

DAY 38 | The Detoxed Life — Your Emotions As A Gift To The World

“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.” — 2 Corinthians 1:3–4 (KJV)

“He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.” — John 7:38 (KJV)

The purpose of your emotional detox was never only for you. From the beginning, God has held a larger vision for the inner work you have been doing across these 38 days, a vision that 2 Corinthians 1:3–4 makes explicit with breath-taking clarity: He comforts us in all our tribulation so that we may be able to comfort them which are in any trouble, by the same comfort wherewith we have been comforted. Every wound you have brought to God, every toxic emotion you have processed, every neural pathway of fear that has been replaced with a pathway of faith — these are not just personal achievements. They are resources, deposited in you for the benefit of others.

Dr. Curt Thompson identifies what he calls the 'ministry of presence' as one of the most powerful things a healed or healing person can offer the world not expertise, not theological precision, not problem-solving, but the lived reality of a person whose nervous system has been calmed enough, whose shame has been addressed enough, whose wounds have been healed enough, that they can sit with another person in pain without being overwhelmed by it, without running from it, and without needing to fix it prematurely. This is what the detoxed inner life produces: a person who can be genuinely present.

John 7:38 is Jesus's extraordinary declaration: 'Out of his belly shall flow rivers of living water.' The belly — *koilia* in Greek, the innermost being — is exactly the territory this devotional has been working in for 38 days. The rivers of living water do not flow from your outer performance, your ministry title, or your theological knowledge. They flow from the inner world — from the belly — from the place that has been searched, healed, renewed, and filled. A detoxed inner world is a source, not a drain.

You began this journey as someone learning to read the EmotionMeter. You end it as someone equipped to help others read theirs. The loneliness you brought to God equips you to sit with



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

lonely people. The shame you brought to the cross equips you to speak without shame to ashamed people. The hopelessness you brought to His faithfulness equips you to hold hope on behalf of hopeless people. The detox was not the destination. It was the preparation. The rivers are beginning to flow.

WHAT THE EXPERTS SAY

“The most powerful thing a healed person can offer the world is not expertise, it is the ministry of presence. A nervous system that has been calmed, a shame that has been addressed, a wound that has been healed enough, these things create a person who can genuinely receive the suffering of another without being overwhelmed by it. That is the gift of the inner work.” — Dr. Curt Thompson, *Anatomy of the Soul*

“We are not victims of our biology. We are co-creators of our destiny alongside God and part of that destiny is to become healing environments for the people around us. The detoxed inner world is not a personal achievement. It is a resource deposited in you for a world that desperately needs what you now carry.” — Dr. Caroline Leaf, *Switch On Your Brain*

PRAYER POINTS

1. Father, I receive the completion of this 38-day journey not as a graduation but as a commissioning. The comfort You have shown me, use it now to flow through me to others.
2. Lord, let the rivers flow. Out of my belly, the inner world that has been searched, healed, and renewed, let living water pour outward toward every thirsty person You bring into my life.
3. Holy Spirit, make me a healing environment. Let my regulated nervous system be a place of rest for dysregulated people. Let my healed shame be a safe space for ashamed people. Let my renewed hope be an anchor for hopeless people.
4. I declare that the detox was the preparation. The rivers are now flowing. I go into the world not as a person who has arrived but as a person who has been healed enough to carry healing to others and I am willing, I am commissioned, and I am sent, in the mighty name of Jesus Christ. Amen.

In the mighty name of Jesus Christ. Amen!

Join us at www.fawnnation.org | Download the FAWN Nation App on iOS & Android



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**