

Restoring The Soul
Devotional-Week One
Day One

Psalm 43:5 “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

Detox:

-Identify the Lie:

-What is the Truth:

Inhale-What do I need to take in from God? Listen.

Exhale-What do I need to do? Express.

Thank you:

Dreams:

Day Two

Deuteronomy 4:29 “But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul.”

Detox:

-Identify the Lie:

-What is the Truth:

Inhale-What do I need to take in from God? Listen.

Exhale-What do I need to do? Express.

Thank you:

Dreams:

Day Three

Psalm 62:1 “Truly my soul finds rest in God;
my salvation comes from him.”

Detox:

-Identify the Lie:

-What is the Truth:

Inhale-What do I need to take in from God? Listen.

Exhale-What do I need to do? Express.

Thank you:

Dreams:

Day Four

Matthew 16:26 “What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”

Detox:

-Identify the Lie:

-What is the Truth:

Inhale-What do I need to take in from God? Listen.

Exhale-What do I need to do? Express.

Thank you:

Dreams:

Day Five

Jeremiah 6:16 “This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.”

Detox:

-Identify the Lie:

-What is the Truth:

Inhale-What do I need to take in from God? Listen.

Exhale-What do I need to do? Express.

Thank you:

Dreams:

Day Six

Psalm 130:5 "I wait for the LORD, my whole being waits,
and in his word I put my hope."

Detox:

-Identify the Lie:

-What is the Truth:

Inhale-What do I need to take in from God? Listen.

Exhale-What do I need to do? Express.

Thank you:

Dreams: