

MENTAL HEALTH MONTH challenge

1

START YOUR DAY WITH PRAYER

2

READ PSALM 23 AND REFLECT ON ITS MEANING

3

JOURNAL ABOUT A TIME GOD PROVIDED

4

MEDITATE ON PHILIPPIANS 4:6-7

5

WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR

6

FAST FROM SOCIAL MEDIA FOR THE DAY

7

MEMORIZE A BIBLE VERSE ON PEACE

8

PRAY FOR SOMEONE WHO IS STRUGGLING

9

LISTEN TO ONLY WORSHIP MUSIC FOR THE DAY

10

DO SOMETHING KIND FOR SOMEONE

11

SPEND TIME IN NATURE AND THANK GOD FOR CREATION

12

WRITE A LETTER TO GOD ABOUT YOUR WORRIES

13

READ PROVERBS 3:5-6 & REFLECT ON TRUST IN GOD

14

PRAY FOR WISDOM IN YOUR STRUGGLES

15

WRITE DOWN 3 WAYS GOD HAS BLESSED YOU

16

MEDITATE ON ISAIAH 41:10

17

TAKE AN INTENTIONAL MOMENT TO REST IN GOD'S PEACE

18

RECITE A VERSE OVER ANY NEGATIVE EMOTIONS YOU HAVE

19

ENCOURAGE SOMEONE WITH GOD'S WORD

20

READ MATTHEW 11:28-30 & MEDITATE ON REST

21

WRITE DOWN SOMETHING YOU NEED TO SURRENDER TO GOD

22

ASK GOD FOR HEALING OF A SPECIFIC FEAR

23

SERVE SOMEONE IN NEED TODAY

24

SPEND TIME READING THE PSALMS FOR COMFORT

25

REFLECT ON THE WAYS THAT GOD IS WORKING IN YOUR LIFE

26

WORSHIP GOD USING THE GIFTS HE HAS GIVEN YOU

27

THANK GOD FOR HIS FAITHFULNESS IN YOUR JOURNEY

28

REFLECT ON ROMANS 12:2 & PRACTICE RENUEWING YOUR MIND

29

MAKE A LIST OF TIMES THAT GOD HAS SHOWN UP FOR YOU

30

SPEND TIME IN COMMUNITY WITH OTHERS

31

CELEBRATE WHAT GOD HAS DONE IN YOUR LIFE