

## 30 Day Cleanse

Sometimes we need a thorough cleanse of our souls to get back on track with God. Maybe we've gotten out of the habit of quiet times. Or maybe we've been angry with God and we've allowed bitterness, unforgiveness and pride to keep our hearts locked away from Him. Maybe we just don't know where to start in seeking and savoring the joy of the Lord. A spiritual cleanse can be just the thing to reset our hearts and minds. Follow these steps for 30 days and watch your heart begin to soften.

1. Begin by praying aloud through the **CONNECTING THE HEART WITH THE HEAD** below. Personalize it; make it your own prayer to God.
2. Next, pray aloud through one of the **SURRENDER PRAYERS** in the **SOUP** Section. Confess any sins that God brings to mind. Then release them from your thoughts.
3. Read the current day's reading from **JESUS CALLING** by Sarah Young or **31 DAYS OF PRAISE** by Ruth Myers.
4. Do a **FRESH PRAISE** exercise from the **SALAD** section of your Banquet Notebook.
5. Record any thoughts from your prayers and reading in a journal.

### **Connecting the Heart with the Head**

*(from A Guide to Listening and Inner-Healing Prayer, by Rusty Rustenbach)*

Lord Jesus, You said You came to bring healing to the brokenhearted. One aspect of brokenness that I struggle with is the head/heart separation.

Jesus, I see in Your Word that You experienced emotions and expressed them in appropriate ways. Your capacity to live from Your heart enhanced Your ability to be intimate with the Father and to connect with needy people. Would You be pleased to do this same work within me?

I ask You to come now in a special way to connect my head with my heart. I know this is an event, but it's also a process. As I connect more deeply to my heart, would You allow me to hear more clearly from You?

Would You let me experience Your love more fully, Your joy more deeply, and Your peace more profoundly? Would You also permit me to grow in compassion, sympathy, and empathy so that, like You, I would be moved with compassion toward the lost and broken people who surround me?

I thank You that this is something You're willing and eager to do for me."

