

# DETOX

*my life*

Peter Doseck



DETOX MY LIFE!

**DETOX MY LIFE!**  
by Peter Doseck

Presented by

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CHAPTER ONE  
DEAL WITH IT

Just about every day something new drops in my inbox, and I am inundated with information about the latest self-help fad. I've discovered that I can "lose ten pounds in ten days" without doing anything special. That is, of course, after I buy the product package for only \$49.95!

In today's world self-help is rampant. We can lift our sagging faces if we'll only buy a "wonder" cream. We can get organized in three easy steps if we'll simply join a club and pay a fee. We can fix just about anything if we are willing to spend enough money and swallow the advertising scheme hook, line, and sinker.

When so much information is floating around, what most of us really need is a break, and that is what this little book is all about. It's about taking a good look at our lives and finding the things that weigh us down so that we can break free from the hamster wheel so many of us find ourselves attached to.

One of the biggest self-help fads we've been drawn to lately is the detox craze. According to the ads we can detox our colon, our liver, or even our entire bloodstream. The most valuable detox, however, is never mentioned, and that is detoxing our lives. To me, that would be far

## DETOX MY LIFE!

more useful than anything else we can think of.

We know the word detox is short for detoxification, which is the process of removing foreign substances from our bodies. There are many things that we take into our bloodstream by simply breathing and eating. There are others which are absorbed when we take prescription medications or introduce other substances into our system.

The things we allow to enter our bodies can create habits and addictions that produce abnormal behavior. Over time these behaviors will not only affect us, but they will also affect those who live with us and around us.

### **The Addict Lifestyle**

We all know people in our uncertain world who have deliberately put alcohol, tobacco, and illegal drugs into their bodies. They did it in an attempt to escape the realities of life, but the unexpected end for many of them was the creation of a stronghold called addiction.

When their casual behavior led to physical or mental addiction, the very people who were trying to escape the chaos around them suddenly found themselves out of control in every area of life.

Many will lose their health, their homes, their families, their goals and dreams, and even risk their lives - all for the next hit, the next drink, or the next moment of temporary escape.

Sickness often results because of poor

PETER DOSECK

choices, and their life spans are shortened by afflictions such as cancer, emphysema, heart disease, and chronic liver ailments. Death is the unhappy end in many cases, and families are left to deal with the consequences of a lifestyle lived for pleasure and short-term escape rather than lived for the benefit of others.

Of course we know not every addiction is self-imposed. For instance, there are some people who through no fault of their own have found themselves addicted to prescription drugs. They were given strong medications to help them through a tough time when pain and the ravages of disease pressed upon them. Now they are trapped and suffering consequences that they did not foresee.

No matter how addiction begins, no one plans for their life to spin out of control. No one wants to be imprisoned by a bondage of their own making. Most addicts know what they are doing is wrong, and yet they cannot seem to stop because the promise of momentary escape overshadows the unseen bondage and the stealthy enemy we call death.

Even those people who are made aware of the dangers that lie ahead can live as if they are invincible. Though they know they are playing with fire they will live as if they haven't a care in the world.

Why? Because many habits that lead to dependence seem harmless at first. Addiction hides behind the subtle, magnetic nature of pleasure where people get away with substance abuse for a season, but then they wake up one day and find they are so full of

## DETOX MY LIFE!

toxins that they have to stop and deal with it, or die.

### **Are You Addicted?**

It's easy to look at a drug addict or a drunk and shake our heads in disgust, but what about our own struggles with bad habits and questionable lifestyles? As Christians, are we somehow immune to the trials of life? Do we ever allow unhealthy habits to form through deception or ignorance?

We may not be addicted to drugs, but how many Christians are addicted to TV? How about the internet, or maybe talk radio? What is your "drug" of choice to drown out the trouble you don't want to face in life?

Christians can fall into habits that result in abnormal behavior for those who call themselves "the righteous". Is this any less dangerous than taking drugs or smoking a cigarette? Carnal habits can become doorways of opportunity for Satan that are just as destructive as addiction to cocaine if they are not handled properly.

The devil is standing by, always at the ready to bring the curse upon Christians who allow hardness of heart, insensitivity, and carnal-mindedness to become a part of their daily lives. The real tragedy is that their children, instead of being raised in the nurture and admonition of the Lord, will be raised with the notion that what they have witnessed at home is the norm.

They will be content to live hypocritical lives just like their parents did, and they will

have no joy, no peace, no love, no expectancy of the miraculous because they saw none growing up. They will expect nothing more than what they experienced, and they will end up with nothing less.

So many young men and women whose families dragged them to church every Sunday will wind up forsaking the faith, living in empty relationships, and walking in disobedience to God. They will be trapped by a love for the world and a spiritual emptiness that was created by the hypocritical actions of their parents.

Soon, they will create their own prisons of personal bondage, and they will follow in the footsteps of what they learned by observation, rather than what they were taught by word only. Everything in the world reproduces after its own kind - even our impulsive, addictive, and carnal behaviors (Philippians 4:9). We need to detox our lives!

## **Spiritual Lifeblood**

Leviticus 17:14 tells us that the essence of life is in the blood. This is a natural fact, but it is also a spiritual truth. Our natural blood sustains us. It feeds our cells, oxygenates every tissue, and removes waste from our system. Without blood, we cannot survive.

We have a certain spiritual lifeblood, too. It feeds our minds, empowers our spirits, and cleanses our hearts. Without our spiritual lifeblood, we will perish.

Too many Christians have allowed their spiritual lifeblood to be contaminated just as

## DETOX MY LIFE!

many individuals have allowed their physical bloodstream to be filled with toxins. When we permit carnal thinking and poor judgment to dominate our lives and dictate our activities rather than the Spirit of God, we will stop producing Christ-like fruit and instead produce the works of the flesh.

Life is a series of decisions, and we all have information portals that we open and close as a result of those decisions. When we open a portal to carnal thinking or bad judgment, we allow things to be poured into our minds, and eventually into our spiritual lifeblood, that will change who we are.

Slowly, but surely, if we don't curtail the influx we will find ourselves in a state of compromise. We will violate our convictions, open the door to unbelief, engage in ungodly activities, and allow fear to dominate us.

So how do we detox our spiritual lifeblood and reverse our course? We do it the same way an addict detoxes his system – quickly, forcefully, and completely. We must deal with every portal of entry in our lives and homes.

We have three main gateways to the heart, and they are the eye, the ear, and the mind. We also have other portals of entry that must be dealt with, such as the mouth and our earthly members. Each one must be detoxed before we can be truly free.

## CHAPTER TWO DETOX YOUR EYES & EARS

Let's start with the obvious, the eye. We have so much to look at in our world, and yet we have become content to stare at manmade images rather than enjoy God's creation. Every stream of information you choose on a given day is trying to force its way into the same portal of entry, your eye.

The visual stimulation you encounter daily can be overwhelming, and the constant influx of information can dominate not only your eyes, but all of your senses, and therefore your world-view.

How can you deal with it? By fasting and cutting off every form of contact with your eyes for a season. Remember, the best form of detox is a complete and immediate removal of the offending substance.

In the same way, the best method of detox for your eyes is to stop the flow of information for a time period so that you can actually hear yourself think again.

There are frequent opportunities for me to give in to the information avalanche all around me, but because of the lordship of Jesus Christ in my life, and because of my need to maintain purity as the head of my household and as a

## DETOX MY LIFE!

living example for my grandchildren, I must take time to judge the things that I see and the things I allow in my surroundings. I must also judge my use of time, and my passions and priorities (1 Corinthians 2:14-15).

I must judge, and then I must remove the things I find unacceptable. This is how I detox my eyes.

For me, when I want to judge the things I see, I will shut down all forms of eye stimulation for seven days. For that time period, the only thing I will allow my eyes to see is the Bible.

It always amazes me how different TV appears to me the first time I turn it on after this kind of fast. I have a whole new perspective on daily habits as seemingly innocent as watching the news. I no longer take it in without thinking, but I now put it through the filter of God's Word and cut it off when it goes negative.

Physical detox usually results in symptoms of withdrawal, and it will be no different in the spiritual realm than it is in the natural realm. If you shut down the flow of information directed at your eyes, you will likely be very uncomfortable with your new-found quiet time.

Just as your body would scream during a time of withdrawal and tell you that you must give it the substance it craves, so your mind will yell at you during the uncomfortable quiet and tell you that you must give it visual motivation to survive. Don't worry. You'll make it without all the visual stimulators, and you will begin to notice a very unusual thing.

You will actually form thoughts and dream

dreams about the future. You will solve problems and find solutions to things that have bothered you for a long time. You will rediscover the art of conversation with your spouse, and you may even find out what your children have been up to.

## **Detox Your Ears**

Of course, we don't want to stop with our eyes; we need to detox our ears as well. In John 10:4-5 & 16 and in Mark 4:11-12, Jesus talked about the things we see and the voices we hear in the Kingdom of God.

The Word is a voice in our lives, but it is often overshadowed by all of the other voices we allow to occupy our ears. The Spirit of God desires to speak to us, but we are so inundated by the voices of the world, we cannot hear Him.

As we go about in the world on a daily basis we hear negativity, complaining, verbal dishonoring, murmuring, gossip, and rumors. If we are not careful we will allow them to enter our minds. Even true stories passed from one to another, called tale bearing, can affect us negatively.

In the workplace and marketplace we are often surrounded by cursing, angry outbursts, and bitterness. These things infect us and contaminate our systems.

We are all affected by the mess around us, but many of us don't even realize it. We have become so used to these things that we hardly notice them anymore. We fail to recognize expressions of the world for what they are:

## DETOX MY LIFE!

the outflow of Satan and his work against mankind.

Too many have surrendered to his devices, and others have been drawn in subtly, thinking such things are normal. To this I say, "No! No! No!" It's time to detoxify in order to purify our lives!

When I do my seven day fast for my eyes, I will usually do it in tandem with a fast of things that enter my ears. I will deliberately shut down all audio stimulation at the same time that I shut down visual simulators.

The only thing I will allow myself to listen to is the Bible. I will shut down all unnecessary conversations, and sometimes I will even tell my wife that I am going to stop talking altogether for 24 hours straight.

This is the best fast, because it makes me be still and listen to the heart of God. In this total fast I will shut down all of the noise of the world, even the sound of my voice, and I will let God speak to me.

You can pray without using your voice. Just read about Hannah and the miracle birth of Samuel (1 Samuel 1:1-17) or look at Ephesians 3:20 for proof. You can pray and be still at the same time. It just takes practice and discipline.

Cover your ears for a period of time, and cover your mouth. When you realize how much God is trying to say to you during a normal day, you may find yourself leaving some things by the wayside permanently.

CHAPTER THREE

DETOX YOUR MIND & MOUTH

We must also detox our minds in order to be truly purified, because the mind is the primary battlefield of life. Romans 12:2 says, "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."

Our minds hold our identities. They hold our understanding of the life of God, the keys to change, the possibilities of our future, the secrets of righteousness, and the principles that lead to an obedient, faith-filled life (Ephesians 4:17-24; Romans 8:5-7; Philippians 3:13-15; & Romans 8:1).

All of our thoughts are not evil, but many of us are weighed down by the cares of life and by the needs we face. "Who's going to pay for braces for Tommy?" "How will I afford Susie's new shoes for cheerleading?" "Will I be able to pay the rent?" "What if I lose my job?"

Jesus told us not to think on these things because God already knows all about them (Matthew 6:25-34). We must capture our thoughts and make them match God's thoughts; otherwise, we will think on so many

## DETOX MY LIFE!

world-related issues, we will forget to meditate on the solution, the Word of God.

Did you know it is possible to dehydrate in a swimming pool and not even recognize the signs of thirst until it is too late? That is exactly what has happened to many Christians.

In their daily attempt to keep up with the information overflow, they have failed to take in the very thing they need to survive, God's Word. If they would think on a truth from the Bible instead of concentrating on the problems they face, they would soon be filled with freedom, revelation, faith, vision, prosperity, health, peace, assurance, stability, and good success (Joshua 1:8).

Why don't Christians walk in love? Could it be because they don't believe the best of every person as the Bible tells them to? They don't meditate on that truth, and therefore it has no place in their minds. They let their imaginations run wild about other people instead of staying focused on what God says about them.

Remember the ten spies who went into Canaan with Joshua and Caleb? Though all 12 saw the same things, Joshua and Caleb came back with a positive report, while the other 10 saw only doom and gloom (Numbers 13:26-33).

This kind of attitude is rampant in the Body of Christ. It is high time for us to take control of our minds and cast down the ungodly thoughts that bombard us. We must guard our hearts and regard our thinking as important enough to monitor.

PETER DOSECK

We cannot allow our thoughts to wander randomly, and we certainly cannot allow the world to inform us about the things of God. We need to clean house and let God be God in our minds again.

So how do we do it? How do we guard our thoughts and detox our minds? Well, we can't fast all thinking, because our thoughts are always with us, but what we can do is begin with a simple 15 minute practice session.

When you wake up in the morning, spend the first 15 minutes focused on a promise of God. Put it in the center of your mind, and concentrate to keep it there. Put your attention on one verse, or on one principle in the Word, and do not let anything distract you for 15 minutes. Philippians 4:8 is a great verse to begin your practice session with.

Each day, stretch yourself until you are meditating on a verse or a promise for an hour, for half a day, and then for the entire day. Every time a negative thought comes up in your brain, do what Jesus did and cast it down by speaking the Word (Matthew 4:1-11; 2 Corinthians 10:3-5).

If you will do as Jesus did, and speak the Word when the devil tries to weigh you down with negative thoughts, you will soon have the results He got. The devil will leave you for a season, and you will find your thoughts staying on the Word more and more freely.

This is true mind detox – to think on the Word of God above all other things.

## **Detox Your Mouth**

There's one little member of our body that we have not mentioned yet, and that is the tongue. That tiny part of us that can set the world on fire (if we let it) needs our detox attention more than anything (James 3:1-13).

Isaiah 6:5-8 says: "Then said I, Woe is me! For I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of hosts. Then flew one of the seraphims unto me, having a live coal in his hand, which he had taken with the tongs from off the altar. And he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged. Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me."

If we are ever going to be truly free of toxins in our spiritual lifeblood, we must detox our mouths. We must control our tongues and put a damper on the words we speak.

We will never overcome the hellish works of Satan and stop his desire in our lives until we first control what we say. Life and death literally hang in the balance when we allow our tongues to wag unchecked (Proverbs 18:21).

We've got to stop killing ourselves and others by allowing negative, evil, or carnal words to spew out of our mouths on a daily basis. We must stop all negative speech about ourselves, about our children and families, about our spouses, about our workplaces, and

PETER DOSECK

about our lives in general.

1 Peter 3:9-10 says: "Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile."

We cannot afford to speak evil against any pastor, leader, or government. We can speak out against issues and error, but we cannot speak against people. We cannot rail back when we have been railed upon. We must let God handle it.

We have to stop spreading rumors and repeating matters about others. It's neither here nor there whether what you say is true. Repeating a matter and revealing the weaknesses and shortcomings of others will destroy people (Proverbs 17:9).

Christians have a rude habit of spreading rumors in the guise of "We need to pray for Sister Soandso", or "We need to lift up Brother Suchandsuch." Stop it! If you feel led to pray, do it in your prayer closet, and let God lead your friends to pray. You need to protect yourself and your friends by closing your mouth!

Words are voices, and voices create thresholds and doorways into the hearts of men. They are also pathways by which either God or Satan may find entry (1 Corinthians 14:10). Words bring life and blessing, but they can also bring death and the curse. You will have what you say, whether good or evil (Proverbs

## DETOX MY LIFE!

4:24; 8:8; 12:6; 13:3; 15:4).

Guarding your mouth takes effort. The Bible tells us no man can tame the tongue, but we also know that the Holy Ghost is perfectly equipped for the job (James 3:8; Romans 8:13). The Spirit of God can take us beyond our knowledge and our capacity to learn, and He can empower us to deal with the strongholds that affect our tongues (1 Corinthians 2:9-13).

So, now that we have established the need for a detoxed mouth, how do you get one? You guessed it, by fasting! You can fast food to quiet the tongue, but I would also encourage you to fast talking for a time period.

Find a way to separate yourself from the normal activities of life for 24 hours. Hire a babysitter, or take the kids to grandma's house for the weekend. Do whatever it takes to carve out a time for you to still your voice and shut down your tongue for a day.

If you say, "That's impossible!", then at least get away from the house and be still for a couple of hours. The sacrifice will be well worth it, and God will honor you for your diligence and your commitment to detoxing your life. Remember, Jesus told us that what we do in secret, God will reward in the open (Matthew 6:16-18).

When you close your mouth for this fast, don't open it until the time has passed. Don't write notes to your spouse, and don't even whisper. Don't pray. Don't sing. Just be still. You can pray silently, but there are times when it is even good for you to quiet everything around

PETER DOSECK

you, including your thoughts and prayers.

You may be surprised how loud the still, small voice of God will seem when you finally calm the storm in your mouth and let Him fill you with what you need. Let the voice of God drown out your own, and then take what you hear and live it.

CHAPTER FOUR

**DETOX YOUR MEMBERS & REPENT**

Oh, the wonders of God's creation! Our earthly members are fearfully and wonderfully made, aren't they? But they can also toss grenades and cause massive destruction! So, even our outward members need to be detoxed.

What do I mean by outward members? I'm talking about the things that you do, your physical service to God and others. Too many Christians have forsaken acts of service because they have allowed their lives to become so cluttered and busy that they no longer have time to help someone else.

We all have talents that God intended us to use for His Kingdom, but many of them lie idle because of the cares of the world that we have allowed to weigh us down. We all have churches we attend where our gifts are needed, but we let someone else do what God has called us to do because we don't have the time, or we can't seem to get excited about serving anymore.

Our members are loaded with toxins, and we don't even know it!

How do we detox our members? By putting them to work! Do we need to fast? Absolutely, but we also need to put our hands to the plow

## PETER DOSECK

again. Isaiah 58:6-12 shows us the kind of fast that is acceptable to God, and serving others is a part of such a fast.

Let's define fasting first. Fasting is an act of faith that is released by abstaining from food for a set period of time. How long the fast lasts can be determined by God, by the individual, or by the leader of a church in a called fast.

We should begin with a reasonable amount of time, but we should determine to stretch ourselves and go longer the second time than the first.

You may only be able to fast a portion of a day in the beginning, maybe just one meal. In a week's time that would be seven meals, or the equivalent of 2 1/3 days out of a week. That's a good start.

Maybe you could stretch yourself in the next fast to go from 8:00 a.m. to 3:00 p.m. for five days in a row. If you've fasted before, you might be able to begin with a three day total fast. Whatever you can do, ask God to help you do more.

No matter how long you fast, always drink plenty of water. Water is the key to keeping your body hydrated and strong during a time without food. No one in the Bible ever went without water for more than three days, so I would recommend using God's Word as wisdom.

(For most Christians in today's world, I would strongly recommend drinking water during every fast so that you do not give the devil any opportunity to derail your faith by making you ill.)

## DETOX MY LIFE!

Now, back to the passage in Isaiah. According to this description of a fast, when we set ourselves to a certain time period of abstaining from food and pleasure (and in our case from seeing, hearing, thinking on, saying, or doing certain things) we will loose the bands of wickedness, undo heavy burdens, let the oppressed go free, and by acts of faith break every enslaving yoke.

If you read the verses carefully you will see that God not only expects us to forego food, but He also expects us to give ourselves to acts of service during a time of fasting. For instance, in verse seven we are told to feed the hungry, take care of the poor, and clothe the naked. That's a pretty tall order for an individual, but when we work together in the church, using our gifts and serving others, we can fulfill this scripture as a body.

We are also instructed in verse nine to stop pointing the finger at others and speaking vanity. That sounds pretty much like detoxing your mouth to me, as well as detoxing your eyes so that you do not see people after the natural, but after the spiritual, which will keep you from being critical.

The blessings that come as a result of this kind of fast are described in verses 11 & 12, and they are well worth the time and sacrifice. I'm all for having the Lord guide me continually, and for having my soul satisfied in a time of drought. I think we all would enjoy being like a productive, watered garden, and of course we want God to rebuild in our waste places.

So, we all should fast as God calls us to, including a good detox of our members, and then we will enjoy the benefits.

## **Repent!**

Let me share the final key to detoxing your life: Repent! Repent! Repent! Whatever you discover when you detox your eyes, ears, mind, lips, and members, you must deal with it by repentance.

Repentance is a turning from something and a turning back toward God. We turn away from sin whenever and wherever we find it, and then we turn to God by boldly approaching His throne of grace to find mercy and grace to help us in our time of need (Hebrews 4:16).

Everyone who has ever made Jesus their Lord has been through a time of repentance, but when we find sin has crept back into our lives we need to return to repentance and faith in the forgiving nature of God.

We will never leave repentance behind as long as we live on this earth, because as believers we will never be perfect. We will always be in a mode of change from glory to glory.

When we detox and discover the tentacles of sin creeping into our lives, we must deal with it forcefully and completely. We must remove ourselves from the sin, and we must approach God to ask Him to forgive us and cleanse us from all unrighteousness (1 John 1:9).

We all make mistakes, and when we do the Spirit of God will deal with us and chastise us, just as we do our children (Hebrews 12:5-

## DETOX MY LIFE!

11). The result of our repentance will be freedom from Satan's power, renewed holiness, and sustained righteousness (John 8:34 & 32).

True repentance is born out of a revelation of right and wrong, and it is brought about by the Holy Ghost through what's called conviction. Conviction comes through the Father, the Son, or through the Holy Ghost, and it is because of our love for God and our submission to Him that we turn from our ways and repent.

When we repent we get a new mindset, and we develop a persuasion that the act or thought we engaged in before is not acceptable or pleasing to God. Detox will always lead to this kind of conviction and repentance because our time of separation will awaken us to the holiness expected by God, and to our own shortcomings and failures.

There are many things we do in life that do not divide us from God's grace, but they do prevent us from walking in the fullness of His presence (1 John 5:16-17; Leviticus 4:2; Psalm 19:13). We must avoid these things and live beyond them.

We know we cannot live in sin and walk with God, but we are allowed to grow as children in Christ. There is a time of proclamation, edification, and transformation as we grow, but then comes the time when God will build in us personal convictions through the Word, through our time with Him, and through our own recognition of our weaknesses. As we discover these convictions we will be expected to separate ourselves from certain things in

PETER DOSECK

life (Psalm 119:9; Ephesians 5:26-27).

Personal convictions violated become sin to us. Others may not be required to live as we do, but when we know God wants us to avoid something, to us it is sin if we disobey. We may not always understand why we have been given certain limitations and others have not, but we do submit, and we do what God asks of us (Romans 14:1-9).

So we must repent for what we discover about ourselves, but there is something else we can do during our detox fast that will take us even deeper. We can pray for and repent over the sins of others.

I know this sounds strange, but it is very scriptural. Such prayers destroy the devil's advantage over our loved ones, and they have even been known to release nations from the grip of sin.

Daniel repented for the sins of a whole nation in Daniel 9:3-19. He repented for the sins of God's people, and when you read verses 3-5, it appears it was an ongoing thing.

Moses repented for Israel in Exodus 32:30-32, and he repented for Miriam and Aaron in Numbers 12:1-15. David repented for his nation in Psalm 79:8-9. We are given our own call to repent for our nation in 2 Chronicles 7:12-15.

Jesus prayed for the forgiveness of those who crucified Him in Luke 23:34, probably the most extraordinary prayer every recorded in the Bible. Stephen followed the pattern of Jesus in Acts 7:60 when he prayed for those who stoned him to death.

## DETOX MY LIFE!

We can repent for our children, even when we do not know what they are doing, saying, or thinking (Psalm 90:8; Psalm 19:12; Leviticus 4:2). We can cry out on their behalf and ask God to forgive them, convict them, and stop them in their tracks.

How amazing it would be if we would cry out for the sins of others, and in so doing save not only them, but save ourselves as we begin to see people through the eyes of love. James 5:16 says, "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

We have so much to live for as Christians, and we need to live life to its fullest measure. You can experience life and it more abundantly if you will take the time to detox your eyes, your ears, your mind, your mouth, and your members, and then through repentance allow God to refill the empty places that you discover.

Let God help you become who you are meant to be, and let Him set you securely on the Solid Rock once again.