



# 30-Day Soul Detox

...the next level

*love lifted me*



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# About This Next Level

***"But the greatest of these is love." I Corinthians 13:13***



We were created from love, and because of love, we have a chance to live in eternity with God. The catch is learning to live successfully in a fallen world where we are bombarded every day with toxicity. God is love, and he is the only way to live in peace in the chaos of the unhealthy. In order to love unhealthy people without getting sick, you have to make sure that your relationship with God is intact. Without the Holy Spirit, you will not be able to set the necessary boundaries, identify what is toxic, and end toxic relationships. Your personal relationship with God gives you access to the Holy Spirit. The Holy Spirit enables you to produce the spiritual fruits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, all of which are needed when dealing with unhealthy people.

As you work through the devotions, sit with an open, vulnerable heart and a mind to receive what God has for you. This process is for your benefit and those who cross your path in life. Continue to be brutally honest with yourself. Allow the continuance of this transformational journey to minister to the parts of you that need further transformation. You will deepen your relationship with God, which will enable you to love all confidently, even the unlovable. You got this because God's got you!



January 30, 2021

**But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23 NLT**

What fruits of the spirit do you need help with producing? List them and ask the Holy Spirit for guidance and assistance in those areas.



January 31, 2021

**So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. James 4:7-8 NLT**

Prioritizing your relationship with God is essential. What do you need to resist so that you can come close to God and He'll come close to you?



February 01, 2021

**All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. 2 Timothy 3:16-17 NLT**

Deepening your relationship with God is essential for handling difficult situations and people. What do you need to adjust your life to spend more time in God's word?



February 02, 2021

**But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. Matthew 5:44-45b NLT**

God speaks to you through His word. You speak to God through prayer. Having a prayer life is vital to your spiritual well-being. Intercessory prayer is a powerful way to help those who are unhealthy and help you to deal with them in a different, more positive way. Make a list of the unhealthy people in your life. Commit to regularly interceding for them and trust in God's divine plan for both of your lives.



February 03, 2021

**My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. Galatians 2:20 NLT**

Being in alignment with God is obtainable through obedience. Surrendering your thoughts and actions to God will help you be more responsive and less reactive to people and situations. Are there areas in your life that you need to surrender to be in alignment with God?



February 04, 2021

***I will praise the Lord at all times. I will constantly speak his praises. I will boast only in the Lord; let all who are helpless take heart. Come, let us tell of the Lord's greatness; let us exalt his name together. I prayed to the Lord, and he answered me. Psalm 34:1-4 NLT***

Praise deepens your relationship with God and is a powerful weapon when dealing with unhealthy relationships. How can you integrate praise into your daily routine to keep you in alignment with God and ready to deal with life?



February 05, 2021

***Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith. Philippians 3:8-9 NLT***

Your relationship with God will help you establish and maintain healthy boundaries. What do you need to make a statement like Paul's so that you can establish Christlike boundaries? "Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord."



February 06, 2021

***Don't be fooled by those who say such things, for "bad company corrupts good character." 1 Corinthians 15:33 NLT***

As you deepen your relationship with God, your perspective and needs change. You have already created a list of unhealthy relationships. Now, make a list of healthy relationships. Are these individuals building you up and leading you towards Christ?



February 07, 2021

***God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. 1 Peter 4:10 NLT***

When setting healthy boundaries, your life as a whole should be considered. One aspect of your life that should be considered is the use of your gifts. Are unhealthy relationships past or present keeping you from expressing your gifts?



February 08, 2021

***So let us stop going over the basic teachings about Christ again and again. Let us go on instead and become mature in our understanding. Surely we don't need to start again with the fundamental importance of repenting from evil deeds and placing our faith in God. Hebrews 6:1 NLT***

Another thing to consider when establishing boundaries is your personal growth. What relationships are helping you to grow in God? What relationships are compromising your growth?



February 09, 2021

**And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Romans 12:1 NLT**

How you care for yourself will also influence the boundaries that you set. What people or things do you need to say no or no more to in order to establish healthy boundaries?



February 10, 2021

**Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 NLT**

Establishing healthy boundaries helps you to guard your heart. What areas in your life are exposing your heart?



February 11, 2021

**For the whole law can be summed up in this one command: "Love your neighbor as yourself." But if you are always biting and devouring one another, watch out! Beware of destroying one another. Galatians 5:14-15 NLT**

Healthy relationship boundaries empower and give you the confidence to stand firm respectfully on how you choose to live your life in Christ. What do you need from God to handle problematic relationships to bring about positive change and maintaining boundaries?



February 12, 2021

**Jesus turned to Peter and said, "Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God's." Matthew 16:23 NLT**

Which one of these kinds of toxic people is in your life the most? Would your friends or family give you one of these labels? Critics are individuals who are chronically negative people who find fault in everything. Controllers are overbearing people who manipulate or force their will on others. Tempters are people who persuade or encourage people to do things they shouldn't do. Don't hesitate to set and maintain your boundaries just like Jesus.



February 13, 2021

**Because of the miraculous signs Jesus did in Jerusalem at the Passover celebration, many began to trust in him. But Jesus didn't trust them, because he knew all about people. John 2:23-24 NLT**

Jesus also set boundaries even though He loves everyone equally. However, not everyone can be treated the same, and some people you should not be around. What if anything is keeping you from setting and maintaining boundaries with others.



February 14, 2021

***Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. Philippians 2:3-4 NLT***

Toxic people are about one thing, themselves. Their presentation might seem beneficial for someone else, but there is always an ulterior motive that will benefit them. Who fits this description in your circle? If so, what do you need to do to distance yourself? Do you fit this description? If so, ask God to help you turn your heart towards him to transform your life.



February 15, 2021

***Pride goes before destruction, and haughtiness before a fall. Proverbs 16:18 NLT***

Toxic people believe that they are always right and look with disdain on anyone who corrects or disagrees with them. These relationships hardly ever destroy a toxic person, but the people in their life. What has your experience been your experience?



February 16, 2021

***There are six things the Lord hates— no, seven things he detests: haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord in a family. Proverbs 6:16-19 NLT***

Toxic people are gifted liars. I tend to lie first before they even consider telling the truth. When confronted, they often say that they had no choice. Toxic people lie to cover up lies. God hates liars and has zero tolerance for them (Revelation 21:8). How has the lies of someone or maybe even yours impacted your life? God can help you turn lies into truth. You have to ask Him for help and be intentional about changing the behavior.



February 17, 2021

***So Saul took 3,000 of Israel's elite troops and went to hunt him down in the wilderness of Ziph. 1 Samuel 26:2 NLT Then Saul confessed, "I have sinned. Come back home, my son, and I will no longer try to harm you, for you valued my life today. I have been a fool and very, very wrong." 1 Samuel 26:21 NLT***

King Saul is an excellent example of a toxic person. The mentality of for one minute and against you the next is exhausting. His toxicity caused him to lose his kingdom. What has toxicity caused you to lose?



February 18, 2021

**Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. But not the wicked! They are like worthless chaff, scattered by the wind. They will be condemned at the time of judgment. Sinners will have no place among the godly. For the Lord watches over the path of the godly, but the path of the wicked leads to destruction. Psalm 1 NLT**

Ask God for help to turn towards Him so that you can gain the courage to release yourself from toxic relationships. God warns us about being in a relationship with toxic people. No good can come from this type of relationship. It may start off fun, but it will eventually lead to heartache and pain.



February 19, 2021

**Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul. Proverbs 22:24-25 NLT**

Frequent victims of toxic relationships are people pleasers and enablers. People pleasers want toxic people to like them. Enablers want them to change for the better. You cannot change a toxic person; they have to want to change. Are you a people pleaser or an enabler? These personality types tend to lose themselves in unhealthy relationships. God desires better for you. Ask Him to reveal your plan of escape.



February 20, 2021

**He heals the brokenhearted and bandages their wounds. Psalm 147:3 NLT**

You can heal from toxic relationships with the help of God. Tell God what you need, and trust Him to supply them.



February 21, 2021

**Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 NLT**

Jesus experienced toxic relationships while on earth. His own people didn't receive him, and He was betrayed by one of his closest disciples. This is why Jesus wants us to bring Him our pain because He knows how to support us. What pain, burdens, or doubts do you need to take to the Lord?



February 22, 2021

**I will never fail you. I will never abandon you." So we can say with confidence, "The Lord is my helper, so I will have no fear. What can mere people do to me?" Hebrews 13:5b-6 NLT**

You don't have to fear toxic people. Allow the Holy Spirit to lead and guide you when dealing with an unhealthy situation. What is keeping you from completely being confident in God to help you to handle toxic situations?



February 23, 2021

**And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:8-9 NLT**

You may have been drawn into a toxic situation, but you don't have to stay in that place. What true, honorable, pure, lovely, and admirable thing can you fix your thoughts? Your peace awaits you.



February 24, 2021

**Love prospers when a fault is forgiven, but dwelling on it separates close friends. Proverbs 17:9 NLT**

Your past doesn't have to take you captive. Allow your past mistakes to grow you and empower you. Dwelling on your past can impact healthy friendships. Ask God to help you release the negative messages or false beliefs from toxic relationships so that you can live in His truth and enjoy your life and Him.



February 25, 2021

**Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 NLT**

We have all fallen short of the glory of God. To truly walk in freedom and healing, you must forgive yourself and others for being in a toxic relationship. Forgiveness doesn't mean that you condone what happened, but you free yourself and the other person from the debt you believe you are owed. What debt do you need to release so that you are debt-free in God?



February 26, 2021

**And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:30-32 NLT**

Forgiveness is key to healing from toxic relationships—forgiveness of self and others. Forgiveness is an act and not a feeling. Who do you need to forgive? Commit to the act of forgiveness today, which will help you get in alignment with God.





February 27, 2021

***I will be careful to live a blameless life— when will you come to help me? I will lead a life of integrity in my own home. I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them. I will reject perverse ideas and stay away from every evil. I will not tolerate people who slander their neighbors. I will not endure conceit and pride. I will search for faithful people to be my companions. Only those who are above reproach will be allowed to serve me. Psalm 101:2-6 NLT***

Once God delivers you from a toxic relationship, you have to be willing to live a better life. Identify what is needed to ensure a life of integrity and help you stay in alignment with God.



February 28, 2021

***Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.***

***Ephesians 6:11-18 NLT***

God has prepared us to handle whatever comes in life. We can either walk in his strength or in our own. Which way will yield better results? How have you chosen to walk in the past? How are you choosing to walk today?

*Your biggest take away from this transformational journey.*

