake in Haiti, to the constant worry about tight finances and COVID numbers rising again at home and around the world, pain and trauma are all around. In [Romans 12:2](#), we are encouraged **to not copy the behaviors of people** around us. It is important to remember God's faithfulness, hold onto our identity as Jesus followers, and walk forward in faith.
- 2) It is important that as we navigate through our mental health challenges that we acknowledge our fears but we don't act out on them. **Choose to act out of empathy rather than fear.** Choosing to act with empathy is the ability to see others, the ability to care for others, and the ability to feel what others are feeling. Jesus Christ is the greatest model of empathy. In [John 1:14a](#) Jesus became a part of our world by becoming human and making His world among us. This verse describes that Jesus was full of unflinching love and faithfulness when He became human; this is significant to empathy because it shows that God wanted to feel what we feel by sending His Son to become one of us.
- 3) One of the ways we can renew our minds is by **changing our feed**. This means changing the daily intake of the things we read, see, and listen to. Are the messages we are seeing giving us notions of peace, love, and empathy for ourselves and others? If not, try to change the daily intake into uplifting conversations, movies, social media stories, and memories that inspire you. Most importantly, feed on God's Word. This is a tangible way to change your feed. Pastor Hurmon suggests the YouVersion app which has daily Scripture, and access to challenges and messages specific to your circumstances.

**DISCUSSION**

- 1) **HEAR** - How do we access personal empathy? In [Romans 12:3b](#), Paul reminds us to not have an inflated opinion of ourselves, to be honest in our evaluation of ourselves. This brings us to the statement, "though I will be okay, I am not okay." Remember the first step of detoxing is to get rid of denial. In order to empathize with others, we have to begin with acknowledging our own pain, and be open to seeing that pain in others as well. Have you completed this first step of empathy?
- 2) **UNDERSTAND** - Consider [Luke 6:31](#), "do to others as you would like them to do to you." Let us treat others the way we want to be treated. This looks like showing patience and grace for others. We can accomplish this by listening to others and being mindful in how we speak to others through our tone. In which ways can you start treating others with love, kindness, and respect, the way in which you want to be treated?
- 3) **DO** - Start creating a renewed environment for yourself and the people you love. Spend some time in prayer and reflecting on God's Word each day. Turn on your favorite gospel music, including one of Pastor Hurmon favorite worship songs, "Goodness of God " by Cece Winans. Also meditate on the response to the message, "Lord, renew my mind. Help me to choose empathy over fear and change my feed." Then ask yourself, "Is my tone normally kind or harsh?" Ask the people closest to you. See you next Sunday!