



INTRO:

[Have a blender on stage and some different healthy items (kale, celery, ginger, lemon, banana, ice). Start off your message by putting together a “detox smoothie.”]

Do I have any smoothie lovers in the house? Shout out to me what you put in your smoothie! I’ve got some ingredients here to make a smoothie. But this isn’t just any smoothie. The internet says this is what the health gurus call a detox smoothie. I’m not sure what people might need to be detoxified of. Many just have some bad gas, and their wives beg them to try something. ANYTHING. But either way, here is my detox smoothie. I’ve got all these ingredients. [Put the ingredients in the blender one by one.]

Does anyone want this? Maybe I’ll try just a sip.

Well, that was disgusting, but the New Year’s has me thinking about what might need to be detoxed in our lives, our bodies, and in our souls. We have just come off a busy holiday season, with all the Christmas parties, all the comfort food, all the extra scrolling over break, all the shopping. And before that, fall was a blur. School started. Classes and homework have been crazy. Sports and activities are in full swing again. College applications, spring break plans already, lots of meals on the go.

Is anybody tired of the speed of things? Does anyone feel like they are in a fog at times or out of control? Anxious? Lonely? Shackled to addiction, screen addiction, porn addiction, perfection addiction, approval addiction?

It’s a new year. We need a detox. Say “new year detox” with me! We need to pause and look at our lives like we are up in a balcony looking down at ourselves. We need to come back to the true north of God’s Word to remember who we are, whose we are, and what truth is. We need to set up some boundaries, so we don’t get back into the same go, go, go, get, get, get, and the grumble, grumble, grumble.

But seriously, no one wants this smoothie?

Let's pray.

I am not going to give you a motivational talk today like all the self-help podcasts out there right now. We do it different here in church. We look to the Bible. Which is God's inspired Word, written by over 40 authors, stretching hundreds of years, many different genres, and thousands of legit manuscripts. We believe that God's Word is the source of all truth. So, let's open our Bibles now to the book of Matthew.

The first point I want to make is that...

1. Instead of go, go, go we need to **slow**.

Matthew 6:25-34 (NLT)

25 "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life?

28 " why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.**

34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

- a. What is your pace like? Do you have margin?

You know the 1” white space around your Word document for your English papers? That’s called margin, and you need it in your life. You can’t pack school, and extracurriculars, and lots of screen time, and friendships, and video games into every square inch of your life and expect to feel at peace or hear from God.

Matthew 11:28-30 (MSG) *“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”*

- Do you need to take so many AP or honors classes?
- Do you have to be on the travel team instead of the rec league or school team?
- Do you disconnect daily and have downtime?
- Do you have dinners with your family?
- Have you said yes to too many commitments? Or the right commitments?

b. What are your time wasters and brain zappers?

- Phones
- Social media
- Video games
- Laziness

c. Are you taking care of the body God has given you?

- With time in nature, moving your body, nutritious food, 8 hours of sleep, regular doctor’s appointments, therapy when needed, and time with loved ones?

You are a complicated house plant. How many of you or your parents have house plants? They can be really hard to keep alive! They need water but not too much water, sun but just the right amount, special soils, fertilizer, a spritz with a spray bottle frequently.

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