

HYDE PARK SEVENTH-DAY ADVENTIST CHURCH
Spiritual Detox: Radical Discipleship for Individuals

Key: Philippians 4:8-9

“Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”

BY GOD’S GRACE, I COVENANT TO:

- 1. *Devote myself to a life of prayer***
- 2. *Devote myself to a Spirit-Filled life***
- 3. *Devote myself to a life of study and meditation on Word of God***
- 4. *Devote myself to a life of devotion to God***
- 5. *Devote myself to a life of spiritual disciplines***
 - a. Fasting (at least once per week)
 - b. Worship (individual & collective, daily contemplations on spiritual things)
 - c. Witnessing (intentionally sharing my faith)
 - d. Fellowship (time with fellow believers)
 - e. Simplicity (adornment free, luxury free, recreation not entertainment)
 - f. Service (church, family, community)
 - g. Silence and solitude (alone with God, unplugged)
- 6. *Devote myself to a life of wellbeing (following eight laws of health)***
 - a. Balanced Nutrition
 - b. Regular Exercise
 - c. Enough Water
 - d. Enough Sunshine
 - e. Temperance
 - f. Fresh Air
 - g. Adequate Rest
 - h. Trust in God
- 7. *Devote myself to a life of biblical peculiarity***
 - a. Living to please God
 - b. Encouraging others to a life of holiness
 - c. Avoiding places and events that are worldly
 - d. Guarding the avenues of the soul (listening, watching)
 - e. Celebrating freedom in Christ and life in the Spirit
- 8. *Devote myself to a life of preparation for Christ soon return***