

# Wake Up Pray Up Boss Up® Podcast Episode 30 - Stop the Poisoning - Protect Your Energy & Honor Your Calling

"You can't walk in your God-given calling while poisoning the vessel He intends to use." - Margi Ruiz Protecting your energy is part of your obedience.

Click 1 - Wake Up: Stop the Poisoning

"Do you not know that your body is a temple of the Holy Spirit? You are not your own." – 1 Corinthians 6:19

Before elevation comes elimination. It's time to get honest about what's draining you—physically, mentally, and spiritually.

- Examples of Poison:
  - Physical: sugar, dehydration, skipping rest or movement
  - Mental: comparison, gossip, negative self-talk
  - Spiritual: shame, control, disconnection from God

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What's ONE physical, mental, or spiritual habit you need to stop
this week?



## Click 2 - Pray Up: Cleanse & Let Go

"Create in me a pure heart, O God, and renew a steadfast spirit within me." – Psalm 51:10

You've stopped the source; now it's time to clear the system. Cleanse your heart, body, and mind with small, intentional steps.

- Tools to Cleanse:
- Body: hydrate, stretch, move
- Mind: journal, breathe, disconnect
- Spirit: sit with God, confess, be still

# Use the 10-5-5 Formula:

- 10 things you're grateful for
- 5 things you're releasing to God
- 5 prayer requests

# 📝 Challenge:

Choose one small act of cleansing today: prayer, silence, movement, or surrender.

#### Click 3: Boss Up: Fuel with Purpose

"Offer your bodies as a living sacrifice, holy and pleasing to God, this is your true and proper worship." – Romans 12:1

Now that you've cleared the clutter, it's time to refuel with things that bring life.



- Ways to Refuel:
- ✓ Physically: nourish, rest, move, dance
- ✓ <u>Mentally:</u> speak life, read truth, disconnect from drama

# **Challenge:**

What's one thing you can add this week to pour back into your body, mind, or spirit?

### Final Reflection:

God can't move through a vessel that's running on empty.

What is one boundary, rhythm, or act of obedience you need to honor to protect your energy and walk in your purpose?

- \*Want accountability as you protect your energy and walk in purpose? The Wake Up Pray Up Boss Up® Coaching Membership is opening soon!
- Join the waitlist at <u>margiruiz.com/waitlist</u> and surround yourself with women who are done running on empty and ready to live aligned, energized, and obedient to God's calling.

## God bless, Margi



