

# THE SOUL DETOX

**DISCERN. DISCOVER. DESTROY.**

*“Beloved, I pray that you may prosper in all things and be in health,  
just as your soul prospers.” 3 John 1:2*

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**DISCERN: Pray and ask the Holy Spirit to reveal deep wounds and burdens you’re carrying.**

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|--------------------------------------|--------------------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> Abandonment | <input type="checkbox"/> Confusion   | <input type="checkbox"/> Idolatry     | <input type="checkbox"/> Obsession       | <input type="checkbox"/> Rejection        |
| <input type="checkbox"/> Abortion    | <input type="checkbox"/> Control     | <input type="checkbox"/> Immorality   | <input type="checkbox"/> Occultism       | <input type="checkbox"/> Selfishness      |
| <input type="checkbox"/> Abuse       | <input type="checkbox"/> Depression  | <input type="checkbox"/> Insecurity   | <input type="checkbox"/> Over Indulgence | <input type="checkbox"/> Slander          |
| <input type="checkbox"/> Addiction   | <input type="checkbox"/> Divorce     | <input type="checkbox"/> Jealousy     | <input type="checkbox"/> Paranoia        | <input type="checkbox"/> Suicide          |
| <input type="checkbox"/> Adultery    | <input type="checkbox"/> Failure     | <input type="checkbox"/> Laziness     | <input type="checkbox"/> Perfectionism   | <input type="checkbox"/> Unbelief         |
| <input type="checkbox"/> Anger       | <input type="checkbox"/> Fear        | <input type="checkbox"/> Loneliness   | <input type="checkbox"/> Perversion      | <input type="checkbox"/> Unworthiness     |
| <input type="checkbox"/> Anxiety     | <input type="checkbox"/> Frustration | <input type="checkbox"/> Lust         | <input type="checkbox"/> Pride           | <input type="checkbox"/> Vanity           |
| <input type="checkbox"/> Betrayal    | <input type="checkbox"/> Greed       | <input type="checkbox"/> Lying        | <input type="checkbox"/> Rage            | <input type="checkbox"/> Victim Mentality |
| <input type="checkbox"/> Bitterness  | <input type="checkbox"/> Guilt       | <input type="checkbox"/> Manipulation | <input type="checkbox"/> Rape            | <input type="checkbox"/> Violence         |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Hatred      | <input type="checkbox"/> Molestation  | <input type="checkbox"/> Rebellion       | <input type="checkbox"/> Witchcraft       |

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**DISCOVER: Identify which words trigger a negative memory or emotion and why.**

- How does this word affect me internally?
- When did I first start being burdened by this?
- What lie have I believed because of the situation that occurred?
- What does the Word of God say about it and have I been believing a lie?
- Are there more memories linked to this word that still affect me?

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**DESTROY: Follow the appropriate steps that apply to each situation associated with each word.**

1. REPENT – I need to ask God for forgiveness for what I did.
2. REDEEM – I need to forgive someone and ask God to redeem them in my eyes.
3. RENOUNCE – I need to speak against something I did, said, or agreed with.
4. REBUKE – I need to break off something that was said or done to me.
5. RESTORE – I need to ask God to bring back a part of me I lost due to this trauma.
6. REMOVE – I need to get rid of something that ties me to the pain of my past.

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For more in-depth teachings and guidance regarding the Soul Detox, please visit  
[JoshuaKings.com/blogs/teachings/the-soul-detox](https://JoshuaKings.com/blogs/teachings/the-soul-detox)