

BACK TO EDEN HEALING CLEANSE

"On My Bed" Meditations

I've included a short scripture for each day of your cleanse; from the beginning of your preparation days, through the 7 days of raw vegan eating, and then finally through the integration period. Keep this sheet beside your bed during the cleanse so as soon as you wake up in the morning, you can reach over, get your meditation, and spend as much time as you can thinking about the scripture for the day and **nothing else**.

This practice will not only set your spirit and soul up for success for the day, but it also allows your body to wake up in a beautiful, Christ-centered way.

DAY 1 PREPARATION

Morning Meditation

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. - **Psalm 139:14**

Evening Meditation

In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety. - **Psalm 4:8**

DAY 2 PREPARATION

Morning Meditation

This is the day that the LORD has made; let us rejoice and be glad in it. - **Psalm 139:14**

Evening Meditation

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. - **Joshua 1:8**

Back to Eden Healing Cleanse

DAY 1 BACK TO EDEN CLEANSE

Morning Meditation

And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. – **Genesis 1:29**

Evening Meditation

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. – **Psalms 16:11**

DAY 2 BACK TO EDEN CLEANSE

Morning Meditation

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. - **1 Thessalonians 5:23**

Evening Meditation

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.
- **John 15:7**

DAY 3 BACK TO EDEN CLEANSE

Morning Meditation

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. - **Romans 8:11**

Evening Meditation

Be strong, and let your heart take courage, all you who wait for the LORD! - **Psalms 31:24**

DAY 4 BACK TO EDEN CLEANSE

Morning Meditation

We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. (Emp mine) - **Romans 6:4**

Evening Meditation

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence. - **2 Peter 1:3**

Back to Eden Healing Cleanse

DAY 5 BACK TO EDEN CLEANSE

Morning Meditation

I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live. – **Deuteronomy 30:19**

Evening Meditation

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. – **Psalms 127:2**

DAY 6 BACK TO EDEN CLEANSE

Morning Meditation

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. – **Psalms 63:1**

Evening Meditation

My soul yearns for you in the night; my spirit within me earnestly seeks you. For when your judgments are in the earth, the inhabitants of the world learn righteousness. – **Isaiah 26:9**

DAY 7 BACK TO EDEN CLEANSE

Morning Meditation

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. – **3 John 1:2**

Evening Meditation

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. – **John 10:10**

INTEGRATION DAYS

Now that you've completed your cleanse, it's more important than ever to be on the lookout for triggers and resistance. I encourage you to take these next scripture meditations, put them on index cards, and carry them with you. Whenever you need courage, encouragement, or power, pull them out and do a quick meditation.

INTEGRATION DAY 1

Morning Meditations

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. - **1 Peter 5:8**

Put on the whole armor of God, that you may be able to stand against the schemes of the devil.
- **Ephesians 6:11**

Evening Meditations

If you lie down, you will not be afraid; when you lie down, your sleep will be sweet. - **Proverbs 3:24**

Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." - **Mark 6:31a**

INTEGRATION DAY 2

Morning Meditations

A Psalm of David. Blessed be the LORD, my rock, Who trains my hands for war, And my fingers for battle;
- **Psalms 144:1**

The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. - **Psalms 18:2**

Evening Meditations

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. - **1 Corinthians 9:24**

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. - **Phillipians 3:12**



*He has made you His own...
now go and live like it!*

