

DETOX THE SOUL  
GOD'S WAY™  
5 LIFE CHANGING STEPS



# Table of Contents

MINING  
FOR GEMS

- 01 HYDRATION- THE TRUTH ABOUT WATER
- 02 THE TRUE CARBOHYDRATE- OUR BASIC  
NEED FOR BREAD
- 03 REST YOUR SOUL
- 04 TIME WITH GOD'S WORD
- 05 FORGIVE GOD/ YOURSELF/ OTHERS

# 5 KEYS TO DETOX THE SOUL GOD'S WAY



The Soul is our mind, will and emotions. The trials, tribulations, cares of the world and pace of life can simply wear us down or wear you OUT!

Are you the one wondering---Why so downcast, oh my soul?

His response, Put your hope in God.

Here are five keys which will restore LIFE, ENERGY and LAUGHTER to the once weary soul:

# HYDRATION- THE TRUTH ABOUT WATER

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Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive.

Every cell, tissue and organ in your body needs water to work properly.

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

The Water of God's Word, refreshes us, cleanses our soul, cleanses our conscience, and wipes away our impurities. Without His Word, our soul becomes dehydrated! Make a conscious choice to drink of Him daily.

"On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."[a]" John 7:37-38 NIV

"I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols." Ezekial 36:25 NIV

"let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water" Hebrews 10:22



# THE TRUE CARBOHYDRATE - OUR BASIC NEED FOR BREAD

Bread is not just a natural food to satisfy your physical body, but it is also a spiritual food for a person's spirit as well. It is a symbol in every religion because it is both a way of sustaining the body and a reminder of basic blessings. Bread is called the staff of life because it is the very basic food that supports life. When people can't get other foods, a small piece of bread will provide nourishment.

Recognizing BREAD as the staple of life, Jesus informs us that His Word is the genuine sustenance for our lives. [So, now need to deprive your soul of HIS carbohydrate! You may enjoy as much as you desire without worry of weight gain] :-)

32 Jesus said to them, "Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. 33 For the bread of God is the bread that comes down from heaven and gives life to the world. 34 "Sir," they said, "always give us this bread." 35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. John 6: 32-35 NIV

God says, "Come, eat of my bread and drink of the wine I have mixed" Proverbs 9:5

"Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4 NIV



# REST YOUR SOUL



Working without rest has long been an idol that can trip us up. While it's good to work, and while we're meant to do our best and be skilled at what we do (Proverbs 22:29), we are also meant to rest.

If it's important to God that we rest, there must be a reason! Rest can give us a new perspective, help us slow down and focus on what's important, and allow us to quiet our minds so that we can hear what the Lord has to say to us. It's important physically, spiritually and mentally—and a period of rest can help us be more effective when we return to our work.

Without proper rest of immune system is weakened, our emotions can become unstable and we can become impatient and “downright” irritable with people.

Proper rest keeps us balanced in our emotions, maintains our energy and immune levels while enhancing the joy of interpersonal relationships!

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”  
Matthew 11: 28,29

“So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.” Heb 4:9-11

# TIME WITH GOD'S WORD

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God gives each of us 168 hours a week. Because God is sovereign over time all the time, He is overseeing and working to make the most and best of every situation for us. Time is important to us, but with God, it is not an overriding issue. There is time to do what He's called you to do because He is involved and wants the most and best for us. Ecclesiastes 3:1-10

We must not allow ourselves to forget that He is our Creator (II Corinthians 5:17); we are not creating ourselves. We can be encouraged that He has most assuredly not abandoned us. May we remember, we are on GOD'S time clock and may we use the time He gives us wisely.

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." Matt 6:33

"It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God'" (Matthew 4:4).

# FORGIVE GOD/ YOURSELF/ OTHERS

Unforgiveness is one major barrier that stands in the way of many professing Christians to finding effective solutions to problems; to receiving healing; to finding fulfilment and satisfaction; finding peace and the blessings of God. From the death and resurrection of Jesus, all the barriers have been torn down so if there is any kind of barrier to our spiritual progress, something that is holding us back, frustrating us, tearing us down, keeping us from the joy, the peace, the satisfaction, the fulfilment that deep down inside we know we ought to have and long to have; then the barrier is on our side and not on God's side.

If we hold unforgiveness, then we are not forgiven by God and we have no claim to that healing. 'If we hold iniquity in our hearts, then God will not hear us' (Psalm 66:18). Bottomline, if we hold unforgiveness in our hearts, the Lord will not answer our prayers for healing. The Lord promises us power and a sound mind, free from fear.

'The Lord has not given us a spirit of fear, but of power, love and a sound mind' (2 Timothy 1:7).

However, if we have been handed over to the tormentors, they can attack our mental health and there are many Christians suffering depression, phobias and other mental illnesses. If we want healing of the body or mind, we need to forgive.

"If you forgive people their trespasses and let them go, your heavenly Father will also forgive you, but if you do not forgive others, neither will your Father forgive you". Matthew 6:14 & 15

33 Should you not also have had compassion on your fellow servant, just as I had pity on you?' 34 And his master was angry, and delivered him to the torturers until he should pay all that was due to him.35 "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother [a]his trespasses." Matt 18:33-35 NKJV



Forgiveness sets you free of personal torment and separation from God.

Forgiveness keeps YOU free to serve the Living God and for Him to hear your prayers!



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Prayer:

Lord, help me be mindful of the routine significance of allowing YOU to cleanse my soul. Help me make regular appointments with You. Amen

MINING  
FOR GEMS



- 1 WANT TO MAXIMIZE YOUR SOUL DETOX?
- 2 WANT AN OBJECTIVE SOUNDING BOARD?
- 3 SCHEDULE A COMPLIMENTARY 20-MIN. "BREAKTHROUGH CHAT" WITH COACH MICHELE

[CLICK HERE TO SCHEDULE YOUR CHAT](#)

