WASTE DISPOSAL

As with the natural, if we allow spiritual garbage to accumulate the result will be a "toxic cocktail".

KEY POINTS

- A New York City taxi driver reportedly expounded: Many people are like Garbage Trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it, and if you let them, they'll dump it on you. When someone wants to dump on you, don't take it personally…just smile, wave, wish them well, and move on (*as per D.J. Pollay*).

OUR GARBAGE PROBLEM

- By way of our spiritual enemy (the devil – 1 Peter 5:8), our sinful nature (our flesh – Galatians 5:17) and influences all around us (the world – James 4:4), we tend to accumulate "garbage" in our lives.
- We must quickly rid ourselves of this trash before it develops into deadly toxins.
- For some physical waste, the "3 R's" approach is used: REDUCE-REUSE-RECYCLE. However, Jesus has a far more effective 3R's plan: REPENT-REMOVE-RESTORE. Once we decide to get rid of the garbage (REPENT), we give Him permission to take it away (REMOVE). He then RESTORES a clean heart within us (Psalm 51:10).

IDENTIFYING GARBAGE

- Here are some examples of waste we may accumulate:
  -RESENTMENT toward others or of our circumstances;
  -REGRETS that consume us;
  -GUILT over things God has forgiven.
- If we don't send our household garbage to the available dumps and landfills, then our homes become dumps and landfills. The same is true spiritually.

SPIRITUAL GARBAGE DISPOSAL

- Here are some appropriate ways to deal with garbage:
  -The apostle Peter says, "Cast…all your care upon him [Jesus]; for he cares for you" (1 Peter 5:7).
  -Jesus says in Matthew 11:28, "Come unto me, all ye that labour and are heavy laden...I will give you rest."
  -Trade your SORROWS – by casting your cares on Him.
  -Trade your SICKNESSES – by casting your cares on Him.
  -Trade your PAINS – by casting your cares on Him.

KEEP THE (SPIRITUAL) HOUSE CLEAN

- We have to intentionally and aggressively detox our spiritual houses (hearts, minds, spirits).
- Our physical bodies efficiently eliminate waste but spiritual garbage is much more challenging.
- The longer we allow garbage to remain, the smellier it becomes.
- *Let us detox daily*.

KEY SCRIPTURES

Romans 7:18-25, 12:2; 1 Peter 5:7; Matthew 11:28-30; Philippians 4:8; Psalm 119:11, 51:10; Colossians 3:16; Ephesians 6:13-17

DETOXIFYING AGENTS

- *Control Your Thoughts (Philippians 4:8).*
  "Finally, brethren, whatsoever things are true…honest… just…pure…lovely…of good report; if there be any virtue, and if there be any praise, think on these things."
- *Hide the Word in Your Heart (Psalm 119:11).*
  "Thy word have I hid in mine heart, that I might not sin against thee."
- *Let the Word Abide in You (Colossians 3:16).*
  "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."
- *Renew Your Mind (Romans 12:2).*
  "And be not conformed to this world: but be …transformed by the renewing of your mind, that ye may prove…that good, and acceptable, and perfect, will of God."
- *Put on the Whole Armour of God (Ephesians 6: 13-17).*
  We need the Helmet of Salvation to cover our thoughts, the Girdle of Truth to keep us on track, the Breastplate of Righteousness to protect our vital organs, and the Shield of Faith allows us to quench the fiery darts of our enemies.
- In so doing, we can *keep the garbage out.*

DISCUSSION/REFLECTION TOOLS

1. The lesson gives examples of spiritual "garbage". What are some indications that these, and/or other types of "refuse", are present within us?
2. Are these things different from "burdens" or "crosses" we must bear? Explain.
3. Using scriptures for reference, discuss how we can rid our hearts and minds of "garbage".
4. Is spiritual "waste disposal" and 'cleansing' the same process? If not, how do they differ?
5. How can we, scripturally, control the amount of "garbage" that enters in the first place?

Prayer Time

Dear Lord, please continually "cleanse me from every sin and set me free." In Jesus' name, amen.

L.G. ice-Breaker: Who takes out the garbage in your household and how was that decided/established?

WEEK OF SUNDAY, OCTOBER 22, 2017

NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

(Reminds me/Confirms) (New idea) (Think about)

(Do this) (Speaks to my heart) (Must share)

PRAYER NEEDS/THANKSGIVINGS