

70^{BPM}
94%

Seven Signs of Life

6. Excretion: Getting Rid of the Junk

Pastor David Flowers

Sermon Series Focus

- In biology we learn that there are *seven* processes of life that identify all living organisms. We could also view these as “signposts” to a healthy living organism.
- We're using these seven signs as a diagnostic tool for assessing your own spiritual health as a disciple, as well as the overall health of our church.
- Is this an area in my life that needs the Spirit to bring fresh vitality? Is this an area in our church where we need to give attention? What is God saying to me about these seven signs? Where can I (we) use his healing touch?

Seven Signs of Life

1. Movement: Prove You're Not Dead
2. Respiration: Breathing God's Breath
3. Sensitivity: Our Spiritual Awareness
4. Growth: The Inevitable Result of Healthy Life
5. Reproduction: Multiplying Life, Creating the Future
- 6. Excretion: Getting Rid of the Junk**
7. Nutrition: A Diet That Makes a Difference

“The time promised by God has come at last!” he announced. “The Kingdom of God is near! Repent of your sins and believe the Good News!”

Jesus, Gospel of Mark 1:15 NLT

“Repentance is not what we do in order to earn forgiveness; it is what we do because we have been forgiven. It serves as an expression of gratitude rather than an effort to earn forgiveness.”

Brennan Manning, *The Ragamuffin Gospel*

Excretion, Really?

- **Excretion** is a natural part of a healthy living organism. When Jesus told us to “Repent and believe the Good News,” he was telling us to get rid of the junk, turn from our way, and make room for new life and growth in the Kingdom.
- Every heart builds up a collection of junk throughout the day that needs to be emptied through the process of repentance. If we do not get rid of these sins, they will work like toxins in our body, even resulting in spiritual death.
- Excretion comes in the form of repentance and discipline. Getting rid of the junk in your life is good for you and our church as we continually pursue maturity in Christ as his disciples on mission for the Kingdom.

“If you don’t excrete in your natural life, aside from looking really nasty and feeling very uncomfortable, you will die. That’s just a medical fact. Toxins build up within you and cause vital organs to stop working. Eventually your entire body shuts down—permanently.”

Mike Breen, *Building a Discipling Culture* (pg. 147)

Paul, Ephesians 4:17-19 NLT

¹⁷ With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused.

¹⁸ Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him.

¹⁹ They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

Ephesians 4:20-24 NLT

²⁰ But that isn't what you learned about Christ. ²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature [flesh] and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:25-29 NLT

²⁵ So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. ²⁶ And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.

²⁸ If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. ²⁹ Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Ephesians 4:30-32 NLT

³⁰ And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. ³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Paul, Colossians 3:1-4 NLT

¹ Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. ² Think about the things of heaven, not the things of earth. ³ For you died to this life, and your real life is hidden with Christ in God. ⁴ And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.

Colossians 3:5-6 NLT

⁵ So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world.

⁶ Because of these sins, the anger of God is coming.

Colossians 3:7-10 NLT

⁷ You used to do these things when your life was still part of this world. ⁸ But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.

⁹ Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.

¹⁰ Put on your new nature, and be renewed as you learn to know your Creator and become like him.

The Junk That Hinders Healthy Life

Toxins that Harm the Body & Soul

- Lust / Impurity / Sexual Immorality (porneia)
- Anger / Rage / Bad Temper
- Abusive & Abrasive Language / Gossip / Slander
- Lying to Yourself & Others
- Bitterness / Unforgiveness / Self-Absorption
- Greed / Idolatry
- Accusatory / Blaming Others

“Dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”

Paul, 2 Corinthians 7:1 NIV

1 John 3:2-3 NLT

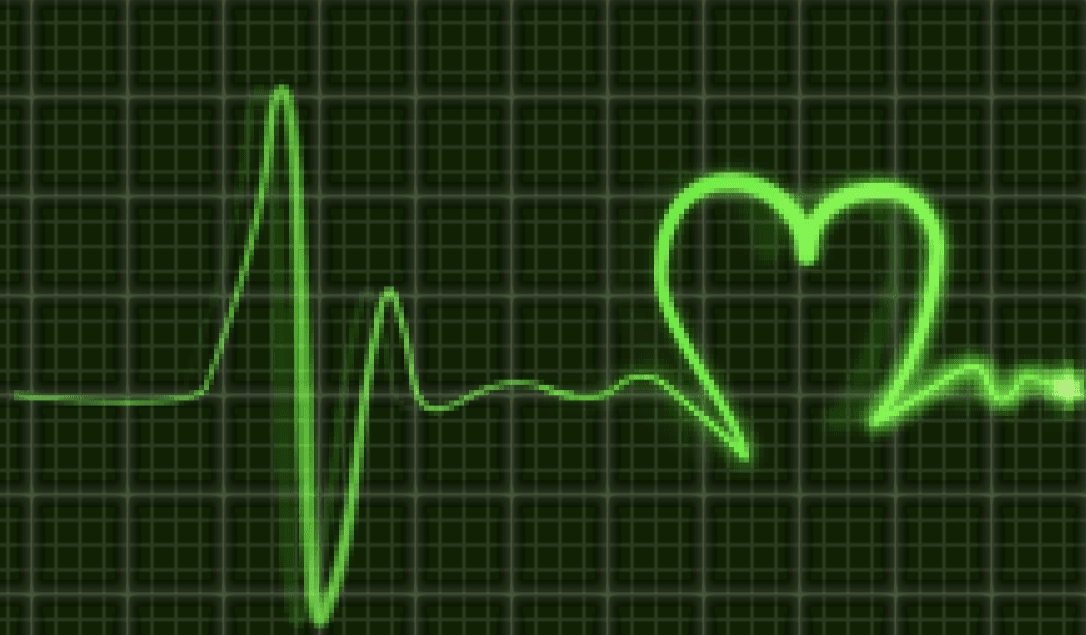
² Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is. ³ And all who have this eager expectation will keep themselves pure, just as he is pure.

Getting Rid of the Junk

- Worldly sorrow doesn't lead to repentance (getting rid of the junk!), only "godly sorrow" does that (2 Cor 7:10-11)
- Requires alarm and earnest intentionality and conviction; a willingness to break routine, thought patterns & habits
- We can get rid of the junk, and purify ourselves of the toxins, if we will go to the root (idea/emotion) of the sinful behavior that is holding us captive—allowing Christ to meet us in the darkness of our pain & addiction
- Every act of *true* repentance, the sort that leads to life change, is first preceded by a fresh encounter with Jesus

“The time promised by God has come at last!” he announced. “The Kingdom of God is near! Repent of your sins and believe the Good News!”

Jesus, Gospel of Mark 1:15 NLT



70^{BPM}
94%

Seven Signs of Life

Sermon audio & slides in PDF can be downloaded at:
www.christiansburgmennonite.org