

*redeemed*  
Health Solutions

The  
**TEMPLE**  
Detox Your Body, Renew Your Spirit  
**RENEWAL**  
*journal*

“Having therefore these promises, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”

-2 Corinthians 7:1 KJV

## Why am I doing the Reset Cleanse?

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## What are my high expectations and hopes for the Reset Cleanse?

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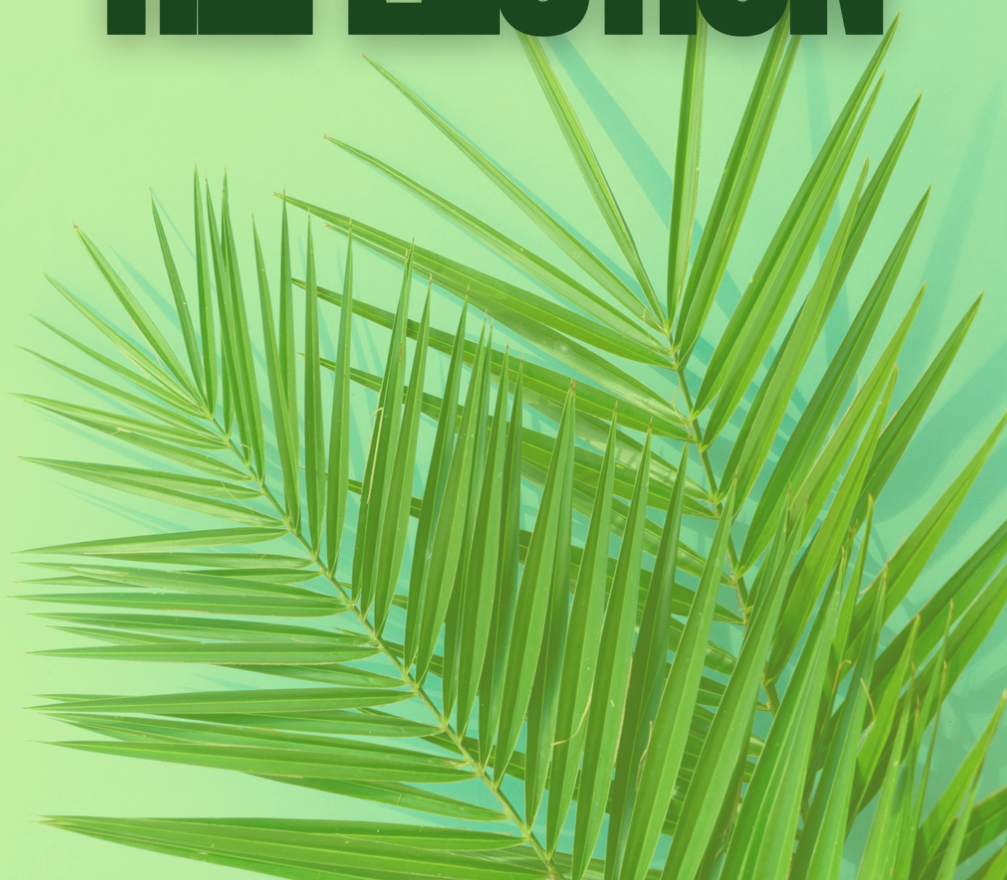
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### Readiness Prayer

“Lord, prepare my heart and mind for this journey. Strengthen me to stay committed to this process and submitted to you. I give you rule, reign and dominion over my soul. My mind, will and emotions know your voice, so they must submit to you. Thank you for the promise of renewal in my mind, body and spirit. In Jesus name, Amen”

*daily*  
**RENEWAL &**  
Detox Your Body, Renew Your Spirit  
**REFLECTION**



DATE: \_\_\_\_\_

RESET DAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

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**What foods nourished me today?**

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**What thoughts or emotions came up?**

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**“AND LET US  
NOT GROW  
WEARY IN WELL  
DOING: FOR IN  
DUE SEASON  
*WE SHALL*  
*REAP*, IF WE  
FAINT NOT.”**

-GALATIONS 6:9 KJV

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**HAVE I NOT  
COMMANDED  
THEE? *BE STRONG*  
AND OF A *GOOD*  
*COURAGE*; BE NOT  
AFRAID, NEITHER BE  
THOU DISMAYED:  
FOR THE LORD THY  
GOD IS WITH THEE  
WHITHERSOEVER  
THOUGH GOEST.”**

-JOSHUA 1:9 KJV

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**“TO WALK WORTHILY OF THE LORD UNTO ALL PLEASING, BEARING FRUIT IN EVERY GOOD WORK, AND INCREASING IN THE KNOWLEDGE OF GOD; STRENGTHENED WITH ALL POWER, ACCORDING TO THE MIGHT OF HIS GLORY, UNTO ALL PATIENCE AND LONG-SUFFERING WITH JOY; GIVING THANKS UNTO THE FATHER, WHO MADE US MEET TO BE PARTAKERS OF THE INHERITANCE OF THE SAINTS IN LIGHT;”**

-JOSHUA 1:9 KJV

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*draw near*

**JOURNAL**

Detox Your Body, Renew Your Spirit

**PROMPTS**



“DRAW *NEAR*  
*TO GOD*, AND  
HE WILL  
DRAW NEAR  
TO YOU.”

-JAMES 4:8A ESV











































**DECLARE**

Detox Your Body, Renew Your Spirit

**DAILY &**

*Take authority*



Renew Restore Revive  
**SPEAK LIFE OVER YOUR HEALTH & BODY**

God has promised to restore my health & heal my wounds.  
-Jeremiah 30:17

The Lord renews my strength and I will not grow weary.  
-Isaiah 40:31

**Every cell, organ, and system in my body, functions according to God's perfect design.**  
-Psalm 139: 14

I eat foods that bring life, strength and healing to my body.  
-Genesis 1:29

Sickness and disease have no authority over me; I walk in divine health.  
-Exodus 15:26

I am fearfully and wonderfully made, and I treat my body with love and respect.  
-Psalm 139:14

I am not a slave to food, my body or my cravings – I have been set free in Christ.  
-Galatians 5:1

I do not live by bread alone but by every word that comes from the mouth of God.  
-Matthew 4:4

My mind, body and spirit are being renewed daily through Christ.  
-2 Corinthians 4:16

I walk in healing and wholeness as I align myself with God's divine order.  
-Isaiah 53:5

I take authority over my thoughts and align them with God's truth.  
-Philippians 4:8

Renew Restore Revive  
**SPEAK LIFE OVER YOUR HEALTH & BODY**

God has not given me a spirit of fear, but of power, love and a sound mind.  
-Romans 12:2

I walk by faith, not by fear, and I trust God's plan for my body and health.  
-2 Corinthians 5:7

I can do all things through Christ who strengthens me.  
-Philippians 4:13

I am not alone in this journey – God is with me, strengthening and sustaining me.  
-Isaiah 41:10

I do not overindulge, but I eat in moderation as an act of worship.  
-Psalm 139:14

God has given me wisdom and self-control to eat in a way that honors Him.  
- Proverbs 25:28

I eat with a heart of thanksgiving, recognizing every meal as a gift from God.  
- 1 Timothy 4:4-5

I am disciplined, and I bring my body into submission to God's will.  
-1 Corinthians 9:27

The Holy Spirit produces self-control in me, and I make wise choices.  
-Galatians 5:22-23

I am set apart for God, and my body, mind and spirit reflect His glory.  
-Deuteronomy 14:2