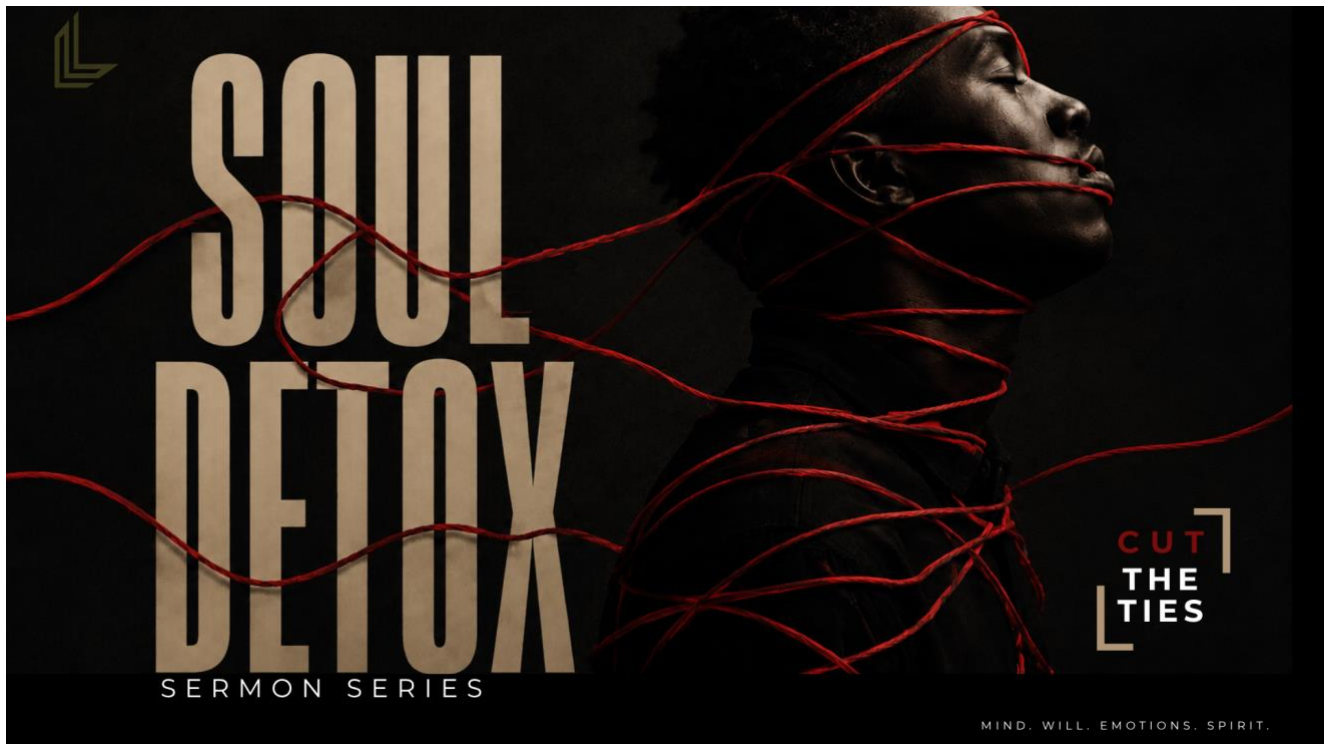




SOUL DETOX

Where Did This Come From?

WEEK 3 DEVOTIONAL COMPANION

A Note on Scripture

This companion follows the Bible translations identified in the Week 3 sermon notes. The foundational passage is printed in the Amplified Bible, AMP, because that is the translation cited for 2 Samuel 13:20–22. Supporting passages that were referenced without a quoted translation, or added to deepen the devotional, appear in the King James Version, KJV. Each Scripture quotation is marked so the mix remains clear.

How to Use This Companion

Move slowly through one reading each day. Ask God for revelation without turning the search for a root into a search for someone to blame. Name what you discover, accept responsibility for what you carry now, surrender it honestly, and practice the interruption God places before you.

Sometimes It Didn't Start Today

Psalm 139:23–24 KJV

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”

A reaction can belong to the present moment and still be drawing strength from an older place. A delayed reply feels like rejection. A disagreement feels like danger. A request feels like control. The current event may be real, but the intensity of our response can reveal that more than the current event is speaking.

Asking where a response came from is not an invitation to live trapped in the past. It is an act of spiritual honesty. David prayed for God to search him because the heart can hide its own pathways from itself. Revelation lets us see the experience, the meaning we assigned to it, and the pattern that grew from that meaning.

Absalom's later choices did not appear without history. His family experienced a terrible violation, failed intervention, and accumulating hatred. That history helps us understand the soil in which his response grew, but it does not remove his agency. In the same way, our histories deserve compassionate attention without becoming permanent permission slips.

God reveals roots to free us, not to shame us. When He shows you that today's defensiveness, control, withdrawal, or anger learned its language somewhere else, receive the insight as an opening. You can bring the original wound and the present response into His light.

Reflect

- Which present reaction feels larger than the moment that triggers it?
- What older experience or belief might be adding force to that reaction?

Application

Write one repeated reaction at the top of a page. Beneath it, complete this sentence three times: “This response may have learned that...” Do not force an answer. Offer what surfaces to God.

Prayer

God, search me with mercy and truth. Show me what is feeding the reactions I do not fully understand. Keep me from blaming others or condemning myself. Lead me toward the root so I can surrender what no longer belongs in my life. In the name of Jesus, amen.

The Wound Was Also What Never Happened

2 Samuel 13:21 AMP

“Now when King David heard about all these things, he was very angry [but failed to take any action].”

Some wounds come from what was done, others deepen because of what did not happen afterward. No one protected you. No one asked what you needed. The truth was known, but accountability never came. Anger was expressed, yet action was absent. Silence after harm can leave a person carrying both the original pain and the message that the pain did not matter enough to address.

This is part of the grief in Tamar’s story. Scripture does not present David as unconcerned. It says he was angry. Yet anger alone did not provide protection, justice, or repair. We should not stretch the text into claims it does not make, but we can honor what it clearly shows: strong feelings are not the same as faithful response.

You may need to name an absence before you can understand its residue. Perhaps you learned not to expect help, to hide need, or to handle everything alone. Perhaps you keep testing people because someone who should have acted did not. Naming that omission is not ingratitude. It is refusing to call an unhealed place whole.

God’s care is not limited by what another person failed to provide. He can meet you in the unanswered question and teach you to receive safe support now. Healing may include grief, wise boundaries, truthful conversation, pastoral care, or professional support. The goal is not to rewrite what happened. It is to stop the absence from continuing to define what you believe you deserve.

Reflect

- What needed response, protection, or acknowledgment never came?
- What belief about yourself or other people grew in that absence?

Application

Name one safe person you can contact this week. Ask for one specific form of support, such as prayer, a conversation, or help locating a counselor.

Prayer

God, meet me in what happened and in what never happened afterward. Help me grieve without building my identity around the absence. Teach me to receive healthy care, speak truth, and take the next wise step toward healing. In the name of Jesus, amen.

What You Carry Will Keep Growing

2 Samuel 13:22 AMP

“But Absalom did not speak to Amnon either good or bad; for Absalom hated Amnon because he had violated his sister Tamar.”

Absalom did not act immediately. Hatred was carried before revenge was carried out. What remains inside us does not remain motionless. Rehearsed pain gathers interpretations. Interpretations harden into expectations. Expectations begin shaping what we notice, how we relate, and what responses feel justified.

Resentment often promises to keep a record that no one else will keep. It tells us that releasing our grip means minimizing the wrong. But resentment does not preserve justice. It gives the injury continuing influence over the inner life. It can make another person's wrongdoing the organizing center of our thoughts and choices.

Forgiveness does not mean pretending the offense was harmless, removing appropriate consequences, restoring unsafe access, or refusing lament. It means surrendering personal vengeance to God and refusing to feed hatred as a source of identity or power. Forgiveness can be a decision that must be practiced repeatedly while grief and boundaries continue.

Pay attention to what you rehearse. The story repeated in your mind may be training your heart toward mercy, wisdom, and truth, or toward suspicion and retaliation. What you feed will grow. God invites you to bring the honest record of wrong into His presence and let Him decide what justice and freedom require.

Reflect

- What story do you mentally rehearse when you feel hurt or overlooked?
- How has carrying that story shaped your expectations or responses?

Application

When the story returns today, pause and say aloud, “God, I give You the right to judge this. Show me the faithful response available to me now.”

Prayer

God, I confess the pain I have rehearsed and the resentment I have fed. I do not want another person's wrongdoing to rule my inner life. Help me forgive truthfully, keep wise boundaries, and entrust justice to You. In the name of Jesus, amen.

Pain Explains, but It Does Not Excuse

James 1:20 KJV

“For the wrath of man worketh not the righteousness of God.”

Two truths can stand together: what happened to you was wrong, and you are responsible for what you allow it to produce through you. Compassion that erases responsibility cannot transform us. Responsibility that ignores pain can become cruelty. God meets us with enough tenderness to acknowledge the wound and enough truth to confront the response.

Absalom’s pain and the injustice surrounding Tamar were real. His eventual choice of revenge and murder was still wrong. Understanding the path from hurt to hatred helps us interrupt it, but explanation is not absolution. A root tells us where focused healing is needed. It does not make harmful fruit acceptable.

This distinction protects us from turning our history into destiny. If pain automatically controlled every future choice, change would be impossible. In Christ, we can learn a response that our environment never modeled. We may need to repent for what we did while wounded without accepting shame for having been wounded.

Repentance is not self-rejection. It is agreement with God about the direction of a behavior, followed by a willing turn. You can say, “I was harmed,” and also say, “I harmed someone.” You can seek care for the first truth and make repair for the second. Both can become acts of freedom.

Reflect

- Where have you used pain to justify a response you know is harmful?
- What responsibility can you take without taking blame for what was done to you?

Application

Choose one response for which you need to make repair. Write a simple apology that names your action without excuses, then deliver it if doing so is safe and appropriate.

Prayer

God, thank You for caring about my wound and my growth. Give me courage to own my choices without carrying false shame. Show me where repentance, repair, boundaries, and support are needed. Form Your righteous response in me. In the name of Jesus, amen.

Before You Fight the Fruit Find the Root

Matthew 7:17 KJV

“Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.”

We often begin with the visible behavior because it is the part creating consequences. We try to stop snapping, controlling, withdrawing, pleasing everyone, or expecting abandonment. Discipline matters, but lasting change also asks what the behavior is protecting and what belief gives it permission.

Control may be the fruit of believing that safety depends entirely on you. Withdrawal may be the fruit of believing that being known guarantees rejection. Anger may cover grief, fear, or powerlessness. The same outward behavior can grow from different roots, so comparison and quick formulas rarely reach the heart.

Finding the root requires curiosity under the guidance of the Holy Spirit. Ask what happened, what you concluded, what you came to believe, and what response you practiced. This does not turn every struggle into a complicated mystery. It simply recognizes that God renews us more deeply than behavior management.

Once a root is named, surrender can become specific. Instead of only praying, “Help me stop controlling,” you can confess, “I have believed that nothing will be okay unless I manage every outcome.” Then you can receive and rehearse truth: God is present, wisdom is available, and trust can coexist with responsible action.

Reflect

- What recurring behavior is the clearest fruit in your life right now?
- What fear, belief, or unmet need may be feeding it?

Application

Draw a five-step chain: Experience, Interpretation, Belief, Response, Pattern. Fill it in for one recurring behavior, then write one Scripture-shaped truth beside the belief you need God to renew.

Prayer

God, help me look beneath the fruit without hiding from it. Reveal the belief, fear, or wound that keeps feeding this pattern. I surrender the lie I have practiced and ask You to renew my mind with truth. Teach me a new response. In the name of Jesus, amen.

It Was Handed to Me but It Does Not Have to Continue Through Me

Romans 12:2 KJV

“And be not conformed to this world: but be ye transformed by the renewing of your mind.”

Families and communities pass down more than names and traditions. They can also model how power is used, how conflict is handled, what is kept secret, and which behaviors are tolerated. David’s story included grave failures. Amnon and Absalom later made their own destructive choices. Scripture lets us observe patterns across the family without claiming that David mechanically caused every decision his sons made.

A pattern can be handed to you through example, silence, survival, or repeated expectation. Receiving it is not the same as choosing it, but once God reveals it, you have a responsibility for what happens next. Blame looks backward for someone to carry all the weight. Responsibility asks what faithful choice is available to you now.

Breaking a pattern may not look dramatic. It may be telling the truth earlier, refusing manipulation, learning to pause, asking for help, protecting someone vulnerable, or choosing repair instead of revenge. Each interruption teaches your heart and the people around you that the old way is not the only way.

Transformation is not a denial of where you came from. It is surrendering the right of the past to reproduce itself through you. What was modeled can be unlearned. What was normalized can be named. What was tolerated can be confronted with wisdom. By the renewing work of God, the pattern can meet a different ending in you.

Reflect

- What pattern were you taught to treat as normal?
- What different response is God asking you to practice and pass forward?

Application

Write one interruption plan in this form: “When ____ happens, instead of ____, I will ____.” Share it with a trusted person who can pray with you and help you practice it.

Prayer

God, thank You that what was handed to me does not have to continue through me. Renew my mind, strengthen my choices, and show me how to interrupt what is unhealthy. Let truth, courage, and love become the pattern I pass forward. In the name of Jesus, amen.

Closing Reflection

The question “Where did this come from?” is not a doorway into blame. It is a doorway into revelation. This week, you traced how an older wound can add force to a present response, how the absence of protection or repair can leave its own residue, and how what is carried can keep growing when it is continually rehearsed.

You also held compassion and responsibility together. Pain deserves honest care, but it does not have to govern your choices. A root can explain why a pattern developed without excusing the harm the pattern causes. God’s truth gives you permission to grieve what happened, repent for your own responses, pursue wise support, and practice a different way.

The movement of Soul Detox is revelation, responsibility, surrender, and interruption. Revelation names what is present. Responsibility owns what is yours now. Surrender releases the wound, the lie, and the demand for personal vengeance to God. Interruption turns insight into a new response that can be practiced until it becomes a new pattern.

Return to what you wrote this week. Choose one root you are ready to keep bringing before God and one interruption you will practice. Healing is not proven by never feeling the old pull. Growth is often revealed in the holy pause where you recognize the pull and choose not to let it lead.

Carry This Question Forward

What was handed to me that God is asking me not to hand forward?

Closing Prayer

God, thank You for meeting me with truth and mercy. Continue revealing what is beneath my patterns, and give me courage to take responsibility for my choices. I surrender the wounds, beliefs, and rehearsed responses that have shaped me. Teach me to interrupt what is unhealthy and to pass forward what reflects Your heart. In the name of Jesus, amen.

Soul Detox

Week 3 | Where Did This Come From?

A devotional companion from Lift City Church

© 2026 Lift City Church. All rights reserved.

This devotional is provided for personal and congregational ministry use. It may be downloaded and printed for noncommercial use within Lift City Church. No portion may be sold, republished, or distributed for commercial purposes without prior written permission from Lift City Church.

Scripture Attributions

Scripture quotations marked AMP are taken from the Amplified® Bible, Copyright © 2015 by The Lockman Foundation. Used by permission. www.Lockman.org

Scripture quotations marked KJV are taken from the King James Version. Public domain.

LIFT CITY CHURCH • SOUL DETOX • 2026