**INSTRUCTIONS:**

1. Print 1 copy of this document
2. Cut pages in half and trim around edges to fit inside journal
3. Paste “Welcome” page to inside front cover of journal
4. Paste “Psalm 63” to last page of journal
5. Paste “Mental Health Prayer” to inside back cover of journal

Welcome to ***HARDafterThee63,*** a 9-week challenge to build up our spiritual wellness. Here are 5 aspects to the challenge, none overly difficult in and of themselves. I’m glad You’re joining in!

1. **Take10 Reading:** 10-minute+ (or longer) commitment to connect with God through His Word. This is readily accomplished with Hope’s daily IMMERSION materials (though any bible reading or devotional reading works).

1. **Take10 Prayer:** 10-minute+ commitment to connect with God through prayer. This is a specific addition to our prayer life for these 63 days. Inspired by Psalm 63 itself, It has the following.

1. **Take10 Exercise**: A commitment to connect with God while walking or doing some other form of exercise. Take time to savor with God at least one moment of joy and appreciation in the day.
2. **Take***in***100 ounces** (or 70 or 130): Water is key to good health in your body. Science encourages 100-130oz/day for men and 70-100/day for women. For our challenge, we are adding a prayer thought with every gulp of water. The prayer? **“More!”** of God’s Holy Spirit flowing up within us and then through us to others.
3. **Take5&5 Check-in:** Because life-changes are WAY MORE effective when some form of accountability is in place, we have included a 5-minute journaling entry capturing how the day went and/or a 5-minute check-in via call, text, etc. with a friend (or partner for ***HARDafterThee63 partner?!).*** Either are acceptable, both are encouraged. Take this time to record with God those moments of joy and appreciation you savored during your walk with God.

May you desire that Psalm 63:5 becomes true of you, being able to say with the Psalm writer:

*My soul will be satisfied as with fat and rich food,  
    and my mouth will praise You with joyful lips.*

**Psalm 63 Prayer:** Father God, I come earnestly seeking You and ask that You would feed me at a soul-deep level. There is plenty that vies for my attention, promising much but delivering little – leaving my soul dry and parched. Teach me to thirst for You and find satisfaction in You. I commit to follow hard after You. Protect me from whatever may harm my soul and uphold me with Your right hand that I might not be dissuaded from participating in this journey of faith with my brothers and sisters in Christ.

**God, thank You for… (moments of joy and gratitude)**

**Spiritual Health Prayer:**

**Physical Health Prayer:**

**Emotional Health Prayer:**

**Mental Health Prayer:**

**Relational Health Prayer:**

**Prayers for whatever and whoever is on your heart today**

**The Lord’s Prayer**

Our Father who art in heaven

Hallowed be Thy name

Thy kingdom come, Thy will be done

on earth as it is in heaven

Give us this day our daily bread

And forgive us our trespasses

as we forgive those who trespass against us

Lead us not into temptation,

But deliver us from evil

For Thine is the kingdom, and the power,

and the glory forever and ever, Amen.

**Concluding thought:** Father God, lead me to recognize and appreciate the good You bring into life – both mine and others. Bless me to become a person who is being and bringing “Hope” to those I interact with. IN Jesus’ name I pray. Amen.