



## SOUL DETOX SERIES

### Part One: "The Restless Soul"

Pastor David Cannistraci | February 2, 2014

*"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."*

Genesis 2:7 (KJV)

**We are NOT a body with a soul. We ARE a**

\_\_\_\_\_ with a \_\_\_\_\_.

## THE CURSE OF THE RESTLESS SOUL

*"Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood...When you work the ground, it will no longer yield crops for you. You will be a restless wanderer on the earth."*

Genesis 4:11-12 (NIV)

**A restless soul is always \_\_\_\_\_ but never finding.**

**Interested in everything, it is satisfied by \_\_\_\_\_.**

*"What do people get from all of their hard work and struggles under the sun? Their entire life is filled with pain, and their work is unbearable. Even at night their minds don't rest." Ecclesiastes 2:22-23 (GWT)*

*"When an unclean spirit goes out of a man, he goes through dry places, seeking rest; and finding none, he says, 'I will return to my house from which I came.'" Luke 11:24-25 (NKJV)*

**Restlessness is a \_\_\_\_\_ intended**

**for evil spirits, not \_\_\_\_\_.**

## THE CURE FOR THE RESTLESS SOUL

*"My soul rests in God alone. My salvation is from him." Ps. 62:1 (WEB)*

*"You have made us for yourself, O Lord, and our soul is restless until it finds rest in you." —St. Augustine*

## Restless (Cont'd)

*"But Christ has rescued us from the curse...When he was hung on the cross, he took upon himself the curse for our wrongdoing..."*

Galatians 3:13 (NLT)

**Our souls are \_\_\_\_\_ through  
the \_\_\_\_\_ Jesus Christ.**

*"Come to Me...and I will give you rest. Take My yoke upon you and learn from Me...and you will find rest for your souls." Matt. 11:28-29 (NKJV)*

1. \_\_\_\_\_ **it down.**

*"Be still, and know that I am God..." Psalm 46:10 (NKJV)*

\_\_\_\_\_ **contaminates our spiritual lives.**

2. \_\_\_\_\_ **it up.**

*"Return to your rest, O my soul, for the Lord has dealt bountifully with you. For You have delivered my soul from death, my eyes from tears, and my feet from falling..." Psalm 116:7-9 (NKJV)*

\_\_\_\_\_ **on what God has done for  
you \_\_\_\_\_, and it will soak into you.**

FATHER GOD, Thank you that you have created me for eternal life. Somehow I've become so restless and anxious. I need Jesus to free my soul and bring me into rest. Lord Jesus, break the curse of sin off of my life, and be glorified in my soul today. In Christ's Name I pray, AMEN

## THIS WEEK IN SMALL GROUPS

**Icebreaker:** Share an interesting "cleanup" experience you've had.

**Scripture:** Let different members share a verse from this teaching that impacted them personally. What does it mean for them?

**Talk It Over:** What keeps us from finding rest in our souls?

**Prayer:** Pray for each one to be free from restlessness through Christ.