

## SOUL DETOX PROGRAM - DAILY TRACKING SHEET

In order to have the knowledge of God imparted to your heart, a process of diligence is required. God doesn't just dump the wisdom and understanding of His higher ways on you. You have to seek them by spending time meditating on and studying the Word. The Scripture says when we seek God, we will find Him (Matthew 7:7). The word seek implies an intense effort.

For instance, if you were seeking a job, you wouldn't just sit at home and watch television, waiting for someone to come to you. You'd go out into the marketplace, knocking on doors and making appointments for job interviews for as long as necessary.

That's the kind of continual effort we need to employ when seeking God in order to renew your mind and achieve transformation. We have to be diligent in the things of God, constant in our effort to learn of His ways and to walk in them. And as we diligently pursue God's wisdom and plant an abundance of His Word in our hearts, we will be empowered to deal wisely in the affairs of life!

**Be diligent in the things of God, constant in your effort to walk closer to Him.  
Those who want a quick fix and don't continue in the truth will never see freedom.**

The "Tracking Sheet" allows you to document your activities on a daily basis. Obviously, the goal is to be as consistent as possible over the duration of your Soul Detox. If you miss a day or two, no problem! Kick the proverbial dust off your feet and move on down the road.

Do not attempt to intellectualize this process. Continually plant the magnificent spiritual seeds from God's Word with unwavering faith in Almighty God. If Jesus told you that His Word is a seed and that the good soil to plant these seeds is your heart, that is all you need to know. You should be determined to plant as many seeds as you possibly can into the fertile spiritual soil of your heart.

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

**D = Date**

**M = Meditate God's Word, promises**

- 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.

**R = Read supplemental information: Thought Conditioners, Book Summaries, Relevant Articles**

- 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.

**S = Speak the Word & Declarations of Freedom**

- Continually speak God's promises over your life with conviction and expectation which will increasingly allow your mind to be renewed. Declarations of total and absolute victory, breakthrough and promotion are also vital in this process of transformation.

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