

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

Key: Joshua 24:14-15

“Now therefore, fear the LORD, serve Him in sincerity and in truth, and put away the gods which your fathers served on the other side of the River and in Egypt. Serve the LORD! And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that *were* on the other side of the River, or the gods of the Amorites, in whose land you dwell. ***But as for me and my house, we will serve the LORD.***”

BY GOD’S GRACE, WE COVENANT TO:

- 1. *Devote ourselves to being a praying household***
- 2. *Devote ourselves to being a Spirit-Filled household***
- 3. *Devote ourselves to intentionally make Christ the center of our home***
- 4. *Devote ourselves to practicing other spiritual disciplines***
 - a. Regular times of Fasting
 - b. Regular times of Worship (daily)
 - c. Intentional Witnessing (making space to serve others)
 - d. Family Fellowship (breaking bread and table fellowship)
 - e. Simplicity (luxury free life, recreation not entertainment)
 - f. Service (church, family, community)
 - g. Silence and solitude (quiet time, alone with God, unplugged)
- 5. *Devote ourselves to Christian wellbeing (Spiritual Wholeness)***
 - a. Physical Health—Healthy living
 - b. Emotional Health—Meeting emotional needs (affirmation, love, quality time, etc)
 - c. Mental Health—Speaking life, wholesome activities (reading, meditation of the Word, Scripture memorization, critical thinking)
 - d. Spiritual Health—See 4
 - e. Social Health—Time for wholesome fun and fellowship with family and friends, recreation
- 6. *Devote ourselves to being set apart for Holiness***
 - a. Creating a Godly atmosphere in our home (beware of music, TV programs, posters, dvds, etc., that do not honor Christ)
 - b. Encouraging every member our households to pursue holiness (make holiness attractive)
 - c. Avoiding worldly places and events (remember the salvation of a soul is primary, so don’t be judgmental or critical of others; don’t be aloof; find ways to build relationships)
 - d. Restoring joy, laughter, and love in our homes
 - e. Taking time to share our salvation stories and celebrate Christ
- 7. *Devote ourselves to preparing for Christ’s soon return***