

A thick yellow line that starts as a horizontal bar on the left, then drops sharply to a point, rises to a peak, and then drops to a lower horizontal bar. The word "Vital Signs" is written in a yellow, sans-serif font, with the 'V' being the peak of the line and the 'S' being the lower horizontal bar.

Vital Signs

Sundays 10.45am



Vital Signs

6. EXCRETION

#vitalsigns
@burlington_ips
@simongharris

Vital Signs

Excretion

i. is a command!

Ephesians 4:31

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

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Excretion

ii. is a cleansing!

Ephesians 4:22-24

You were taught, .. to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

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Sin is toxic!
and pollutes all of us!

Romans 5:21

Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned—

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Sin is toxic!

i. the sins of others

Isaiah 61:1

The Spirit of the Sovereign Lord is on me,
... He has sent me to bind up the broken-
hearted, to proclaim freedom for the
captives and release from darkness for the
prisoners

Vital Signs

Sin is toxic!

ii. our own sin

Isaiah 61:1

The Spirit of the Sovereign Lord is on me,
... He has sent me to bind up the broken-
hearted, to proclaim freedom for the
captives and release from darkness for the
prisoners



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Toxic symptoms

i. Guilt

Romans 8:1

Therefore, there is now no condemnation
for those who are in Christ Jesus,



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Toxic symptoms

ii. Sense of unworthiness

Romans 8:1

I am no longer worthy to be called your son; make me like one of your hired servants.”

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Toxic symptoms

iii. Perfectionism

Philippians 3:4-6

I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless.

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Toxic symptoms

iv. Super sensitivity

1 Samuel 20:30

Saul's anger flared up at Jonathan and he said to him, 'You son of a perverse and rebellious woman! Don't I know that you have sided with the son of Jesse to your own shame and to the shame of the mother who bore you?'



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Toxic symptoms v. Fear

Psalm 55:5

Fear and trembling have beset me;
horror has overwhelmed me.

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Toxic symptoms

vi. Loneliness/isolation

Psalm 22:1

My God, my God, why have you forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?

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Excrete well!

i. Recognise the cross

1 Peter 3:18

For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

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Excrete well!

ii. Receive Jesus

Psalm 18:16

He reached down from on high and took hold of me; he drew me out of deep waters.

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Excrete well!

iii. Repent of your wrongs

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

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Excrete well!

iv. Release others

Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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