
Soul Detox

Training Regimen

Our Father emphasizes the necessity of renewing our mind in his Word each and every day. He wants you to take full advantage of the precious opportunity he has given you to prosper your soul, to consistently program your mind to think more and more as He thinks.

Step One - Study and Meditate God's Word

The highest priority in the process of renewing your mind and prospering your soul in order to achieve transformation is to plant seeds from God's Word into your heart. Remember, the Word is the weapon God gave us for the battle we are fighting. His truth is what can set us free, and we are going to choose specific Scriptures, Thought Conditioners and Declarations to create new neural pathways that apply directly to your goal or issue. Using God's Word, we will create new trenches of truth.

Depending on your situation and the goal(s) you may be looking to achieve, I would recommend reviewing a minimum of 3-4 pages of God's promises daily as part of the process. The scriptures dealing with your specific goals or situation (health, anxiety, finances) should be the top priority.

The seed is the Word of God (Mark 4:14), and the ground is our hearts (Mark 4:15).

There is no limit on the amount of God's Word that you program your soul with on a daily basis. There are absolutely no adverse side effects! 😊

Step Two - Supplemental Reading

Likewise, the content contained in the Thought Conditioners, Book Summaries, and other applicable articles are extremely beneficial in this quest to renew the mind and prosper the soul. The knowledge and wisdom contained in these articles are valuable for teaching the principles of God's Word and how the kingdom of God operates. This information will complement the promises and instructions that we meditate on from God's Word. I would recommend taking in a minimum of 2-3 pages daily of this supplemental information as another priority to further nourish your soul.

"According as his divine power has given unto us all things that pertain unto life and godliness, through the knowledge of Him that has called us to glory and virtue." (2 Peter 1:3)

Step Three – Speak God's Word

Understanding the absolute power of our words, Proverbs says that death and life are in the power of our tongue and we are snared with the words of our mouth. God has also given us the power to bind on earth what is bound in heaven and to loose on earth what is loosed in heaven – to stake our claim of victory in the spiritual realm over every area of our life.

Most people speak thousands of words each day that have absolutely no eternal significance. They speak "empty, vain, useless and idle words." (2 Tim 2:16) We need to be intentional in speaking God's Word and His promises throughout every day of our lives. These words will have eternal significance when they flow out of the abundance of God's Word living in our hearts. Our hearts will be filled with spiritual treasure if we have paid the price to renew our mind through continued study and meditation in the Word.

At the Declarations Home Page (<https://phlibrary.com/library/declarations/>) you will find declarations for Total & Absolute Victory, Health & Healing, Finances, Spiritual Warfare, and more. Under Tab ?? of this binder, you

will find the declarations dealing specifically with (*issue*). Read these affirmations out loud every day which will increasingly allow your mind to be renewed to these truths. Carefully consider what you are professing. Remember, it's the engrafted Word in your soul that changes you.

We are to speak forth the Word abiding in our hearts. As we do, we will bring forth substance—wisdom, healing, provision or deliverance—from the spirit realm into this natural realm. We will be satisfied with good by the fruit of our mouths (Proverbs 12:14).

Duration

People who study human behavior tell us that if you continue to repeat an act for 6-12 weeks, you will form a habit. If you exercise that habit long enough, a stronghold will be established. Once a stronghold of thought and response is entrenched in your mind, your ability to choose and to act contrary to that pattern is very difficult.

It is like driving an old truck down the same dirt road for so long that deep ruts are established. After a while, you won't even have to steer the truck. It will naturally stay in the ruts of the road and any attempt to steer out of them will be met with resistance. This describes the process we will be undertaking in the spiritual realm in order to prosper the soul.

Preprogrammed thoughts control our lives more than we may ever know

The effect of filling your mind and your heart with the Word of God is cumulative. Meditating on God's Word for a few days or a few weeks may not produce appreciable results. However, continuing this meditation for prolonged periods (or as long as the Holy Spirit leads) will unquestionably produce significant results.

I recommend a minimum of a 6-week commitment to a daily regimen of being in the Word, reading and speaking the declarations as outlined above. The 6-week commitment is a minimum. For those who are extremely serious about pursuing this process to achieve breakthrough and transformation, 12 weeks would be ideal. Refer to Tab #?? to access a table that will allow you to track your activities on a daily basis.

The Role of the Coach

The primary responsibility of the "coach" is two-fold - accountability and encouragement. We can meet in person or by video conference typically 1-2x per month to discuss your progress. And we are available at any time via text or email to help with any questions that may come up.

In addition, we will send out an email once a week (over 12 weeks) to provide ongoing instruction and encouragement concerning the vital importance of prospering the soul i.e. biblical instructions concerning the renewal of the mind in order to achieve transformation.

Your coach can be as involved as much as you would like them to be or not engaged at all. You may decide to go through the 6-12 week process on your own. Which is fine. All the materials and content are available on the Soul Detox page of www.phlibrary.com

Final Thought

If we are to reach our God given potential, change and growth must become something we love, not just something we endure. Creating positive change may not be easy, yet it is something everyone can do. Performing the spiritual disciplines outlined in the Soul Detox will require focus and diligence. However, this daily discipline is a small price to pay in order to produce lasting change.

**When we fall in love with the Word of God and the results it produces
in our lives, we will seek for it and always move forward in the Lord.**

When we learn to love the transformation process, we will change!