

It's a 40 Day Challenge

They say habits are developed in 40 days. What if you would take 40 days to keep telling yourself certain foundational truths that would help you better cope with life and maintain a healthy perspective? And, what if in those 40 days you not only repeated the truths but also looked to God for help to implement the truths in your everyday life? Imagine the potential of truth invested with God's power!

If you are ready for the challenge, here is what you must do:

- (1) Every day, start your morning by reading what is on the page 'Foundational Pillars of Truth for Maintaining a Healthy Perspective.' Read it in its entirety each of the 40 days regardless of how familiar it may become.
- (2) Pray about it, asking God to help you through that day to remember and stand on these foundational truths.
- (3) Cross out the number for that day.

Disclaimer:

This process is not a cure-all. We still have our human nature. Old patterns may be our default when under stress. How quickly we can forget what God teaches us.

Depending on how engrained negative reactions are, you may find it helpful to go beyond the 40 days. Or, when you find yourself falling back into old patterns of thinking, take the challenge once again.

Also keep in mind that the true benefit comes if you are serious and committed to daily follow through with this challenge.

1	2	3	4	5	6	7
Foundational Pillars of Truth for Maintaining a Healthy Perspective						
40						8
	1] Who I am to God matters more than what people think of me.					
39	<i>We are not trying to please men but God who tests the hearts ... not looking for praise from men ... (1 Thess. 2:4-6)</i>					9
38	2] I am responsible to God for what I do and they are responsible for what they do.					10
37	<i>So then, each of us will give an account of himself to God. (Rom. 14:12)</i>					11
36	3] I must fulfill my responsibility and trust God to: protect me give me peace vindicate me work in their lives					12
35	<i>For the Lord will vindicate his people and have compassion on his servants. (Ps. 135:14)</i>					13
34	That means I will not:					14
33	<ul style="list-style-type: none"> • fret, worry, be anxious • defend myself • cast blame • complain 					15
32	<ul style="list-style-type: none"> • bash others, criticize unduly • back step (weasel) 					16
31	If I engage in any of the above negative reactions, then one or more of the top three foundations are not present in my life.					17
30	Steps to take:					18
29	(1) I must identify the problem. Which of the 3 foundations are missing or shaking?					19
28	(2) I must tell myself the truth as it relates to the foundational pillars.					20
	(3) I must rest in the Lord and stop trying to change on my own.					
	(4) Repeat steps until resolved.					
27	26	25	24	23	22	21