



## Week 5 – February 3, 2013

### Soul Detox: The Seduced Soul

#### Exodus 20:3-4

<sup>3</sup> You shall have no other gods before me. <sup>4</sup> "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.

#### Deuteronomy 4:16-19

<sup>16</sup> So do not corrupt yourselves by making an idol in any form—whether of a man or a woman, <sup>17</sup> an animal on the ground, a bird in the sky, <sup>18</sup> a small animal that scurries along the ground, or a fish in the deepest sea. <sup>19</sup> And when you look up into the sky and see the sun, moon, and stars—all the forces of heaven—don't be seduced into worshipping them. The Lord your God gave them to all the peoples of the earth.

#### Overcoming Temptation

Temptation is the desire to perform an action that will provide short-term satisfaction but long-term regret. Sin is separation or distance between people and God that causes pain to self and to others. Idolatry is the practice of giving ultimate value to things of inferior worth. Technology, patriotism, money, ethical principles, physical health, family loyalty, social or intellectual superiority, and so on can be very good, but making them the standard by which all other values are measured, to make them your masters, to look to them to justify your life and save your soul is both sinful and folly.

People in the United States have the same temptation that the Hebrew people had thousands of years ago: the temptation to sin by practicing idolatry. The idols are not necessarily the same, but the practice is equally as destructive.

We live in a culture of instant gratification. Short-term satisfaction is chosen over long-term contentment. But the Law is compelling and clear – we are to worship the Creator and not the Creator's creation. God has a long-term vision for our lives and it is good. The plan doesn't include hurting others, hurting ourselves, or being distant from God. Temptation is temporary. Grace is permanent.

#### Questions for Reflection

1. Give some examples of some decisions where you chose short-term satisfaction over long-term contentment? Why did you make this decision? Did you later regret this decision?

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2. What are some temptations that exist in your life? How have you effectively dealt with this or other temptations in the past? What are some things that have made you unsuccessful in dealing with temptation?

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3. What are some common things that are worshiped in today's society? Why do you think idolatry is such a common problem for so many of us?

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4. What is an idol that exists in your life? In what ways does this idol tempt you? How is this idol hurting you in the long-term? How is this idol creating distance between you and God?

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5. Our souls were created to be connected to God and to worship Him. How well connected to God are you right now? In what ways does your soul feel empty? What steps will you take to fill your soul with God?

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## **This Week's Prayer Focus - A Prayer for Those Dealing with Temptation**

Pray this prayer daily. Spend additional time focusing on a short section of the prayer. Spend a few moments in silence listening to God and being attentive to the ways God is speaking to you.

*Dear God,*

*You want me to love You.*

*You want me to worship and serve You.*

*You want nothing to come between us.*

*I want to love You.*

*I want to worship and serve You.*

*I want nothing to come between us.*

*But I'm tempted.*

*I'm tempted by idols.*

*Things I put in my life to take Your place.*

*And I am empty.*

*Empty because I'm filling my heart with the wrong things.*

*Empty because I'm not loving You first.*

*When temptation speaks; raise Your voice.*

*When idols call; summon my soul.*

*Deliver me from hurting myself and others.*

*Fill my emptiness with Your fullness.*

*Quench my spiritual thirst with Your living water.*

*Satisfy my life with Your presence and promises.*

*Teach me that I'm not created for this world.*

*Forgive me of my sins.*

*Lead me not into temptation.*

*I'm created for You and Your Kingdom.*

*Lead me not into temptation.*

*Help me to seek You first and foremost.*

*Give me the grace to love and be loved by You.*

*Give me the power to worship and serve You fully.*

*Let nothing come between us.*

*Amen.*

## **This Week's Bible Memory Verse**

*What good is it for someone to gain the whole world, yet forfeit their soul? — Mark 8:36*

## **This Week's Resources**

Follow our daily Soul Detox blog at: [wesouldetox.blogspot.com](http://wesouldetox.blogspot.com). Seven diverse Water's Edge writers will post a daily devotional. You are invited to experience their journey, read their perspective, and join the conversation.

The Soul Detox Bible Reading Plan includes a daily scripture reading, a daily insight, and a question for reflection. Download the You-Version Bible app on your smart phone or tablet. This app includes the Soul Detox plan. Or you can find the Soul Detox plan online at: <https://www.youversion.com/reading-plans/257-soul-detox>

## **This Week's Challenge**

Identify a temptation or an idol in your life. Think about ways this temptation or idol can have less influence in your life and God can have more influence in your life. Surround yourself with people, practices, and environments to increase the connection between you and God.

## **Next Week – Soul Detox: The Grace Filled Soul**