



## Day One

### **1 Corinthians 6:19-20**

19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.

#### **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

### **1 Thessalonians 5:23**

23 Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

#### **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

#### **Romans 12:1**

12 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship 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

### **Psalm 139:13-16**

You made all the delicate, inner parts of my body and knit me together in my mother's womb.

14 Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. 15 You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. 16 You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

### **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

### **1 Corinthians 10:31**

31 So whether you eat or drink, or whatever you do, do it all for the glory of 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 Six

### **Philippians 1:20**

20 For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die.

### **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 Four  
Devotional