



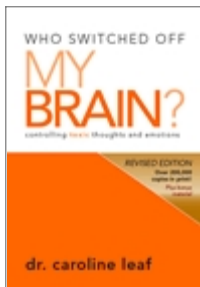
# KINGDOM LIFE

Study Notes by Valleta Lanier

## 13 Steps to DETOX YOUR LIFE! By Valleta Lanier

We live in a world full of toxins! They are in the air, in our food, in our bodies, and even in our brains! Too many toxins can cause serious damage. So maybe it's time to DETOX!

If you are feeling overwhelmed and covered by excess stress, maybe it's time to consider how to de-tox! God has a plan for how you can accomplish this in every area of your life!



I recently read a book by Dr. Caroline Leaf entitled, WHO SWITCHED OFF MY BRAIN. <http://drleaf.com/index.php> In her book she describes how the brain works, the first place to begin your de-tox program! She continues with a 13 step plan to de-tox your life! Below I have adapted her 13 step plan with some new titles, scripture references, and some of my own thoughts.

May you experience His peace, as you take control of your life in the following 13 STEPS TO DETOX YOUR LIFE!

### 1. TAKE THOUGHTS CAPTIVE!

2 Corinthians 10:5

*We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,*

1. Use your "THOUGHT STRAINER" (every thought you have goes through a "strainer" in your brain before it becomes a "thought tree" and planted as a memory. Once planted it cannot be removed and grows the more you think about it)
2. ANALYZE every thought
3. DECIDE to accept or reject the thought
4. Deal with EMOTIONAL STRONGHOLDS
5. Build NEW MEMORIES
6. DON'T THINK on old NEGATIVE MEMORIES

## **2. SPEAK TRUTH**

Ephesians 4:25

*Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another.*

1. REPLACE negative with positive words
2. Speak OUTLOUD

## **3. SHOW YOUR EMOTIONS**

Luke 7:38

*...and standing behind Him at His feet, weeping, she began to wet His feet with her tears, and kept wiping them with the hair of her head, and kissing His feet, and anointing them with the perfume.*

1. Don't SUPPRESS your emotions

## **4. TAKE CONTROL OF YOUR LIFE**

1 Corinthians 6:12

*All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.*

1. Think about WHAT IS IN YOUR BRAIN – “Think about what you think about!”
2. REDIRECT your thoughts
3. RELEASE old memories

## **5. DREAMS ARE GOOD**

Ac.2:17

*'And it shall be in the last days,' God says, ' That I will pour forth of My Spirit upon all mankind; And your sons and your daughters shall prophesy, And your young men shall see visions, And your old men shall dream dreams;*

1. LOOK for the POSITIVE
2. THINK about the POSITIVE
3. WRITE them down

## **6. LIVE IN FORGIVENESS**

Ephesians 4:32

*And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

Colossians 3:13

*...bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.*

1. CHOOSE to forgive
2. LET GO of hurt
3. LEAVE the hurt in God's hands

## **7. FILL YOU LIFE WITH LOVE**

1John 4:18

*There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.*

1. LISTEN to the Spirit
2. ASK yourself if you are living in FEAR or LOVE
3. SPEAK peace to your thoughts
4. THINK about BLESSINGS
5. SPEND TIME with people that bring JOY
6. SPREAD LOVE to people
7. DON'T LET fear in

## **8. HUG SOMEONE**

Acts 20:36-37 (Paul with the Elders at Ephesus)

*And when he had said these things, he knelt down and prayed with them all. And they began to weep aloud and embraced Paul, and repeatedly kissed him,*

1. Hugging RELEASES NATURAL GOOD CHEMICALS

## **9. PLAY & LAUGH**

Proverbs 17:22

*A joyful heart is good medicine, But a broken spirit dries up the bones.*

1. Play to OVERCOME BAD EMOTIONS
2. Play brings LAUGHTER
3. Laughter releases CHEMICALS for the IMMUNE SYSTEM
4. Laughter REDUCES STRESS HORMONES

## **10. EXERCISE**

1 Corinthians 9:27

*...I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified.*

1. Exercise RELEASES ENDORPHINS
2. A brisk walk SWEEPS AWAY TOXIC THOUGHTS
3. Exercise in a way that brings you JOY

## **11. EAT HEALTHY**

1 Corinthians 6:19

*Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?*

1. DON'T EAT when you are not hungry
2. DON'T EAT when dealing with something unpleasant
3. WATER... drink plenty
4. MEAT, FISH, CHICKEN, EGGS... stabilize blood sugar
5. OILY FISH, EGGS, NUTS, SEEDS... essential fatty acids

## **12. STAY CLOSE TO GOD & THE SPIRIT**

John 15:4

*"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me.*

1. LIFE FLOWS from your relationship with the Trinity

## **13. TAKE TIME TO RELAX**

Mark 6:31

*And He said to them, "Come away by yourselves to a lonely place and rest a while." (For there were many people coming and going, and they did not even have time to eat.)*

1. BREATHE DEEP
2. RELAX MUSCLES
3. QUIET TIME
4. PRAYER
5. POSITIVE ACTIVITIES
6. VISUALIZE
7. SLEEP 7-9 HOURS

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