



## Day One

### **Romans 12:2**

2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

### **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:**



*Notes*

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## Day Two

### **2 Corinthians 10:5**

5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

#### **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

#### **1 Peter 1:13**

13 So prepare your minds for action, be completely sober [in spirit—steadfast, self-disciplined, spiritually and morally alert], fix your hope completely on the grace [of God] that is coming to you when Jesus Christ is revealed.

#### **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

### **Philippians 4:8**

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

### **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

### **Colossians 3:2**

2 Think about the things of heaven, not the things of earth.

#### **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:**



***Notes***

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## Day Six

### **2 Timothy 1:7**

7 For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].

### **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:**



***Notes***

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restoring  
the Soul

Week Two  
Devotional