

## What People Are Saying About Jo Naughton and *30-Day Detox for Your Soul*

This book is a gift from God to change your life. Jo has given us a manual to mend the broken heart and to give a rudderless ship hope and new direction. Just as we detox the body to rid ourselves of poisons, we must detox our hearts and minds by God's Spirit so that we can accomplish our mission on the earth. Jo has unique insight and real wisdom and is qualified from the vantage point of having walked this out in her own life. As you do this *30-Day Detox*, allow the Holy Spirit to lead you into a life free of every hurt and hindrance. This is a book you will pick up and read over and over again, receiving something new and fresh from each reading.

—*Prophet Cathy Lechner*

Author and international speaker

At a time when many books are being written on “power, gifts, and the anointing,” Jo Naughton addresses that which makes everything work in our life—the condition of our heart. When our heart is sick, so also is our whole person; without a doubt, we will feel the effects physically, emotionally, and spiritually. What Jo Naughton has done in writing this book is to provide a prescription for the soul from the Holy Spirit. It is therefore essential that the reader not only receive the specific medicine prescribed but also take the required dosage for each day. I believe the result will be a spiritually healthy heart—not just for those who are sick but also for all who desire spiritual health at a deeper level.

—*Ken Gott*

Partners in Harvest

Founder, House of Prayer Europe, Sunderland, England

In this life-changing book, *30-Day Detox for Your Soul*, Jo Naughton shares dynamic scriptural keys on how to remove the things from your life that hinder you spiritually—disappointment, worry, guilt, difficulty loving yourself, and more. Her step-by-step biblical approach also includes inspirational insights—such as discovering that love is the way, finding joy in serving, and experiencing “the test of time”—to enable you to build yourself up so that you may frame your future and unlock your destiny.

—Dr. Steve L. Brock

Well-known TV evangelist and Church of God bishop

Jo Naughton has written the most practical and insightful book on inner healing I’ve ever read. The blend of spiritual truths, insightful stories, and raw compassion moved me beyond words. I’ve ministered in over two thousand churches for more than forty-five years. This book should be taught in every church by ministers who have read it and have been healed by the Spirit through it. Jo, thank you for your vulnerability and transparency, which have brought healing and revelation to us all.

—Bishop Duane Swilley

Founder, A Place Called Hope Church/Avi’s House Network

Wow! This is the book I’ve been looking for! It was intriguing all the way through. *30-Day Detox for Your Soul* is a manual to prepare you for your destiny. I know firsthand that if your negative memories are bigger than your dreams, you’re going nowhere. Covering a broad range of issues that we all face, Jo Naughton skillfully shares the keys to dealing with life’s difficulties—from disappointments and delays to setbacks and struggles with self-worth. This book is unique in the way Jo puts those keys in your hand and shows you how to use them. I loved how she included stories from her own life and from others’ lives to validate her points. I’m giving this book to friends and colleagues to prepare them to rise above mediocrity, let go of the debilitating thoughts of the past, and establish a plan to succeed on purpose. It’s easy to read and simple to apply. And, one month from now, you’ll have a whole new approach to life. I seriously love this book!

—Terri Savelle Foy

Conference speaker, author, and success coach

It is my humble privilege and honor to acknowledge and attest this blessed book authored by Jo Naughton. Jo and her husband, Pastor Paul, are very dear friends of ours—in truth, they are like family with us in Christ Jesus. As the great Holy Spirit leads me to write these few lines as an endorsement of this precious, life-inspiring book, I lovingly encourage God's dear people to read and reread *30-Day Detox for Your Soul*. The Holy Spirit-inspired love of God and His truth imparted through this book will revive your life, giving you an abundance of peace, joy, healing, and wholeness. And, what's more, it will wipe away all your tears. As you go through this book, expect your miracle, and you will receive it all, in Jesus' name.

—Rev. Dr. V. Dilkumar

Founder and senior pastor, King's Revival Church Intl. Ministries, Dubai  
(largest church in the Middle East)

Jo Naughton is a true "soul doctor." Her ministry has brought an outpouring of healing and deliverance to us in Ghana, West Africa. *30-Day Detox for Your Soul* is a heart-reviving book that will shine a light into your soul, bringing freedom and wholeness. It will inject new life into your relationship with God.

—Prophet Nana Opoku-Sarkodie  
World Prayer Centre, Accra, Ghana



# **30-DAY DETOX**

**FOR YOUR SOUL**

**JO NAUGHTON**



WHITAKER  
HOUSE

Author's Note:

All names and some details have been changed to protect the identity of the people whose stories are included in this book.

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### 30-DAY DETOX FOR YOUR SOUL

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This book is dedicated to my husband, Paul—my best friend,  
mentor, and greatest encourager.

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## Foreword

**I**t is a privilege for me to write this foreword to Pastor Jo Naughton's new book, *30-Day Detox for Your Soul*. She and her husband, Paul, pastor Harvest Church in London, England, a ministry that preaches the Word and demonstrates the supernatural power of God.

The personal journey that Jo has traveled, with its highs and lows, combined with her heart-piercing anointing to connect with people of all backgrounds and situations, enables her to shine a healing light in many people's lives, no matter what their circumstances.

Whether you've had a somewhat easy life or a very difficult one, God wants to deliver you from anything that keeps you from experiencing His joy and from becoming the complete person He created you to be—spirit, soul, and body. You were not meant to live with any amount of confusion, discouragement, or pain; you were created to live in an atmosphere of freedom and strength. Whether your hurts, doubts, insecurities, or fears are large or small, they will block you from fulfilling your destiny and manifesting the fullness of God's kingdom on earth. This book will speak straight to your heart, bringing healing and restoration.

We can receive true healing only in the presence of God, where His glory and power fill the atmosphere, reaching our hearts. In *30-Day Detox for Your Soul*, Jo Naughton guides you into God's presence each day so that you may be transformed and renewed, ready to enter into a whole new level of existence that you may not have imagined possible.

Pastor Jo is an anointed woman of great integrity, and I have seen firsthand how she loves the presence of God! Her experience in entering heaven's atmosphere and receiving God's supernatural touch will show you how to enter in and receive from Him, also. She demonstrates by example what it means to have honest, healing communion with God, knowing that *"the LORD is near to all who call upon Him, to all who call upon Him in truth"* (Psalm 145:18).

—Apostle Guillermo Maldonado

## How to Do This Detox

**C**hoose a time of day when you can do this detox for your soul. Perhaps early in the morning or before you go to bed at night is best for you. Set aside twenty minutes to read, to reflect, and to pray about each day's message. Have a Bible and a notebook at your side.

Try to keep your appointment with the Lord, but if you miss a day, don't become discouraged. Just pick up your book again when you can and carry on.

Each day has a specific theme based on a key verse from Proverbs, a book of the Bible that is God's timeless manual for life. There's also a "To Do Today" section—so, don't put off until tomorrow what you can do today! In addition, a prayer is provided to assist you in applying God's truths to your life and in developing your relationship with Him. And there's a suggested daily tweet. If you're on Twitter, you can share what God is doing in your life. You can also post the tweets as updates on Facebook. Doing so will strengthen your faith and, at the same time, encourage your friends.

You are about to embark on a glorious journey with Jesus. Open your heart, give Him your best, and watch what God will do!

*—Jo Naughton*



Step 1

OFF-LOAD





# DAY 1

## The Truth

*“Buy the truth, and do not sell it.”*  
—Proverbs 23:23

When you think about the human heart, what comes to mind? Is it love, relationships, and romance? Maybe you think of friends or family. Perhaps you remember heartache, betrayal, or grief. Maybe something else comes to mind. As we watch television or read magazines, it is easy for us to develop a skewed picture of what our hearts are really like. The Bible says that when God considers our hearts, one of His greatest concerns is our propensity for self-deception:

*The heart is deceitful above all things, and desperately wicked; who can know it?*  
(Jeremiah 17:9)

This verse means that while the heart is capable of love, kindness, and compassion, it is also a master of deceit. We think we know ourselves. We think we know what is going on inside us. However, this Scripture indicates that, all too often, we don't.

Your heart is quite capable of pulling the wool over your eyes. Put simply, it can—and probably does—lie to you.

## Home Truths

Several years ago, I discovered some home truths. A lady in our church told me that I was unapproachable. Another said she thought I was

standoffish. A third person mentioned that she was once afraid to hug me. I was stunned. I thought of myself as a gentle lady, so this was a shock, and, to be honest, it was hurtful. I knew I was strong, but was I intimidating? Surely, that wasn't true, was it? I could have reacted like my friend's daughter who, when she was told off for slapping her sister, retorted, "It wasn't me—it was my hand!"

In this situation, it would have been easy to give in to self-pity: "I only ever have their best interests at heart. Why do I bother, anyway? It's not fair!" Unfortunately, feeling sorry for ourselves blinds us to the truth. I chatted it through with a close friend, who defended me, saying, "You're just very focused. You're a powerful woman of God—you don't need to change for anyone." It was tempting to believe that dear sister. After all, we can always find good excuses for our attitudes and our behaviors. I could even have blamed the women for being too timid. However, I knew that if I really wanted the Lord to use me, I would have to become someone whom others felt comfortable being with, and someone who overflowed with love. I knew that if I wanted to become my best, I would have to face the facts. God is truth, and He longs for us to be honest with Him and with ourselves:

*Behold, You desire truth in the inward parts.* (Psalm 51:6)

The same David who wrote the above verse prayed that the Lord would search his heart and reveal its true contents. (See Psalm 139:23–24.) I asked God to change me, to make me gentler and kinder. The Lord never does a job by halves. He won't use a Band-Aid to treat a broken arm. So, He did not look at my symptoms alone. He addressed the cause and led me on a journey to the truth.

*But when the Friend comes, the Spirit of the Truth, he will take you by the hand and guide you into all the truth.* (John 16:13 MSG)

I thought I knew myself: I was a happy, strong, and successful Christian woman. I had a wonderful family, a growing ministry, and a great job. Then the Spirit of Truth started to uncover old wounds. He revealed how hurts I'd experienced decades earlier were still affecting my day-to-day attitudes

and reactions. Feelings of inadequacy that had set in during a difficult childhood had made me deeply insecure as an adult. I had gained a false sense of self-worth from promotion and position. I had become a status junkie. I cared too much what “important” people thought of me and needed regular reassurance from those closest to me. Facing the truth was hard, but it led me on a wonderful journey to healing and restoration. God went to the root of the issues and ministered to the hurts hidden deep inside me.

## Revelation of Truth

We read in the book of Genesis that Isaac and his wife, Rebekah, had been trying to have a baby for twenty long years. When Rebekah eventually became pregnant with twins, things did not feel right to her. We don’t know exactly what was wrong. She may have been in pain, or perhaps she felt an unpleasant squirming between the babies within her. Whatever was going on, she went to God in prayer and asked, *“If all is well, why am I like this?”* (Genesis 25:22).

I believe that is one of the most profound prayers in the Bible. Rather than ignoring that sinking feeling, or excusing that angst, why don’t you do what Rebekah did and ask God why you are reacting the way you are? If, for example, you feel humiliated by experiences that others would merely brush off, or if you are overly sensitive, or if you are easily angered, ask God why. Just as He told Rebekah the cause of her inner turmoil, He will show you the things that need to be resolved within you.

Patrick was in full-time ministry when he reached rock bottom. His prayer life had become a daily struggle, and he felt as if God was unreachable, no matter how hard he tried to connect with Him. Despite this inner wilderness, Patrick lived life as though all was well. The Lord opened my eyes to the turmoil he was facing. I challenged him that it was time to be real. It is pointless giving the world (or, perhaps more accurately, the church) the impression that all is well when we are dying on the inside. Patrick got alone in his secret place of prayer and broke down. He stopped saying ritualistic prayers and instead got real with God. He told his heavenly Father about every failure and disappointment, and he soon found himself being refreshed in the presence of the Lord.

The former chief executive of one of the world's most successful retailers said, "Finding the truth was absolutely essential—it was the only way we could get out of the rut of being a middle-ranking [business]." If we are happy with mediocrity, we don't need to know the truth. However, if we want to grow in God and to be our best, we must find out what about ourselves needs to change.

## Facing Our Issues and Receiving Healing

The turmoil I had suffered while growing up had made me guarded as an adult. When life deals us difficult blows, we do what we can in order to cope and to recover. Then we adapt with the aim of protecting ourselves for the future. I had thought I was just "focused," but, in truth, I was prone to being harsh and abrupt. God's plan is that we face our issues and allow Him to heal our hurts. That way, we can be better, kinder, and more loving people.

When Rosie was just three years old, her parents went through a tumultuous divorce. Her dad had been repeatedly unfaithful, causing her mum to develop deep feelings of rejection. Her parents would argue night after night, with Rosie listening from the top of the stairs. Eventually, Rosie's mother moved out. With no money to raise her children, she left Rosie and her siblings with their father. He loved his girls and treated Rosie like a princess. Although her mum kept in touch, it was never the same.

Fast-forward to adult life. Rosie would often talk about her fantastic father who had showered her with affection. However, she never talked about her mother. Some friends assumed that was because the woman had passed away years earlier. One day, as I ministered to this dear lady, I told her that it was time to face the pain buried deep within her. She looked puzzled as I explained prophetically that God wanted to heal the rejection she felt in relation to her mother. Rosie had been in complete denial for decades about the wounds that were still unconsciously festering inside. Then the floodgates opened. Rosie cried before the Lord from the depths of her innermost being and told Him how much she had missed a mother's love.

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\* Terry Leahy, *Management in 10 Words* (London: Random House Business [an imprint of The Random House Group, Ltd.], 2012), 14.

God healed Rosie. She discovered an inner peace and security that she did not know even existed. She faced the truth, and God did the rest.

Perhaps you're frequently irritable or aloof. Maybe you're oversensitive, overambitious, or terribly shy. You're probably the product of your past. You have a choice: You can either live with your negative attitudes and feelings, making the excuse "That's just the way I am," or you can ask God to set you free. If you want to change, I encourage you to invite the Spirit of Truth into your heart.

*The spirit of a man is the lamp of the LORD, searching all the inner depths of his heart.* (Proverbs 20:27)

Our key Scripture for today says, "*Buy the truth, and do not sell it.*" Truth has a price tag—it can be uncomfortable, and it can be painful. Sometimes, it is hard to acknowledge our shortcomings or to revisit the hurts of the past. However, if you're hungry for God's best, the price you will pay for truth cannot be compared to the rewards of a lifetime of greater peace and fulfillment.

#### TO DO TODAY

Consider your life experiences over the past few weeks or months. Have there been times when you have denied the truth or blamed others for your own failures? Write down any issues that you know you need to face and then ask God to start a new work in your heart and life.

#### PRAYER

Dear Lord,

I invite the Spirit of Truth to come into my heart. I welcome You, and I'm ready for the truth. I'm sorry for pointing the finger at others and blaming them for my shortcomings when I should have taken responsibility for my errors. Please become my closest, most trusted Friend. I know You will lead me with care and love. Reveal any issues within me that You want to deal with, and any wounds that You desire to heal. I won't dig about for "junk" to pull up from my past, but I will pray about anything that You bring to

my consciousness. I won't ignore the truth; I will face the facts, because You are ready to heal me and to change me. I ask You to lead me into a deeper and richer relationship with You. In Jesus' name, amen.

**TODAY'S TWEET:**

Truth has a price & I'm willing to pay it.  
#detoxforyoursoul

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