
7-Day Spiritual Reset Guide

*Fasting. Praying. Detoxing Your Home.
Reconnecting with Yahuah through Nature.*

Fasting

Prayer

Detox

Nature

A sacred journey back to the Source.

How to Use This Guide

Each day of this reset is designed to work on four levels at once: your spirit through prayer and fasting, your body through grounding and nature, your home through intentional detoxing, and your mind through reflection and Scripture. Move through each day at your own pace. There is no perfection here — only presence.

EACH DAY INCLUDES:

- Morning Detox Shot** — Key lime, sea salt, turmeric, cayenne in warm water on an empty stomach
- Theme + Scripture** — A focus verse to anchor your day
- Prayer Focus** — A specific intention to bring before Yahuah
- Fasting Guidelines** — Options ranging from full to Daniel-style fasting
- Nature + Grounding Practice** — Get outside, touch the earth, absorb the light
- Home Detox Task** — One manageable step toward a cleaner, clearer space
- Evening Reflection** — A journal prompt to close the day with intention

Morning Detox Shot

Take first thing on an empty stomach. Let it settle 15–20 min before eating.

Juice of 1 key lime (or half a lime)

Pinch of sea salt or Himalayan salt

1/4 tsp turmeric powder

Dash of cayenne pepper

2-4 oz warm filtered water

Mix well and drink slowly. Supports digestion, circulation, and cleansing.

7-DAY OVERVIEW

Day	Theme	Scripture	Nature Focus
1	Return to Yahuah	Yo'el (Joel) 2:12-13	Sit outside barefoot — repent and reconnect

2	Clean Hands & Pure Heart	Tehillim (Psalm) 24:3-4	Wash hands/face in spring water while praying
3	Break Strongholds	2 Corinthians 10:4-5	Walk a quiet trail, leave behind a stone
4	Be Still & Listen	Tehillim (Psalm) 46:10	Sit in silence near a tree or water
5	Choose Life	Devarim (Deuteronomy) 30:19-20	Plant a seed or prepare living food outdoors
6	Let Light In	Tehillim (Psalm) 119:130	Spend time in direct sunlight, read Scripture
7	Walk Set-Apart	1 Kepha (Peter) 1:15-16	Prayer walk — speak Scripture and praise aloud

Day 1 • Return to Yahuah

Yo'el (Joel) 2:12-13

"Return to Me with all your heart..."

— Yo'el (Joel) 2:12-13

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Repentance and reconnection with Yahuah

FASTING

Water-only or fruit until sunset

NATURE + GROUNDING

Walk barefoot on the earth. Sit in silence and ask Yahuah to search your heart.

HOME DETOX TASK

Remove toxic cleaners. Make a natural alternative using vinegar + essential oils.

Evening Reflection

What am I repenting of today? What do I need to release?

Day 2 • Clean Hands & Pure Heart

Tehillim (Psalm) 24:3-4

"Who shall ascend the hill of Yahuah?"

— Tehillim (Psalm) 24:3-4

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Cleansing — inside and out

FASTING

Daniel fast (fruits, vegetables, water)

NATURE + GROUNDING

Rinse your hands and face in fresh spring or filtered water while praying.

HOME DETOX TASK

Deep clean your bedroom. Open windows. Use clean linens.

Evening Reflection

What impurities (mental, emotional, physical) do I need to remove?

Day 3 • Break Strongholds

2 Corinthians 10:4-5

"The weapons of our warfare are not carnal..."

— 2 Corinthians 10:4-5

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Breaking fear, addiction, or anxiety

FASTING

Skip one meal; spend that time in prayer

NATURE + GROUNDING

Walk on a trail or in quiet nature. Leave behind a stone to symbolize what you're releasing.

HOME DETOX TASK

Remove media (books, music, images) that don't align with truth.

Evening Reflection

What stronghold have I accepted as normal? What does freedom look like?

Day 4 • Be Still & Listen

Tehillim (Psalm) 46:10

"Be still and know that I am Elohim."

— Tehillim (Psalm) 46:10

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Silence. Listening for His voice.

FASTING

Liquids until 3pm or as led

NATURE + GROUNDING

Sit in silence near a tree or water. Let your thoughts settle.

HOME DETOX TASK

Declutter a small area (drawer, desk, closet). Ask what stays and what goes.

Evening Reflection

Am I willing to be still? What is Yahuah saying in the silence?

Day 5 • Choose Life

Devarim (Deuteronomy) 30:19-20

"I have set before you life and death... choose life."

— Devarim (Deuteronomy) 30:19-20

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Renewing your commitment to righteous living

FASTING

Raw foods only

NATURE + GROUNDING

Plant something or prepare a living meal outdoors. Speak life aloud.

HOME DETOX TASK

Clean out your fridge and pantry. Keep what gives life.

Evening Reflection

What do I choose today that brings life to my soul?

Day 6 • Let Light In

Tehillim (Psalm) 119:130

"The unfolding of Your words gives light."

— Tehillim (Psalm) 119:130

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Illumination and truth

FASTING

No sugar, caffeine, or processed food

NATURE + GROUNDING

Expose your skin and eyes to natural sunlight. Read Scripture outside.

HOME DETOX TASK

Wash your windows. Let light into your physical space.

Evening Reflection

Where have I allowed darkness or confusion? What truth do I need to embrace?

Day 7 • Walk Set-Apart

1 Kepha (Peter) 1:15-16

"Be set-apart, as I am set-apart."

— 1 Kepha (Peter) 1:15-16

MORNING DETOX SHOT

Key lime juice + pinch of sea salt + 1/4 tsp turmeric + dash of cayenne in 2-4 oz warm filtered water. Drink slowly on an empty stomach.

PRAYER FOCUS

Dedication and holiness

FASTING

Full fast until noon, then clean plant-based foods

NATURE + GROUNDING

Go on a prayer walk. Speak Scripture and praise aloud in nature.

HOME DETOX TASK

Anoint your doorframe with oil and speak blessings over your home.

Evening Reflection

What does it mean to be set-apart in a world that isn't?

You have completed the reset.

What you've done over these 7 days is more than a cleanse. You've created space — in your body, your home, and your spirit — for something greater to dwell.

Keep the habits that served you. Return to this guide whenever you feel the pull to come back to center.

"Seek Yahuah while He may be found; call upon Him while He is near."

Yeshayahu (Isaiah) 55:6