

SOUL DETOX

30 DAY CHALLENGE

During this series, we are going to challenging ourselves on what we feed our souls. In order to help make the most of this, why not consider joining us as we try cut a few things from our soul diets to make space for what we think God would be saying to us over this time.

Some of the challenges involve restricting ourselves from things we often feed our minds and souls, others are to include some things we may neglect.

This is not to say any of these things are bad in of themselves, but there is wisdom in reassessing what we give ourselves a steady diet of and making space for something else.

The Soul Detox Challenge - Why not commit to at least 3 of these goals over the 4 weeks of the series:

1. 35 Day Soul Detox devotion plan on YouVersion (App on phone)/
<https://www.bible.com/en-GB/reading-plans/257-soul-detox-online>
2. Limit your social media to checking it once a day and under 15 minutes (consider deleting it from your phone for the month and only checking on a laptop).
3. Netflix/series on only 2 nights during the week.
4. Exercise 3x a week (schedule it into your diary, don't wait for inspiration).
5. Send an encouraging message to someone different every day.
6. Aim to identify when your language becomes negative and flip it to being positive.
7. Every morning, write down 3 things you are grateful for. Whenever you find yourself feeling envious or comparing yourself to someone else, bring to mind what you are grateful for instead.
8. Commit to a set bedtime for these 4 weeks.

