

# WEEKLY SERMON

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## This new year try a detox – of the mind!

Have you ever tried a New Year detox?

Last year, on the advice of a mum at the school gate who had lost half a stone in a month, I bought some protein shakes to have for breakfast. With soya milk.

It was not appealing, especially as my boys tucked into bacon and eggs!

One month later, weight loss: zero.

We used to have two lodgers, who we were deeply fond of (and still keep in touch with 15 years on) but every January they would give up caffeine and alcohol. The house was a happier place when February arrived!

Detoxing has a bad reputation. It seems to make you miserable.

But have you ever tried de-toxing your mind?

The Duke and Duchess of Sussex posted on Instagram at New Year highlighting @goodnews\_moment saying it was: “A journalist-run page covering and celebrating acts of kindness and goodness in our global community. We hope it brings you joy!”

What a great idea.

Why is it that our minds naturally fixate on the bad things in life?

Why is it that news sells because it makes us feel miserable?

Have you ever had a good day, with so much to be thankful for, then find your mind fixating on the one difficult conversation?

You mull it over in your head. Trying to win the argument this time with clever salvos or witty rejoinders? It just makes you miserable, but it can be strangely addictive.

In the Bible, I love the advice from Paul, my hero, theologian and church planter. Towards the end of his life, he found himself unjustly imprisoned in a Roman jail.

And it's from there he wrote some of his most beautiful letters of hope.

“Finally, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things” (Philippians 4.8)

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I have tried to develop a habit of detoxing my mind; noticing those negative thoughts and acting swiftly to cut off their bandwidth, consciously thinking of the good things in my day and giving thanks instead.

Try it. It's a better detox than protein shakes!

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