



## Day One

### **Philippians 4:7**

7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

### **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

### **Psalm 139:23-24**

23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.

### **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

#### **Proverbs 3:5-6**

5 Trust in the Lord with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will show you which path to take.

#### **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

### **Psalm 57:7-8**

7 My heart is confident in you, O God; my heart is confident. No wonder I can sing your praises! 8 Wake up, my heart! Wake up, O lyre and harp! I will wake the dawn with my song.

### **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 Five

### **I Kings 8:61**

61 And may you be completely faithful to the Lord our God. May you always obey his decrees and commands, just as you are doing today.”

### **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

### **Proverbs 14:30**

30 A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

#### **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:**





restoring  
the Soul

Week Three  
Devotional