



Modern Idols Detox - A Gentle Heart Reset



DATE: _____

Prayer Inspired by the Word



Lord, help me notice what I turn to instead of You.
Show me the small idols in my life — the things I chase or trust more than Your presence.
Help me return, reset, and remember that You alone are my God.
You are enough. You are my center. Amen.

Today's Verse

"Do not turn to idols or make metal gods for yourselves.
I am the Lord your God."

— Leviticus 19:4 (NIV)



Write the Verse

How did you feel today?



What small idol do I want to release today?

Approval from others, fear of missing out, over-control, perfectionism...

Today, I am grateful for

Notes

"Write a short reflection"

Today, I choose to let go of empty idols
and return to God — my true center.