
Soul Detox

Coaching Philosophy

3 John 2 is the foundation for the Soul Detox – “My brethren, above all things I wish that you prosper and be in health, even as your soul prospers.” We recognize one of the most incredible gifts that we have been blessed with and that is our souls which is comprised of our minds, wills and emotions.

Most people don’t realize that there is an immense battle being fought for their minds every single day. Our minds are just like computers in that they are programmable. We need to be intentional with regard to putting “good stuff” into our computers and not just leave it to chance through the influence of the world, and TV, and social media, etc., or we will definitely be disappointed with the results more times than not.

The Soul Detox is similar to a boot camp or a training camp where we intentionally program/workout our minds to be transformed with scripture as the primary building block, as well as other positive, uplifting, inspirational information and wisdom. (*Proverbs 23:7 – As a man thinks in his heart, so is he*)

In simplistic terms, science refers to this process as rewiring the brain at the cellular level in order to create new neural pathways or what is referred to as “trenches of truth.” This is what creates lasting changes.

Just like working out the body every day to get in shape, however, it is much more important to exercise our soul every day. (1 Timothy 4:8) And the great thing is it only takes 20 – 30 minutes daily but you can do more if you want to accelerate the results.

And what are the results?? As you continue your workout regimen over the days and weeks and months, you will gain revelation of your identity as a child of God and your authority as a believer. You will be empowered to experience the love, joy, peace and freedom that are yours through Christ. Your self-image will be transformed along with your attitude and motivation and vision for what is possible in your life, through Christ. But it’s a process and the results typically don’t take place overnight.

Through the renewing of your mind in God’s Word, your soul will be prospered.

You cannot saturate your mind with the promises and principles of God’s Word continually without producing any effect.

Do you have an issue (or two) that you’ve been struggling with? Is your life not going the way that you had hoped or just wanting to get better results in a certain area? I’d love to grab a cup of coffee to chat, get to know each other and see if there might be an interest in engaging in a “Soul Detox.”

LEARN MORE

Do you want to learn more about my philosophy and beliefs? I’ve written several short articles that share my perspective on a number of different topics. Feel free to check them out at

[Papa Hawk Perspectives Articles](http://www.phlibrary.com/library/papa-hawk-perspectives/) (www.phlibrary.com/library/papa-hawk-perspectives/)

DON’T FOCUS ON ACHIEVING – FOCUS ON BECOMING THE PERSON GOD CREATED YOU TO BE