



Day One

2 Corinthians 3:17

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

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

John 8:31-32

31 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free."

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 51:10

Create in me a pure heart, O God,
and renew a steadfast spirit within me.

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

2 Timothy 1:7

7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

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

Romans 8:31-32

31 What, then, shall we say in response to these things? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

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 86:15-16

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Turn to me and have mercy on me; show your strength in behalf of your servant; save me, because I serve you just as my mother did.

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 Five
Devotional