

21 Day Detox- 5 Daily Steps

Switch on Your Brain – Dr. Caroline Leaf

Step 1: Gather

2 Corinthians 10:5 - “we take captive every thought to make it obedient to Christ”

(What is the word or phrase that continually runs through your mind. Example: Could have, should have, would have, if only statements or if I wouldn't have done this...then that would have/haven't happened)

Step 2: Focused Reflection

Philippians 4:8-9 - “Finally brothers, whatever is true, noble, right, pure, lovely, admirable, if anything is excellent or praiseworthy – think about such things.”

(Now, ask, answer and discuss your thoughts with yourself using lots of why questions. Example: Why do I have this thought repeat through my mind? Where or when did this thought originate? How does it affect me physically?)

Step 3: Write

Journaling your thoughts, as specifically as you can will help you add clarity to what thoughts are affecting you the most. Tear down the walls that may be blocking the progress and get to the root. When you can see it before your eyes, Holy Spirit can begin to bring revelation and healing for these different areas.

Step 4: Revisit

Time to revisit what you wrote. Look now at how to make change happen. You were not designed to carry these thoughts and burdens by yourself, invite Holy Spirit to reveal to you what you need to change. It's time we rewire our thoughts with His thoughts.

Isaiah 55:8 **"For My thoughts are not your thoughts, Nor are your ways My ways," declares the LORD.**

Step 5: Active Reach

Now put action behind it! This stage is where you begin to change your toxic thought into a positive thought. To reach out and say, "I choose to believe what God says about me!" This is where you reach beyond where you are.

Example: It's not just the decision to forgive, it's the actual forgiving. It's not just the decision to stop dwelling on the past, but the actual removal of that thought and change to focus on the future.

Time to line it up! I will not say this...I will say this.

Line up the thought:(TOXIC part)

With the Confession: (actually speaking it out of your mouth)
