

## DETOX: The Missing Element!

Scripture used: [Romans 12:4-5 \(NLT\)](#)

### OVERVIEW

This week we continued our series “Detox.” Pastor Hurmon built on previous sermons, where we explored the importance of removing harmful things from our lives, and restoring our health. We can change our feeds, especially social media, and begin developing a sense of empathy for others. Now we are exploring the missing element of service. Jesus illustrates the importance of serving others, since He set the example of serving the disciples on the eve of His crucifixion. This is the same God whom David describes in [Psalm 23:5 \(NIV\)](#), preparing us a table and anointing our heads with oil. This is powerful imagery of a servant taking care of a master, not the traditional view of an Almighty God. David wrote this at the end of his life, looking back over many years where he deepened his relationship with God. David chose this model of a servant because it is the most true to the way God shows up in our lives. May we all consider who we might be called to serve just like Jesus!

### KEY POINTS

- 1) **God is a Shepherd who guides us.** God is the creator of the universe and of mankind. He has walked with each and every human who has ever lived. There have been countless examples of fear, grief, and shattered dreams. There have even been other global pandemics! Despite all these challenges, God has been faithful. He can be trusted to guide us, every step of the way. Imagine David, the youngest of eight boys, being elevated to King of Israel!
- 2) **God is a host who serves us.** In the time of the Bible, hosts had serious responsibilities. They didn't just have to provide a bit of food, water, and shelter. They also had to protect their guests from harm. Imagine David again, this time when he was being persecuted by Saul. It was only his faith in God that restrained him when he could have killed Saul. And this is what allowed him to establish his kingdom when the time was right. But then David strayed. He lied, committed adultery, and even had his own friend killed. Despite these sins, David in Psalm 51 still trusted God to love him and forgive him.
- 3) **Serving releases redemptive love that often generates a response.** In [Matthew 20:28 \(NLT\)](#), the mission of Jesus is made clear: “For even the Son of Man came not to be served but to serve others.” Since that ultimate example of selfless service, millions and millions of people have been inspired to acts of love towards others. This is the power of service. It can release a loving response in others, who then feel the joy -- not the responsibility -- of serving others, too. This means we learn to accept being served. Peter struggled with this in [John 13:8 \(NLT\)](#) when he told Jesus not to wash his feet. How did Jesus respond? By saying “unless I wash you, you won't belong to me.”
- 4) **Serving others is woven into the structure of life itself.** If you look around the universe, you see service. Stars offer their life-giving energy to the planets around them. Flowers offer their pollen to bees, who then make it into food for others. So much of the world around us does not focus on itself. It focuses on others. This is why Paul specifically instructs us to be ready to help others in [Romans 12:13 \(NLT\)](#).

### DISCUSSION

- 1) **HEAR** - Detoxing means ridding ourselves of harmful and unhealthy substances. We can start by changing our feed. This should stop the cycle of endless trauma we're inflicting on ourselves. Once we remove the bad, we must add the good. This starts with empathy, especially for people with whom we disagree. Once we value others as God does, we can start serving them. What are some examples of ways the service of others has most impacted your life? Who are the serving heroes that you know?
- 2) **UNDERSTAND** - David described God as preparing a place for us. This is an act of service. Jesus stripped down to wash the feet of His disciples in [John 13:4-5 \(NIV\)](#). This is an act of service, and it was done for people who would abandon and even betray Him. The Almighty God humbled Himself to service, and asked us to do the same. How do you feel God might be calling you to take a next step in serving others? What is your greatest hesitation about serving others?”
- 3) **DO** - Ultimately, Pastor Hurmon's message this week is that we are all needed. But we don't need to be King David. In fact, it was David as a young shepherd who was first called! That story reminds us that each of us has something to contribute. Despite any fears, anxieties, or other hesitations, we are called by a loving God to follow the example of Jesus. This week's prayerful affirmation is “God, sign me up to serve!” Pray this to God and then watch for opportunities to follow through. Remember, you are needed!