



# SOUL DETOX

ALLOWING YOUR HEART  
TO CATCH UP  
WITH YOUR LIFE

“It is important to know if we are  
alone in the dark.”



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“A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don’t function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.”

—Brene Brown



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“During my tenure as U.S. Surgeon General and my years caring for patients, the most common pathology I saw was not heart disease or diabetes; **it was loneliness.**”

—Vivek Murthy, U.S. Surgeon General



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“It is not good for man to be alone.”

**Genesis 3:18**



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Community and relationship is what you were made for. It is God's desire for your life. And it's the one indispensable condition for human flourishing.



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# WHAT BLOCKS CONNECTION:

## 1. Self reliance



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“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.”

**Ecclesiastes 4:12**



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# WHAT BLOCKS CONNECTION:

1. Self reliance
2. Sense of unworthiness



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“Fools give full vent to their rage, but the wise bring calm in the end.”

**Proverbs 29:11**



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# WHAT BLOCKS CONNECTION:

1. Self reliance
2. Sense of unworthiness
3. **Negative emotions that run wild**



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# WHAT BLOCKS CONNECTION:

1. Self reliance
2. Sense of unworthiness
3. Negative emotions that run wild
4. **Fear**

“Rejection can be much less painful than we believe and that the fear of rejection is much more destructive than we know.”

—Jia Jiang



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# WHAT BUILDS CONNECTION:

## 1. Commitment



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“How strange it is, when you think about it, that a mere human being can take hold of the future and fasten one part of it down for another person... I stretch myself into unpredictable days ahead and make one thing predictable for you: I will be there with you.”

—Lewis Smedes



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# WHAT BUILDS CONNECTION:

1. Commitment
2. Vulnerability



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“Vulnerability: exposure to meaningful risk.”

—Andy Crouch



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“Do not lie to each other, since you have taken off your old self with its practices.”

**Colossians 3:9**



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# WHAT BUILDS CONNECTION:

1. Commitment
2. Vulnerability
3. Empathy



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“Rejoice with those who rejoice; mourn with those who mourn.”

**Romans 12:15**



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Brene Brown on Empathy  
<https://youtu.be/1Evwgu369Jw>



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# WHAT BUILDS CONNECTION:

1. Commitment
2. Vulnerability
3. Empathy
4. **Presence**



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Presence — the art of “being with”

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Holding space with each other is walking alongside someone without judgment; without making the other person feel inadequate; or without the need to fix, respond, or comment. To donate your ears and heart without wanting anything back. We accept and honour the reality, open our hearts, let go of the need to control, and we trust God to be at work.



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The truth is that rarely can a response make something better. What makes something better is **connection**.



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# WHAT BUILDS CONNECTION:

1. Commitment
2. Vulnerability
3. Empathy
4. Presence
5. **Mutuality**



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Get past the inertia and the passivity,  
reject the path of least resistance, and over  
and over and over, take the initiative to  
get connected.



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Soul Detox Self-Assessment

[https://cdn.thebridgemarkham.com/2020/04/22163012/SoulDetox\\_Assessment.pdf](https://cdn.thebridgemarkham.com/2020/04/22163012/SoulDetox_Assessment.pdf)



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“In the beginning was the Word, and Word was with God and the Word was God.... The Word became flesh and made his dwelling among us.”

**John 1:1, 14**



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A decorative graphic consisting of numerous small, semi-transparent green squares of varying sizes, scattered across the bottom right portion of the page. The squares are more densely packed in some areas and more sparse in others, creating a textured, organic feel.

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