

INGman 8

Focused Living Ministries

Heart & Soul Detox Philippians 2:14-18



“Do all things without grumbling or disputing...prove yourselves to be blameless and innocent... above reproach in this crooked and perverse generation...”

According to the Discovery Channel the top 10 dirtiest (not grossest) jobs on the planet are Garbage collector, Bull inseminator, Gastroenterologist, Coal miner, Nurse working with contagious diseases, Portable toilet cleaner, Crab fisherman, Septic tank repair, Embalmer and Crime Scene Cleaner. **What is the dirtiest job you’ve heard of or personally experienced?**

(Gen 6:5, 11-12; Jer 17:9-10; 3:10-18) According to these verses would God agree or disagree with DC? What would He say is the dirtiest of all jobs? Why?

(Phil 2:14-18; Matt 5:14-16; I Pet 2:12, 21-25) As an INGmen God is committed to growing, changing, maturing, transforming you in Christ for a larger purpose than just blowing through life with the least amount of hassles and headaches as possible. According to these verses, what is a major reason that Jesus wants His INGmen to keep their hearts healthy and toxin free? Give an example of someone who has made an impact because they took seriously the command to keep themselves clean from the many toxins which contaminate our hearts, minds and culture.

True or False: *“Men who don’t evangelize, fossilize!”* (Weirsbe)

What is your response to the following poem? Why?

*“You are writing the Gospel a chapter each day,
by the deeds that you do and words that you say.*

Men read what you write whether faithful or true:

Just what is the gospel according to you?” (Source Unknown)

TAG TEAMS (Phil 2:14; II Tim 3:1-5; Eph 4:29-31; Gal 5:17-23; Prov 6:16-19; Rom 1:18-32) Make a list of some of the cultural toxins which affect our hearts and minds. Which have you lately breathed and absorbed into the bloodstream of your soul?



(James 4:4:7-10; Is 1:18; Psalm 51:5-8; 103:12) Getting clean of toxic waste is a dirty job. Like getting rid of long buried drums of contaminated scum, so it takes the hard scrub of God’s truth along with His industrial strength grace to cleanse a man’s heart, soul and mind. What are a few specific steps of deep cleaning that these passages suggest? What will they look like in your life? In Christ, how clean can you expect to get?

(Phil 2:17-18; II Tim 4:6; Mk 10:43-45; 14:24) *“poured out as a drink offering?”* Here Paul gets at the real cost and privilege of being an **ING** man! In arid Middle East countries water is extremely valuable. When spilled on the ground, it is immediately absorbed and unable to be retrieved. When a man poured out a drink offering to God, he was in effect saying *“Lord, like valuable, life sustaining water I willingly surrender myself to You. I joyfully pour it out before You to be absorbed by the spiritually dry folks and dusty dry culture You put around me today with no thought of retrieving it. I trust that You will replenish what I am willing to pour out.”* **Assignment:** Go into your back yard with a bowl of water. Privately and prayerfully pour it out letting Jesus know you are ready to pour out your life in service to Him for your wife, children, church, associates and friends. What might this cost you in everyday life? What are the privileges? Honors?