

Day 1 Detox: shame and regret

Respond with confession and hope

- **Psalm 34:5:** “Those who look to him are radiant, and their faces will never be ashamed.”
- **Isaiah 43:18–19:** “Do not call to mind the former things, or ponder things of the past. Behold, I am doing something new; now it will spring forth; will you not be aware of it?”
- **Read Philippians 3**

There is always something to regret...something to be ashamed of. But take it to Jesus. Leave it with Him; He forgives and asks us to move past it as His new creation. How can I take that step today?

Day 2 Detox: fear and worry

Replace with God’s peace through trust and courage

- **Proverbs 12:25:** “Anxiety in a man’s heart weighs him down...”
- **Philippians 4:6–7:** “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

“Worry does not empty tomorrow of its sorrow. It empties today of its strength” (Corrie Ten Boom).

What is your top concern today? From what is it holding you back? How can you hold tightly to God’s promise of peace and take a step in faith?

Day 3 Detox: bitterness and envy

Replace with contentment and gratitude

- **Skim Genesis 37 and 39–41:16.** Joseph had every reason to be filled with bitterness and anger toward God. He was abused, slandered, unjustly treated, and forgotten. Yet he was not filled with self-pity; he met every circumstance as a man of God and as a man of character because God was with him in the unfair circumstances (“But the Lord was with Joseph and showed Him steadfast kindness...”).
- **Hebrews 13:5–6:** “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, ‘I will never leave you or forsake you.’ So we may boldly say: ‘The Lord is my helper; I will not fear. What can man do to me?’”

Envy can reveal so much about ourselves and what we value. Am I prone to comparing myself to others, only to find it robs me of happiness? Is bitterness decaying any relationship in my life – with God or with a family member or friend?

Day 4 Detox: habits of sin

Rebuild through confession and repentance

- **1 John 1:9:** “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”
- **1 Corinthians 10:13:** “No temptation has overtaken you except what is common to man; but God is faithful, and will not allow you to be tempted beyond what you are able, but with the temptation will also make a way of escape that you may be able to bear it.”
- **Joel 2:12–14:** “‘Now therefore,’ says the Lord, ‘turn to Me with all your heart, with fasting, with weeping, and with mourning. Rend your heart, and not your garments; return to the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness....’”
- **Read Psalm 139**

What patterns of sin am I caught in? What temptation do I fall for so quickly and easily? My Savior gave His life for me; out of love for Him, I want to flee sin and temptation and pursue what is pure and good. Set aside extra time today for prayer to confess those things to Him and have our hearts cleansed from them.

Day 5 Detox: procrastination and laziness

Rebuild with motivation and strength

- **Ephesians 4:26:** “...do not let the sun go down on your anger”
- **James 4:17:** “So whoever knows the right thing to do and fails to do it, for him it is sin.”
- **Read Matthew 25:1–13**

“As iron cast into fire loses its rust and becomes glowing white, so he who turns completely to God is stripped of his sluggishness and changed into a new man.”
(Thomas à Kempis)

Have I become lazy about the time I give to the Lord? Why procrastinate on something God has placed on my heart? Now is the time. Life is flying by; let’s not miss any chance to better ourselves, our relationships, or the world around us.

Day 6 Detox: negativity and doubt

Replace with praise, joy, and hope

- **Philippians 4:8:** “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, dwell on these things.”
- **Proverbs 3:5–8:** “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.”
- **Romans 15:5–6:** “May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ.”

It’s so easy to be trapped into focusing on what’s wrong around us and in us. But a heart that is focused on God and His glory is filled with the light of His Spirit. We can choose to live either in our shadows or in His light; how does that impact today?

Day 7 Detox: self-centeredness

Rebuild with love and kindness for everyone around you

- **Philippians 2:1–4:** “If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.”
- **Read 1 Corinthians 13** (slowly, even if you have read it a thousand times before!) and think of situations today where you can intentionally practice an attribute of that love.

“It is a serious thing to live in a society of possible gods and goddesses, to remember that the dullest and most uninteresting person you talk to may one day be a creature which, if you saw it now, you would strongly be tempted to worship, or else a horror and a corruption such as you now meet, if at all, only in a nightmare. All day long we are, in some degree, helping each other to one or other of these destinations. It is in the light of these overwhelming possibilities, it is with the awe and the circumspection proper to them, that we should conduct all our dealings with one another, all friendships, all loves, all play, all politics. There are no ordinary people. You have never talked to a mere mortal... Next to God Himself, your neighbor is the holiest object presented to your senses.” (C.S. Lewis, *Weight of Glory*)