

Detox Needed

We all need to detoxify (“detox”) from religion and the religious system. We must get these out of our thinking, beliefs and emotions so we can be reprogrammed by our King to move on into what we are called to do in and for this Kingdom.

Most of us don't know we need to detox from the 'poison' of religion because it has become part of us from our years in the religious system. We don't know anything else and we're too scared to step out and eliminate it completely, along with all legalism. Once we have a wake-up call that religion is the work of the religious spirit and that we must close all the doors to its work in our lives we must take that bold step to detox – completely.

Jesus invites us unto have abundant (overflowing) life¹ in his Kingdom, but Satan doesn't want this to materialize in our lives. Satan uses his servant, the religious spirit, to trick us into a substitute – religion. Religion feels right, but this is what it actually does: it “ever so subtly nudges Jesus out of our lives. Over time we replace our relationship 'with Jesus' with a religion 'about Jesus'. We become blind to his truth and numb to his presence.”²

Anything can be religious:

[I]t doesn't take long for religion to take a downward turn. It quickly becomes about something we do or don't do in order to meet the expectations or approval of God and others. It can consist of rituals, practices, or even spiritual disciplines that we begin to substitute for our relationship with Jesus. It could be a certain way of praying, attending the right church, giving an amount of money to a charitable cause, ascribing to a set of doctrines, or serving to such an extent that the action begins to overtake the intent. All of these things can be good, but they can also become a substitute for an intimate relationship with God. When this happens, we become religious. And when we become religious, our lives become complicated.

Religion can also be defined by the things we don't do. I grew up in the South, where we lived by the mantra, “Don't smoke, drink, curse, chew, or dance with girls that do”. You probably had similar restrictions on your adolescence, and you may have even carried them into adulthood. These, too, are the markings of a religious life. We become so concerned with not doing the wrong thing that we ignore our subtle wandering into pride, greed, jealousy, and other less overt offenses. We become defined by what we are against instead of what we are for or, more importantly, whom we are for.”³

Here's what David Putnam suggests about the detox process:

When this happens, detoxing is required. Detoxing is a slow process that requires help along the way. We were never meant to journey alone. We all have had to encounter or deal with addiction. Those of us who have to deal with it firsthand seldom see our need for detoxing, on our own. When confronted with our need, we often find ourselves denying it. Maybe you're confronting it right now! When we at first embrace the need to detox, we often choose to do it alone. This seldom works. Often detoxing requires an intervention. Those of us who need detoxing find ourselves bartering and bargaining with others. All the while arguing that we can do it on our own. This seldom happens. Detoxing requires going through it with others. We need others to give us permission and perspective, hold us accountable, and encourage us. Other times we simply need someone to hold us as we face the pain of giving up the old and embracing the new. The same is true of detoxing from religion. We need each other. We all lose our way and together we can best find our way back to Jesus and his ways...WARNING! Those who join you on the journey must be ready, or they will hold you back and make it difficult to experience progress.”⁴

1 – John 10:10

2 – David Putnam (2010) “Detox...for the overly religious” B&H Publishing Group p:8

3 – David Putnam (2010) “Detox...for the overly religious” B&H Publishing Group p:9

4 – David Putnam (2010) “Detox...for the overly religious” B&H Publishing Group p:13

Don't ignore the Spirit when he calls you to come out of the religious system. Don't ignore the nudge by the Spirit to detoxify when you have come out. Any religious or legalistic tendencies are a 'door' for the religious spirit to gain entry again whenever you're not on your guard.

Detox is a lengthy process. Get rid of all the 'poison' in you as soon as possible.

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