

The 40-Day  
Soul Cleanse  
*Renew & Rebuild*

W O R K B O O K

## Copyright © 2023 by Ange Ingabire

You are welcome to print copy of this document for your personal use. Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning. Requests to the author and publisher for permission should be addressed via email.

Disclaimer: this journal is presented solely for educational purposes. The author and the publisher are not offering it as legal, accounting, or other professional services advice. While best efforts have been used in preparing this journal, the author and publisher make no representations or warranties of any kind and assume no liabilities of any kind with respect to the accuracy or completeness of the contents and specifically disclaim any implied warranties of merchantability or fitness of use for a particular purpose.

Neither the author nor the publisher shall be held liable or responsible to any person or entity with respect to any loss or incidental or consequential damages caused, or alleged to have been caused, directly or indirectly, by the information or programs contained herein. No warranty may be created or extended by sales representatives or written sales materials.

# *Part 1:*

## UNPACKING YOUR HISTORY

In this first part, I want us to unpack our history, the experiences that have made us who we are and in doing so develop a level of awareness that allows us to heal. I will be sharing from my standpoint but I am sure that are stories and experiences that will be similar to yours. In

the next 10 days, we are going to do a lot of introspection and reflection in light of God's Word and the purpose that He has for us. If it is triggering at any point, please take a breather and pray over that part of yourself that needs help and healing.

These practical devotionals will help us understand ourselves and the stories we tell ourselves. This means looking into your past experiences, examining the pivotal moments that have shaped your identity, and acknowledging the influences that have molded your perceptions. By unpacking your personal history, you can uncover the roots of your beliefs, habits, and emotional responses.

# 01

## UNAWARE

What recent events or experiences have stopped you in your tracks and caused you to reflect on your life?

---

---

---

---

---

---

---

---

Can you identify any blind spots or character flaws that may have been revealed through these experiences?

---

---

---

---

---

---

---

---

How can you invite God into the process of uncovering and addressing these areas in your life?

---

---

---

---

---

---

---

---

What habits are going to adopt to increase your awareness of what God is doing in your life?

---

---

---

---

---

---

---

---

# 02 DERAILED FROM THE OUTSET

What words or experiences from your past have negatively impacted your sense of self-worth and purpose?

---

---

---

---

---

---

---

---

How can you begin to take back the power from those negative influences?

---

---

---

---

---

---

---

---

What truths from God's Word can you embrace to counteract the lies you've believed?

---

---

---

---

---

---

---

---

# 03 FAULTY FOUNDATION

How have your parents' roles or the loss of a parent impacted the foundation of your life?

---

---

---

---

---

---

---

---

In what ways have you felt unprotected or vulnerable as a result?

---

---

---

---

---

---

---

---



How can you seek God's guidance to rebuild a strong foundation in your life?

---

---

---

---

---

---

---

---

# 04 RELIGIOSITY

How has spiritual abuse or religiosity impacted your relationship with God?

---

---

---

---

---

---

---

---

What lies have you believed about yourself or God as a result of this abuse?

---

---

---

---

---

---

---

---

How can you replace these lies with the truth of God's love and acceptance?

---

---

---

---

---

---

---

---

# 05 IDENTITY THEFT

What lies has the enemy whispered to you about your worth and identity?

---

---

---

---

---

---

---

---

How have these lies affected your relationship with God and your sense of self?

---

---

---

---

---

---

---

---

What truths from God's Word can you embrace to reclaim your true identity?

---

---

---

---

---

---

---

---

# 06

## EMOTIONAL HOMELESSNESS

In what ways have your emotions been invalidated, leading to feelings of emotional homelessness?

---

---

---

---

---

---

---

---

How has this lack of validation affected your ability to manage conflicts and relationships?

---

---

---

---

---

---

---

---

# 07 GENERATIONAL TRAUMA

What generational traumas have impacted your family history and your own life?

---

---

---

---

---

---

---

---

How have these traumas manifested in your thoughts, behaviors, or physical well-being?

---

---

---

---

---

---

---

---

# 08

## FAMILY AFFAIR

How has favoritism or birth order affected your role and identity within your family?

---

---

---

---

---

---

---

---

What family secrets or unspoken rules have influenced your behavior and relationships?

---

---

---

---

---

---

---

---



How can you invite God's healing into these areas and work towards reconciliation?

---

---

---

---

---

---

---

---

# 09

## MUZZLED

In what areas of your life have you felt muzzled or silenced?

---

---

---

---

---

---

---

---

How has the suppression of your artistic or creative expressions affected you?

---

---

---

---

---

---

---

---

# 10 HARDENED HEART

In what areas of your life have you developed a hardened heart due to pain or disappointment?

---

---

---

---

---

---

---

---

How has this hardness affected your relationships and your ability to trust?

---

---

---

---

---

---

---

---

# *Part 2:*

## THE POINT OF DISCONNECT

Having unpacked your history, we now turn to the Point of Disconnect, This phase is about identifying the moments or events that caused a rift in your relationship with God and yourself. Whether it is unresolved pain, unmet expectations, or moments of doubt so that through prayer and reflection, we will seek clarity on how these experiences have affected your spiritual journey and relationships. This part encourages vulnerability, inviting you to confront the barriers that have kept you from experiencing the fullness of God's love and purpose. Together, we will lay the groundwork for reconnecting with Him and rediscovering your path.

You will have to do the work of understanding your patterns and dysfunctional behaviors so that God can heal them. This involves a conscious and honest examination of the recurring actions and thoughts that negatively impact your life.

By identifying these patterns, whether they manifest as unhealthy relationships, self-destructive habits, or persistent negative thoughts, we can bring them to light and understand their origins and triggers.

# 11

## CONDITIONALLY LOVED

In what relationships have you felt that love was conditional or transactional?

---

---

---

---

---

---

---

---

How have these dysfunctional behaviour inhibit your ability to connect with others genuinely?

---

---

---

---

---

---

---

---

What steps can you take to embrace God's unconditional love and extend that love to others?

---

---

---

---

---

---

---

---

What steps are you going to take in order to feel fully seen and fully accepted within your own self?

---

---

---

---

---

---

---

---

# 12 THE TRAP OF SELF-RELIANCE

In what ways have you adapted masculine traits for survival in a difficult environment?

---

---

---

---

---

---

---

---

How has this adaptation impacted your sense of self and your feminine identity?

---

---

---

---

---

---

---

---

What masculine traits are you ready to rid yourself off in order to flow in your purpose?

---

---

---

---

---

---

---

---

What steps can you take to reclaim and celebrate your femininity?

---

---

---

---

---

---

---

---



# 13 THE CHIP ON MY SHOULDER

In what areas of your life do you feel the need to prove your worth?

---

---

---

---

---

---

---

---

How has this quest for validation affected your relationships and sense of self?

---

---

---

---

---

---

---

---

# 14

## THE FORTIFIED ARGUMENTS

What strongholds of unbelief have you experienced in your relationship with God?

---

---

---

---

---

---

---

---

How have fears, such as the fear of hell or unworthiness, influenced your faith journey?

---

---

---

---

---

---

---

---

# 15 A WEAKENED RESOLVE

In what areas of your life do you feel soul exhaustion affecting your faith?

---

---

---

---

---

---

---

---

How has this exhaustion led to doubts about God's care or increased vulnerability to sin?

---

---

---

---

---

---

---

---

# 16

## THE SPIRIT OF LACK

In what areas of your life do you feel a spirit of lack?

---

---

---

---

---

---

---

---

How has this mindset affected your emotional and spiritual well-being?

---

---

---

---

---

---

---

---

# 17

## WHEN THE BODY KEEPS SCORE

What physical symptoms do you notice that may be linked to past trauma or emotional pain?

---

---

---

---

---

---

---

---

How have you coped with sorrow or trauma, and what emotions have you been suppressing?

---

---

---

---

---

---

---

---

# 18 ADDRESSING TOXIC TRAITS

What toxic traits do you notice in yourself, and how do they affect your daily life?

---

---

---

---

---

---

---

---

How have past experiences contributed to these negative thought patterns?

---

---

---

---

---

---

---

---

# 19 THE VICIOUS CYCLE

What patterns of self-sabotage do you notice in your life, and how do they affect your well-being?

---

---

---

---

---

---

---

---

How has the pursuit of temporary pleasure led you away from God's purpose for you?

---

---

---

---

---

---

---

---

# 20 THE VALLEY OF THE SHADOW

What specific valleys are you facing that require reliance on God?

---

---

---

---

---

---

---

---

How does your ego or pride interfere with your spiritual growth and relationships?

---

---

---

---

---

---

---

---



# *Part 3:*

## THE FORMING STAGE

In the Forming Stage, we focus on transformation and renewal, upon acknowledging your history and reconnecting with your true self, it is time to begin the process of reshaping your life in alignment with God's vision.

This stage emphasizes growth and the formation of new habits, beliefs, and practices that nurture your spiritual and emotional well-being. You will be guided through exercises and reflections that promote healing and empowerment, helping you to cultivate resilience and a deeper connection to your faith. Embrace this opportunity to reimagine your life and to build a foundation grounded in love, hope, and purpose. This entails seeking a deep, personal connection with the Lord to uncover the unique mission and path meant for us. Through prayer, meditation, and spiritual reflection, we can open ourselves to God's presence and guidance. This intimate relationship with God helps clarify our true purpose, revealing the gifts and talents we are meant to share with the world.

# 21 THE MORAL OF THE STORY

How can you distinguish between a temporary blessing and God's lasting purpose for your life?

---

---

---

---

---

---

---

---

What temporary blessings or achievements might you be clinging to that could be distracting you from God's greater plan?

---

---

---

---

---

---

---

---

In what ways can you cultivate gratitude while remaining open to God's deeper work within me?

---

---

---

---

---

---

---

---

How will you align your heart more closely with God's will, rather than just pursuing personal success or comfort?

---

---

---

---

---

---

---

---

# 22 UNIQUELY DESIGNED

How do you see God's unique design reflected in your life?

---

---

---

---

---

---

---

---

What transitions are you currently facing, and how are they challenging your sense of comfort?

---

---

---

---

---

---

---

---

# 23

## PRUNED

What areas of your life do you feel God may be prompting you to prune or let go of?

---

---

---

---

---

---

---

---

What areas of your life do you feel God may be prompting you to prune or let go of?

---

---

---

---

---

---

---

---

# 24 SELF-KNOWLEDGE

What patterns or behaviors do you recognize in your life that may be rooted in your sinful nature?

---

---

---

---

---

---

---

---

How can self-examination help you prepare for your calling?

---

---

---

---

---

---

---

---

# 25 A PERSONAL REVELATION

How has God revealed Himself to you in your life?

---

---

---

---

---

---

---

---

What specific calling or task do you feel God is asking you to embrace?

---

---

---

---

---

---

---

---

How can you cultivate a heart of obedience in your daily life?

---

---

---

---

---

---

---

---



# 26

## FORGIVENESS

What offenses or resentments are you currently holding onto that may be hindering your spiritual growth?

---

---

---

---

---

---

---

---

How can choosing to forgive others lead to a more peaceful and fulfilled life?

---

---

---

---

---

---

---

---

# 27

## PEACE BE STILL

In what areas of your life do you feel the pressure to strive or achieve?

---

---

---

---

---

---

---

---

How does being still before God help you cultivate a sense of self-compassion?

---

---

---

---

---

---

---

---

What practices can you incorporate into your daily routine to foster stillness and surrender?

---

---

---

---

---

---

---

---

# 28 THE RESURRECTION & THE LIFE

In what areas of your life do you need to experience resurrection and renewal?

---

---

---

---

---

---

---

---

How does understanding Jesus as the Resurrected King impact your perspective on your identity and purpose?

---

---

---

---

---

---

---

---

What old beliefs or patterns do you need to release to fully embrace the new life Christ offers?

---

---

---

---

---

---

---

---

# 29

## THE BEHOLDING

What does it mean for you to dwell in the house of the Lord?

---

---

---

---

---

---

---

---

How can you cultivate a heart of worship in your daily life?

---

---

---

---

---

---

---

---

# 30 RECLAIMING MY TIME

What areas of your life feel depleted or in need of restoration?

---

---

---

---

---

---

---

---

How can you actively participate in the process of reclaiming your time and trusting in God's renewal?

---

---

---

---

---

---

---

---

# *Part 4:*

## A NEW ORDER

Finally, we arrive at a New Order where we will embrace the new life that God has prepared for us. This stage is about integrating the insights and transformations you have experienced into your daily living. It encourages you to establish new rhythms, priorities, and relationships that reflect your renewed identity. You will learn to live out your purpose with intention, fostering a deeper connection with God and a more fulfilling existence. As you step into this new chapter, remember that healing is a journey, not a destination. With faith as your anchor, embark on this path with hope and courage, ready to shine brightly in the world.

Renewing our minds entails a transformative process of shedding old mindsets and embracing God's perspective and truth. It requires us to challenge ingrained patterns of thinking that hinder our spiritual growth and openness to God's will.

Through spiritual practices, we invite God to reshape our thoughts and perceptions, enabling us to see ourselves through the lens of divine love and wisdom until Kingdom come!



# 31 THE ALTAR OF REMEMBRANCE

What trials have you faced that have ultimately led to greater joy or blessing?

---

---

---

---

---

---

---

---

How can you cultivate a spirit of remembrance in your life to celebrate God's faithfulness?

---

---

---

---

---

---

---

---

In what ways can you embrace childlike faith in your daily walk with God?

---

---

---

---

---

---

---

---

# 32 A GOOD AFFLICTION

How have past afflictions shaped your faith and understanding of God?

---

---

---

---

---

---

---

---

In what ways can you practice patience and trust in God's timing in your current circumstances?

---

---

---

---

---

---

---

---

What specific lessons have you learned during times of waiting or trial?

---

---

---

---

---

---

---

---

# 33 THE HOPE THAT YOU ARE CALLED TO

What dreams or passions have you set aside, and why?

---

---

---

---

---

---

---

---

How does understanding your hope in Christ influence your pursuit of passion and expression?

---

---

---

---

---

---

---

---

# 34 ALIGNED DESIRES

What desires or appetites in your life need to be realigned with God's purposes?

---

---

---

---

---

---

---

---

How can you discern between God's good gifts and the temptations that lead you away from Him?

---

---

---

---

---

---

---

---

# 35 A NEW VISION

What are the core values that define you and guide your life decisions?

---

---

---

---

---

---

---

---

In what areas of your life do you need to establish or strengthen boundaries?

---

---

---

---

---

---

---

---

# 36

## HUMBLER

How does humility shape your perspective on life's challenges?

---

---

---

---

---

---

---

---

In what areas do you find it difficult to let go of control?

---

---

---

---

---

---

---

---



How can focusing on one day at a time enhance your spiritual journey?

---

---

---

---

---

---

---

---

# 37 THE CURRENCY OF FAITH

How has faith played a role in your past experiences of rebuilding or transformation?

---

---

---

---

---

---

---

---

What specific areas of your life need a renewed commitment to faith?

---

---

---

---

---

---

---

---

# 38 POWER FROM ON HIGH

How have you experienced the Holy Spirit's presence and assistance in your life?

---

---

---

---

---

---

---

---

What challenges or uncertainties are you currently facing that need the Spirit's intercession?

---

---

---

---

---

---

---

---

# 39 PLEASURES FOREVERMORE

How do you perceive God's blessings impacting not just your life, but also the lives of future generations?

---

---

---

---

---

---

---

---

What values or principles do you want to include in your new manifesto?

---

---

---

---

---

---

---

---

In what ways can you actively seek and expect God to do amazing things in your life?

---

---

---

---

---

---

---

---

# 40 PLEASURES FOREVERMORE

In what ways can you continue to seek His living water in your daily life?

---

---

---

---

---

---

---

---

How can you share the overflow of God's goodness with others?

---

---

---

---

---

---

---

---

