

# **Soul Detox Program**

## **Phase 1 - Overview**

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# Soul Detox

## Coaching Philosophy

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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 \(www.phlibrary.com/library/papa-hawk-perspectives/\)](http://www.phlibrary.com/library/papa-hawk-perspectives/)

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

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# Soul Detox

## How It Works

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**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.**

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# Soul Detox

## Training Regimen

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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  
Soul Detox – Phase 1 Program Overview

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](http://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!**

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# Soul Detox

## Program Resources

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### **The Word of God - Scriptures by Topic** (<https://phlibrary.com/library/the-word-of-god/>)

There is no stronger foundation than the Word of God in which to build your future. The Word of God is so powerful that the world we live in and all of the planets, stars and galaxies in the entire universe are controlled by it. "Upholding and maintaining and guiding and propelling the universe by His mighty word of power." (Hebrews 1:3). If God's Word has enough power to hold up the entire universe, you can be certain that the supernatural living Word of God is much more powerful than any challenge, lack, or sickness that you will ever experience. This section of the site contains hundreds of promises from God's Word broken out by topic.

### **Favorite Book Summaries / Cliff Notes** (<https://phlibrary.com/library/book-notes/>)

The intent of the Book Summaries is to distill the "meat/nuggets," i.e. the primary principles being taught in a book to a format that is readily accessible and at your fingertips at all times. Typically, this "distilling" process reduces the size of a book by about 80-90% of its original size down to what is really important - cutting out all the fluff, all the trivial stories, all the insignificant content and get to the heart of what is valuable - what do you need to know to master the information and make it yours?

### **Thought Conditioners** (<https://phlibrary.com/library/thought-conditioners/>)

Each "Thought Conditioner" article is a compilation of key highlights or "nuggets" from a variety of different books and articles. The objective is to become intentional in programming our minds with the scriptures, truths, and principles from God's Word as the primary building block, as well as a wealth of other positive, uplifting, inspirational information and wisdom. Bottom line - as we transform the way we think, we transform our lives! (*Proverbs 23:7 – As a man thinks in his heart, so is he*)

### **Declarations** (<https://phlibrary.com/library/declarations/>)

We release enormous spiritual power when we boldly speak the Word of God over our lives. Speaking God's Word in faith will bind the strategies of the enemy and loose God's angelic forces to minister on our behalf. At the Declarations Home Page, you will find declarations for Total & Absolute Victory, Health & Healing, Finances, Spiritual Warfare, and more.

### **Papa Hawk Library** (<https://phlibrary.com/>)

Additional resources for reading and study can be found at the Papa Hawk Library which is a repository of a lot of great faith-based resources – notes I've compiled over the last 35 years of my favorite books, articles, etc. The content is broken out by topic - faith, renewing the mind, seed time & harvest, prayer, finances, spiritual warfare, salvation, etc.

### **Papa Hawk Perspectives** (<https://phlibrary.com/library/papa-hawk-perspectives/>)

I have written a number of articles to provide my perspective on a variety of topics. It all started with wanting to leave a legacy for my kids & grandkids through these articles and naturally evolved to sharing them, as well as the other resources on the site, as a way to help people.

**There are three primary Soul Detox Program modules –  
Health & Healing, Financial Provision and Stress, Anxiety & Depression.**