



# THE 4-WEEK TO BECOMING JOURNEY

*WEEK 1: SPIRITUAL DETOX*

Radiantly Resurging

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My desire for you as you navigate this workbook is that you will detox and live a life that exemplifies the freedom that Christ died for. You see, often times we live through life adapting to the norms that society has laid out for us.

Unfortunately, there comes a time when we have to step out of the status quo and ask ourselves the difficult questions- Who am i? Who are you outside the culture, traditions, societal expectations and family background? Who has God called you to be? What is your identity in Christ?

The truth is that God created you and me for a purpose. You are a solution to a problem existing on earth. Besides that, there is a way that God wants to reveal His glory on the earth through you. That is why you trying to adapt the status quo kind of thinking is a disservice to you and the kingdom of God.

This workbook is meant to help you start your journey to becoming who God created you to be and learn to live out authentically in who He says you are. Join me in the next 4 weeks as we kick-start the journey to becoming. Every week we will look at an aspect of our being that needs detoxing. By the end of the 30 days, you will have gained the tools you need to continue on this path of discovering your identity in Christ and becoming everything He created you to be.



## PRAYER:

*Heavenly Father, we thank You for this opportunity to seek Your guidance in every area of our lives. As we begin our journey to becoming, we ask for Your guidance, wisdom, confidence, and discernment so we can align to Your perfect will for our lives. We thank You that Your will is to see us succeed and fulfill our purpose here on earth. Your plans are good and You have only pure intentions for us. Help us to trust Your guidance and also believe that You want us to win even more than we want it for ourselves.*

*As we start this journey, we thank You that You will hold our hands every step of the way and we will be able to discern what You are saying and boldly step into it. We also thank You that You Precious Holy Spirit will give us the blueprints we need to become everything You envisioned us to be even before the world was created. More importantly, we believe that this process will not only draw us closer to You but that it will also deepen our faith in You helping us grow and become who You always knew we could become. Give us the boldness to pivot as You see fit and to fully surrender to Your guidance and Your way. This is our prayer in Jesus Christ's Name, Amen and Amen.*



# HEY, I'M MERCY

I would like to first thank you for taking the time to become a part of this community. Going on this journey is exciting to me because I recognize how freeing a relationship with God is as opposed to trying to perform or earn His love. I have been the girl who tried to earn God's grace not realizing that He had freely given it to me

This is why this workbook is so important to me. I want other Christians to recognize that God is more interested in our heart more than He is our works. You see. God knows our hearts and He knows the reason we do some of the things we do. He wants to get us to a place of relationship. He wants us to get to know Him intimately and have a unique relationship with Him. Get ready for a beautiful adventure of unlearning, learning and becoming.



*Mercy M.*



# SPIRIT DETOX

As promised, here is a workbook that will help you kick-start this journey. What comes to mind when you think of spirit-detox? Well, the first time this phrase popped up on my mind, I thought that I was backsliding, this however wasn't the case. It turns out that it was God who was speaking to me. Don't stone me just yet. Let me explain? I have been the girl who was focused on having a performance-based relationship with God. I felt the need to please Him by being a good person.

And this stems from my childhood. I grew up as a good child. I was rarely found making mistakes and I prided myself for being a good girl. I think it is because of the praises I got for being good. That is why when I rededicated my life to Christ a couple of years ago, I continued with the same mindset. I focused on all these formulas that others did and worked. I honestly thought that God would reward my good behavior.

Unfortunately it seemed like the more I prayed, fasted and did all these Christian rituals, the harder my life got. In fact it seemed like the more I gave, the poorer I got. This got me to a place of burnout early this year. It is interesting though that prior to me experiencing burnout, the Lord had been speaking to me asking me to slow down. At the time though I thought it was my own imagination. In fact, I assumed that I wasn't doing much and that was why my prayers were going unanswered. I even wanted to go on a 40 day fast just so I could get the Lord's attention.



*Things did not go as planned because by day 2 I was struggling yet the years prior I could do a 3 day Esther fast and successfully complete it without experiencing intense shortness of breath or dizziness. This time however it was different. It got to a point where my mum got so concerned and requested that I break the fast. She was fully convinced that I would end up in the hospital by day 7. This was the wake up call I needed. But do you know something? Prior to my mum and I having that conversation, I literally heard a voice in my spirit ask me why I was fasting and in whose strength I was doing it in. Obviously it wasn't God's strength because just last year I heard a voice tell me that my fasting season was over. Although I had heard this voice tell me that, I did not stop until after I had that conversation with my mum.*

*Now back to you. Is there a spiritual practice that you have abused in the name of doing it for the Lord? In the book of Ecclesiastes chapter 3 verse 1, the Bible tells us that there is a time for everything under the sun.*

*There is a time for everything,  
and a season for every activity under the heavens:*

*Just because a practice is good does not mean you can overdo it in the hope of getting a breakthrough. Now I need you to know that I am not telling you that these spiritual disciplines are bad. But we need to recognize that too much of everything is actually poisonous. Before we continue I would like for you to think about some of the spiritual practices that have led to you experiencing burnout and take a mental note of them.*





After this incident I went on a season of confusion and frustration. You see, besides fasting, I had also joined so many prayer meetings and also made it a habit to do night vigils. Whenever there was a spiritual exercise that had been proven, I would embark on it just so I could experience breakthrough and I did this for 6 years. But what I can tell you is that not only was I unsuccessful, but I also became bitter and was frustrated. That is why I can relate with the prodigal's son elder brother in Luke 15. I actually concluded that God had favorites and that He wanted to frustrate me. In fact, I thought God was using me as an example of how to fail in life and in this Christian walk. Let me just give you a glimpse of some of the things I did besides fasting. I would wake up in the middle of the night to pray in tongues for hours. Mind you it has worked for so many other people, but it would always backfire when it came to me.

Anyway back to my situation. Because of this frustration, I decided to cry out to God. In the midst of my tears I had an epiphany. I knew I had to slow down, be still and pause. I no longer tried to do all these things. I literally took a break from them all. I focused on talking to God. And when I tell you this led to so many scripture revelation, it would be an understatement. In fact it was in the midst of the pause from it all that the Holy Spirit began ministering to me about the story of the Prodigal son. It's funny because we always look at his mistake yet we miss out on one of his great qualities. You see, he actually knew his identity. He knew his position in his father's house. That was why he did not need to beg or plead for his inheritance because he knew he had a right to it. That was when it hit me. I had been doing this Christian thing all wrong. I had been so focused on performance that I missed out on relationship. Let us contrast between these two brothers



## THE PRODIGAL SON VS HIS BROTHER

Prodigal Son	The Brother
<ul style="list-style-type: none"><li>• Knew his position in his father's home.</li><li>• Very secure in his identity</li><li>• He was not afraid of asking for what he wanted</li><li>• Confident</li><li>• Repentant and humble</li><li>• Receptive to grace</li></ul>	<ul style="list-style-type: none"><li>• Legalistic and focused on performance-based relationship.</li><li>• Entitled and self-righteous</li><li>• Resentful and bitter</li><li>• Blind to relationship</li><li>• Unwilling to extend grace.</li><li>• Thought that he needed to earn his inheritance.</li></ul>

Looking at these qualities, I realized I had become the brother. I was filled with so much bitterness because I could not understand why despite doing all the good works, God never seemed to care enough to come through for me.



I realized I had become jealous of those that God came through for. Especially those that seemed to do less yet received His favor and answers to their prayers. This led me to ask the difficult questions that led to these revelations that led me to pivot and take a different route. I don't know if like me you are on the verge of quitting on God because of hope deferred. If this is you, then I want you to take time out and reflect on your current spiritual journey and ask yourself these questions. They will help you get a clear picture of your current spiritual state. Don't forget to be honest with yourself.

How would you describe your relationship with God?

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Are there spiritual exercises that you have done so as to get God's attention or do you do them to deepen your walk with God?

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How long have you been on this walk with God? When did you get saved?

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In what areas of your life do you feel God urging you to surrender and seek His guidance?

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What is your response when you see those that came to Christ get blessed and receive their answers to their prayers yet you are still in the same place? And why do you think you feel that way?

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If you found out that most of your spiritual exercises are breakthrough-driven, then I am glad that you are joining me on this journey. One thing I love about this walk is that there is always room for growth. And it is never too late to reinvent yourself. I want you to stop feeling guilty or judging yourself. We all get it wrong. Condemnation is from the devil while conviction is from God.

To kick things off, I want you to

- Repent.

Just ask God to cleanse you from self-righteousness. His word says that He is faithful and just to forgive us when we repent. And one of the beautiful qualities embodied by our Heavenly Father is His compassion. He is always ready to forgive.

- Detox from the religious mindset

Having asked for forgiveness now let us get on the next step which is detoxing from the religious mindset. Now this may sound ridiculous but I want you for the next 30 days to pause on all these spiritual disciplines and just sit still. You see those moments when you find yourself wanting to read 5 chapters a day? or pray for 2 hours in tongues? I want you to replace them with stillness. Use these moments to just be.

Don't even try to sing or worship just be quiet in His presence. It will feel uncomfortable initially but just lean in. And to help you just have worship instrumentals playing in the background. And listen to the sound of the piano as it is playing.

As you are listening to the instrumentals, think about Jesus. If you are struggling to do that tell Him to help you embrace stillness in His presence. You can even welcome Him in that space and tell Him that you have come to spend time with Him. You see, I want to encourage you to cultivate this relationship as you would if God was a physical being.

- Ask the Holy Spirit for help

The Holy Spirit wants you to experience God in a unique way. One that is very specific to you and compliments your personality. God is not looking for a generic relationship. He wants to have a personal fellowship and communion with Him. Ask the Holy Spirit for guidance on how to go about it. You can ask Him questions about the things you are struggling with. Be personal with Him. Remember the Bible tells us that when we draw near to God, He will draw near to us. He wants to draw near. You can even ask Him to teach you how to detox from the religious mindset.

- Journal

Write down everything that comes to mind in that space. You might hear a phrase from God. You might get a song, or a scripture, you might feel goosebumps, you might experience peace that surpasses all understanding. You might even end up falling asleep. There is no one-size-fits-all in this. God will move how He chooses to. But as long as you are open to His movement is the sign you need to know that He will move.

- Repeat

Let this become your daily habit for the next 30 days and journal every single experience. Come to your secret place with an open mind. Make it exciting. Sometimes come with a question, other days meditate on a scripture and other days just sit still and ask Him to reveal Himself to you.

# Spirit- Detox Exercice



## To kick things off:

Ensure you are in a quiet space one devoid of distractions

Play worship instrumentals in the background

Find a comfortable sitting or just lying down position

Have a journal with you

## Then:

Invite the Holy Spirit in the room

Ask Him to reveal to you if there is anything that can hinder your interaction with Him then repent.

You can either:

1. Ask Him a question
2. Meditate on a verse
3. Sit still and hear from Him
4. Ask Him to give you revelation of a verse
5. Or ask Him to teach you something



Once you have done these things, I want you to be open to what He will tell you. Whatever thought comes to mind, just write it down. You might wonder if it came from Him or not, don't ignore it anyway. And don't stop asking if you need clarity on it. If He gives you an instruction regardless of how ridiculous it sounds just follow it.

The goal of this exercise is to get us to a place where we stop rehearsing our quiet time with God and instead focus on encountering and experiencing Him in the ways that He wants to.

I also want you to be keen on His promptings. You will sense it in your spirit. God might disrupt your usual quiet time and ask you to schedule it at a different time. I used to focus on the midnight hour and then I felt a tug in my heart to shift it to the morning hours. There will also be days where He will invite you on an impromptu meeting.. This might come from you feeling an absence of peace , or goosebumps in your body. He might even speak to you through a still small voice. When this happens I want you to lean in to what He is asking of you. You can even ask Him to speak and tell Him that you are listening. All this is to point you to a relationship with Him not just ticking a box for spiritual practices.

I hope you have been helped by these nuggets. I would love to hear from you My prayer for you is that these nuggets help you cultivate a journey with God that is authentic and very personal to you. Let your spiritual practices stem from a relationship with God. In the section below, I have a couple of questions to ask you to help you embrace stillness and grow in your hearing from God journey.



# The Spirit- Detox Reflection Questions

Which method worked for you? Did you prefer: 1. Asking questions 2. Sitting still or 3. Meditating on a verse, and why?

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How would you describe this journey?

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What core lesson did you learn?

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## Journal Section

Journal your 7 days experience and anything you feel the Holy Spirit prompting you to write.



See you Next Week as we look at  
the 2<sup>nd</sup> Pillar.

Before you go, I would love for you to leave a comment or send me an email, telling me the things you have learned and your experience so far. What worked and what didn't. I would also like to know if you would love to become a part of the becoming coaching program that I am putting together. Is this something you would be interested in? And would a 2 month course be sufficient for you? Is it too short or too long? What would your recommendation be? This will help me curate something that will help you in your transformation journey

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