
Soul Detox

How It Works

Victory in the Christian life is as simple as renewing our minds to who the Word says we are in Christ, as well as our inheritance, what we have already received in Christ.

We renew our bodies each day with breakfast, lunch and dinner. We renew ourselves each night through sleep. God wants us to have the same discipline in our mental and spiritual lives.

Like resistance training for the physical body, taking 20-30 minutes a day to digest the promises from God's Word, including other powerful teaching and inspirational content, can be game changers. Your faith can be stirred up, your soul can be invigorated, and your thinking can be elevated to a new level. You can find yourself getting excited and "fired up." Which is a great thing.

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.

The goal is to be intentional in programming (or reprogramming) your mind for breakthrough. Christians who have financial challenges should plant financial seeds from God's Word in their hearts. If you have sickness in your body, you should continually plant healing seeds in your heart. These supernatural seeds from God's Word will drop from your mind down into your heart as a result of continual Scripture meditation. You cannot saturate your mind with the promises and principles of God's Word continually without producing any effect.

Understanding that the mind is the battleground for spiritual warfare, you want the Word of God and the thoughts and principles that align with the Word to be the final authority in your life. The aim is to take every thought captive and refuse to be influenced by the world, by what the circumstances may look like or what your feelings may be trying to tell you – unless they are in alignment with the Word.

Just like watching a favorite movie 10-20 times and you know every line and every scene in the movie by heart, the goal is to become a walking and talking encyclopedia of God's promises, including the content from the applicable Book Summaries & Thought Conditioners, thoroughly brainwashing your mind on a daily basis for victory and transformation. Again, repetition being the key to the renewal process and effectively changing the way that you think and thereby prospering your soul. (*Faith comes by hearing and hearing by the Word of God. Romans 10:17*)

The only thing that stands between us and living the abundant life that Jesus spoke of in John 10:10 is the six inches between our ears. We need to come into alignment with God and His Word concerning the way we think – to make a conscious decision to be programmed by the Word instead of the world around us and the enemy behind it.

When God's Word literally begins to control your life, you will prosper and have good success in every area of your life. You will begin to prove – make manifest to your physical senses – God's good, acceptable, and perfect will. As your faith grows, the revelation of the tremendous victory that Jesus Christ won for you should be much greater than any problem you will ever face in this life.

If you want results in your life, if you truly want to experience transformation, you must go to the Word of God. You must take seeds – promises that talk about the fruit you want to produce – and start meditating on them.

Meditate on appropriate Scripture references hour after hour, day after day, week after week, month after month and, if necessary, year after year. Over time, the promises from God's Word that you have meditated on and renewed your mind to comes to pass and you will receive a harvest. Thank you Jesus!

Joshua's 3-Point Checklist

Let's look at Joshua 1:8. It is the only verse of Scripture that tells us what to do in order to be both prosperous and successful:

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. (Joshua 1:8)

The 3-point checklist tells us that we should:

- 1) Meditate day and night in God's Word.
- 2) Speak God's Word continually with our mouths.
- 3) Live our daily lives by doing everything that God's Word tells us to do.

Applying Joshua 1:8

God was giving Joshua the key to his success as a leader. Joshua was to keep God's Word in his mouth and in his mind. If he did this, God promised him prosperity and good success. By the same token, we understand that if he filled his mouth full of fearful and negative words or he filled his mind with doubts and worldly thinking, he would fail and not possess the promises of God.

The promises from God's Word won't do any good until this information is transferred from these printed pages..... into your mind down into your heart and then, out of your mouth. Then you must be obedient and act in faith upon these laws.

God's laws are spiritual laws. They reach beyond the realm of man's world. They were given to us by the creator of the entire universe. Diligent study and meditation is required in order to put these laws into effect.