



JOURNAL PROMPTS

**Faithful Detox: Freedom from
Toxins, Tension & Fatigue**





Welcome to Faithful Detox

Freedom from Toxins, Tension & Fatigue

Sometimes the body feels heavy, the mind cluttered, and the spirit weary, not because we've failed, but because we've carried too much for too long. Faithful Detox is your invitation to set it all down. To breathe again. To remember that God created your body with wisdom and built-in healing. You don't have to fight your way back to balance — you simply have to give the body what it needs to do what it already knows how to do.

This detox journey is about releasing what's been draining your strength and rediscovering what makes you feel alive, clear, and at peace.

Through simple prompts, you'll learn to:

- Listen to your body with grace, not judgment
- Notice what habits or thoughts leave you feeling heavy
- Replace stress with Scripture and truth
- Feel lighter, calmer, and more connected to God's presence

Each page is a conversation — between you, your body, and the One who made it.

Let this be your quiet place

And let God begin the work of healing from within.

Listen or Replay the episode
How To Detox God's Way For Healthy Weight Loss

GlendaHill.com

Holistic Nutritionist | Christian Weight Loss Coach | Thirty Pounds Down



10 SCRIPTURES FOR FAITHFUL DETOX (KJV)

1. Isaiah 40:31 "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

— **Trust that God restores energy and vitality when you wait on Him.**

2. Psalm 51:10

"Create in me a clean heart, O God; and renew a right spirit within me."

— **Detox begins within the heart — cleansing thoughts, motives, and desires.**

3. Philippians 4:6-7

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

— **Let prayer replace pressure; peace will follow.**

4. Matthew 11:28-29

"Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."

— **Surrender fatigue to Christ and find rest for your soul.**

5. Proverbs 3:5-6

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

— **God provides clear direction when you choose trust over control.**

6. Romans 12:2

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

— **A divine detox begins with renewing the mind through truth.**

7. Psalm 34:4

"I sought the Lord, and he heard me, and delivered me from all my fears."

— **Seek Him sincerely; He delivers completely.**

8. John 14:27

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

Let not your heart be troubled, neither let it be afraid."

— **God's peace is steady, not situational.**

9. 2 Corinthians 4:16

"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."

— **Each day, God renews strength from the inside out.**

10. Psalm 23:3 "He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake."

— **God restores, refreshes, and leads with peace.**



Freedom From Toxins

Prompt 1

Habits like poor sleep, excess caffeine or alcohol, and inconsistent meals can stress your body. Other common contributors include too much processed food, lack of movement, or skipping hydration. Being aware of what you consume and how it affects your body is the first step to releasing toxins.

Prompt/Question: What foods or drinks this week made my body feel heavy or sluggish, and how can I honor God by choosing lighter, nourishing options?

Prompt 2

Your daily routines can either support your body's natural cleansing system or burden it. Overdoing screen time, sitting for long periods, or skipping meals can all create internal "clogs." Noticing these patterns helps you make small adjustments for better health.

Prompt/Question: Which habits or routines this week may have added stress to my body, and what practical changes can I make to feel lighter and more energized?

Prompt 3

Toxins can accumulate in your environment as well as in your body — from cleaning products, synthetic fragrances, or exposure to pollution. Simple awareness of these stressors allows you to reduce their impact.

Prompt/Question: What environmental or lifestyle factors may have been adding toxins to my body, and what small steps can I take to minimize them?

Prompt 4

Your body communicates through sensations — bloating, headaches, fatigue, or skin changes often indicate that it's overloaded. Paying attention to these signs helps you respond in a way that supports natural detoxification.

Prompt/Question: What physical signs did I notice this week that my body may need relief, and how can I support it naturally?

Prompt 5

Reflection and action work best together. Journaling what you observe in your body, habits, and energy helps you notice patterns and celebrate small wins along the way.

Prompt/Question: What one change this week would help me release toxins and feel lighter, clearer, and more energized?



Freedom From Tension

Prompt 1

Stress often shows up physically before we even notice it — tight shoulders, shallow breathing, or a racing mind are all signals. Paying attention to these signs is the first step in releasing tension.

Prompt/Question: Where do I feel tension in my body today, and how can I speak to God about it, asking Him to help me relax and release it?

Prompt 2

Overthinking and replaying stressful situations keep the nerves activated and block energy flow. Simply naming the stress to God can calm the system and bring clarity.

Prompt/Question: What thoughts or worries have been running through my mind, and how can I tell God about them — speaking, singing, or praying — to let them go?

Prompt 3

Your environment and daily interactions can add unseen tension. Noticing clutter, noise, or overwhelming tasks gives you the chance to create space for calm.

Prompt/Question: What in my surroundings or daily schedule is creating tension, and what is one small step I can take while asking God to help me feel peaceful here and now?

Prompt 4

Tension is not just mental — it affects your body and slows natural detox. Gentle breathing or movement signals your nervous system to relax.

Prompt/Question: Where do I notice tightness or stress in my body, and which simple action — deep breathing, stretching, or gentle movement — can I do while inviting God's peace into this area?

Prompt 5

Reflection and action together create lasting change. Observing tension and actively releasing it, with God's help, strengthens your mind and spirit over time.

Prompt/Question: What is one area of tension I can release right now by telling God what I'm feeling, asking questions, or singing/praying for peace, and how do I feel afterward?



Freedom From Fatigue

Prompt 1

Stress often shows up physically before we even notice it — tight shoulders, shallow breathing, or a racing mind are all signals. Paying attention to these signs is the first step in releasing tension.

Prompt/Question: Where do I feel tension in my body today, and how can I speak to God about it, asking Him to help me relax and release it?

Prompt 2

Overthinking and replaying stressful situations keep the nerves activated and block energy flow. Simply naming the stress to God can calm the system and bring clarity.

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