



The
Good Samaritan
Network

Uniting Christian Recovery Ministries

Recovery

Jen Lever

The body of Christ has the answers. We need to unveil them.

- Become Christ-like and walk in forgiveness.
Hurt for them not by them.
- Pray for and believe that those suffering in addiction understand their identity in Christ.
- Understand the courtrooms of heaven and the throne room of mercy and grace.
- Dr. Caroline Leaf's research and detox plan scientifically proves God's Word is the answer.



WHATEVER YOU THINK...
YOU BECOME.

As a man thinks in his heart so is he. Proverbs 23:7

Think about what you are thinking about!

- You have an internal dialogue.
- What is it telling you?
- Your thoughts are taking up mental real estate
- Your thoughts are creating proteins that change your brain *and* your DNA

What is the Brain Detox Plan?

- Developed by Dr. Carolyn Leaf a 30 year Cognitive Neuroscientist
- Based on rigorous science and the Word of God.
- A simple tool to help bring peak happiness, thinking, health and peace.
- A plan to shrink toxic thoughts and grow healthy thoughts.
- Achieved by choice.

Psalm 1:1-3

- Blessed *is* the man

Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;**2** But his delight *is* in the law of the Lord, And in His law he meditates day and night.
3 He shall be like a tree planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

Renewal of the Mind

- 5 Steps based on how the brain builds thoughts
- First day takes approx. 20-30 minutes as you become acquainted with the steps.
- 5-7 minutes a day, thereafter

Taking every thought captive



- Double process each day.
- Breaking down a toxic thought
- Building up a healthy thought

First Step: GATHER

- The Gather step is where we become aware of the thoughts entering and floating around our minds. We must become aware of what we are allowing into our minds through our 5 senses. No thought entering your mind should ever go unchecked.
- The Gather step will generally make you aware of about 4-7 active thoughts. Of those 4-7 active thoughts, one or more of them are likely toxic.

Step 2: Focused Reflection

- Self-reflection about the specific toxic thought.
- Focusing in on just a single toxic thought with the goal of understanding what that toxic thought is doing in your life.

Step 3: JOURNAL

- Recording what the Focused Reflection reveals. In this way you are making the thought very visual, almost like taking a photo. It's an eye-opening process. Pour your thoughts out on paper.
- Write your thought related to seeing yourself free. Describe the damage the toxic thought caused. Recognize that no toxic thought is harmless.

Step 4: REVISIT

- In the Revisit step, you are going to read what you wrote and ask the Holy Spirit how and what to change. Write down what the Holy Spirit reveals.
- “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” James 1:5 NIV

Step 5: ACTIVE REACH

- Doing something specific to destroy the toxic thought.
- Write it down.
- Do it at least 7 times during the day.
- Must be deep and meaningful, but not time consuming.

Take every thought captive and bring it to the obedience of Christ. 2 Corinthians 10:5