

30 DAYS OF INCREASE CHALLENGE

For each of the 30 days of June you agree to look at yourself in the mirror twice a day and boldly declare out loud:

Your Morning Faith Anthem:

1st

Thank You, Jesus that Your word works in me. I am a believer and not a doubter. Right now I humble myself under the mighty hand of God. I know that faith comes by hearing and I am hearing Your word as I boldly declare, I am righteous in You, Lord; therefore I am supposed to prosper. I am supposed to be debt free. I am supposed to be whole. I rely on Godly wisdom and I refuse to worry. Instead, I will use my faith and believe. As I seek You first, God and Your righteousness, I believe that all these things will be added to me.

Your Evening Faith Anthem:

What a day! Thank You, Jesus for another day. The best part is that I left myself a lot of fun things to work on tomorrow. Thank You, Lord for my helmet of salvation! Thank You that you protect me. I use my helmet to block out negative thoughts. I refuse to take worry or cares to sleep with me. I give you all the concerns about___{say what you are concerned about}___When my head hits the pillow, I'm off the clock, storing up energy and excitement for a brand-new day. Thank You, Lord that You love me.

2nd

I, {Your Name}_____ Choose my thoughts. I know that making wise choices starts with thinking good thoughts. Today I begin my adventure with God by allowing Him to set my course. I'm confident that what I think matters. I'm excited to see what happens next. I'm disciplined and dedicated to stick with it.

You may choose to declare the faith statement from the category of your choice or all 3 faith statements.

3rd

Finances-

I know, God that You are my source and my finances are in Your hands. Thank You Jesus for filling my mind with creative thoughts that produce great wealth. I understand that You are always working everything out for me. You always provide more than enough and I am generous with my overflow. I believe that I have all that I need at all times and I am grateful and happy to do good things for others.

Health-

Thank You, God that You sent Your word, Jesus and healed me and delivered me from anxious thoughts. I know, God that I may cry out to You and You are always faithful to hear me. I believe that You restore my health daily. I choose to have a grateful heart which brings me joy and is good medicine for me. Thank You, Jesus for filling me with Your strength.

Worry-

Today, I choose to let go of my concerns and trust You, God. I believe that You care for me and I agree to let You. I am not persuaded by what I feel or see. I trust You, Lord to work on my behalf because You are my God and You provide all that I need. I am coming to You today to dump my load. Thank You for carrying it for me and comforting me.

Record your feelings, just a word or two each day and email me each Friday with your progress.