

## 10 DAYS MENTAL HEALTH CHALLENGE

<b>DAYS</b>	<b>SCRIPTURES</b>	<b>CHALLENGE</b>
DAY 1	<p><b>I AM SPECIAL</b>            [Ps 139:14 NLT] 14 Thank you for making me so wonderfully complex! Your workmanship is marvelous--how well I know it.            [Jer 1:5 NLT] 5 "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations."</p>	<p><i>Write down 3 special qualities with which God blessed you</i></p> <p><i>Write a Thank-You note of praise to God for His blessings in your life</i></p> <p><i>Take ten minutes to reflect of how special you are to God because He created and redeemed you</i></p>
DAY 2	<p><b>I CHOOSE JOY</b>            [Prov 17:22 NLT] 22 A cheerful heart is good medicine, but a broken spirit saps a person's strength.            [Prov 17:22 NLT] 22 A cheerful heart is good medicine, but a broken spirit saps a person's strength.</p>	<p><i>Take a few moments to smile as you reflect of God's blessings</i></p> <p><i>Write ten reasons God has given you to be joyful</i></p>
DAY 3	<p><b>I WILL NOT WORRY</b>            [Phil 4:6 NLT] 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.            [Mt 6:25 NLT] 25 "That is why I tell you not to worry about everyday life--whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"</p>	<p><i>Write down the three top worries in your life; give them over to God</i></p> <p><i>Take a moment to tell your worries how big God is</i></p> <p><i>Reflect on three ways God has been taking care of and sustaining you; praise Him</i></p>
DAY 4	<p><b>I HAVE HOPE</b>            [Ps 42:5 NLT] 5 Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again--my Savior and            [Jer 29:11 NLT] 11 For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.</p>	<p><i>Declare three times: "I have hope in Jesus!"</i></p> <p><i>Take ten minutes to reflect on the certainty of God's promises for you</i></p> <p><i>Send a reassuring text message of hope to a family member, co-worker or friend</i></p>
DAY 5	<p><b>I AM LOVED</b>            [Rom 5:8 NKJV] 8 But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.</p>	<p><i>Take a few moments to reflect on Psalm 139:14, John 3:16, and Romans 8:38-39</i></p>

	<p>[Jer 31:3 NLT] 3 Long ago the LORD said to Israel: "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.</p>	<p><i>Take ten minutes and imagine God telling you how much He loves you</i></p>
DAY 6	<p><b>I AM FORGIVEN</b>  [Rom 8:1-2 NLT] 1 So now there is no condemnation for those who belong to Christ Jesus. 2 And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.  [Mic 7:19 NLT] 19 Once again you will have compassion on us. You will trample our sins under your feet and throw them into the depths of the ocean!</p>	<p><i>Take five minutes to reflect on the truth that Jesus took your place on the Cross</i></p> <p><i>Write down three things for which you have struggled to accept Christ's forgiveness; write in bold letters over your list: FORGIVEN IN FULL</i></p>
DAY 7	<p><b>I AM VICTORIOUS</b>  [1Cor 15:57 NLT] 57 But thank God! He gives us victory over sin and death through our Lord Jesus Christ.  [Rom 8:37 NLT] 37 No, despite all these things, overwhelming victory is ours through Christ, who loved us.</p>	<p><i>Make a list of 7 victories God gave you over the past twelve months</i></p> <p><i>Take a moment to do a victory dance or a hallelujah praise moment</i></p>
DAY 8	<p><b>MY SOUL WILL REJOICE</b>  [Ps 31:7-8 NLT] 7 I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul. 8 You have not handed me over to my enemies but have set me in a safe place.  [Isa 61:10 NKJV] 10 I will greatly rejoice in the LORD, My soul shall be joyful in my God; For He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, As a bridegroom decks [himself] with ornaments, And as a bride adorns [herself] with her jewels.</p>	<p><i>Take a few moments to contemplate the goodness of God in your life; reflect until praise fills your soul</i></p> <p><i>Take five minutes to just rejoice in the Lord</i></p> <p><i>List ten reasons why your soul will rejoice</i></p> <p><i>Share two of your reasons with a family member or friend</i></p>
DAY 9	<p><b>MY SOUL IS AT REST IN GOD</b>  [Ps 116:7-9 NLT] 7 Let my soul be at rest again, for the LORD has been good to me. 8 He has saved me from death, my eyes from tears, my feet from stumbling. 9 And so I walk in the LORD's presence as I live here on earth!  [Ps 131:2 NLT] 2 Instead, I have calmed and quieted myself, like a weaned child</p>	<p><i>Take ten minutes to allow your soul to rest in God's presence; be still and know that God is God</i></p> <p><i>Take 15 minutes of silence to do centering prayer or breath prayers</i></p>

	<p>who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.</p>	<p><i>Put aside your cares and take a nap for about thirty minutes in the arms of God</i></p>
<p>DAY 10</p>	<p><b>I HAVE ASSURANCE OF SALVATION</b>          [Jn 10:28-29 NLT] 28 I give them eternal life, and they will never perish. No one can snatch them away from me, 29 for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand.          [Rom 8:38-39 NLT] 38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow--not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below--indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.</p>	<p><i>Take five minutes to celebrate God's gift of salvation in Jesus Christ</i></p> <p><i>Write a note on what salvation means to you</i></p> <p><i>Take a few minutes to imagine what it would be like to spend eternity with Jesus Christ</i></p> <p><i>Revelation 12:11 [NKJV] states, "And they overcame him by the blood of the Lamb and by the word of their testimony..." - Take a few moments to reflect on your 'overcomers testimony'; think about how God has led you thus far in your life; thank Him for His love and faithfulness in your experience.</i></p>