**Sunday, 16 August 2020**

**Taking Out the Trash**

God wants to fill you with good things that strengthen you and help you to live a good life. The world wants to fill you with negative things, that are toxic, and that can create an unhappy life. We need to learn to dump out the toxic and be filled with the good, so that we can experience the blessed and happy life that God has for us.

1. Let your life be filled with good things – Psalm 103:5 NLT
2. Take out the trash and be blessed and happy - Matthew 5:8
3. How can we take out the trash and be filled with good things from God?
   1. Forgive and let go of the negative things. Luke 23:34
   2. Take hold of what God is doing for you and says about you. Psalm 103:1-6, Psalm 139:14, 17-18

Conclusion: Don’t allow the toxic negative things in life to steal the great life God has planned for you. Take out the trash, forgive others and yourself, let go of the hurt and bitterness. Remove all negativity from your life, and let God fill you with good things every day. If you do, you will live a blessed and happy life.

Discussion Questions:

1. What good things is God filling your life with today?
2. What is it in your life that needs to be dumped out?
3. Pray for each other that God will help you take out the trash in your life today and every day.