



Thriving

40 Days of Prayer

Week 5: Flourishing in Mental Health

Day 29 - God Cares About Your Mind

But he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! Lord, take my life, for I'm no better than my ancestors." Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, "Get up and eat." 1 Kings 19:4-5

Devotional: Struggling with mental health can feel lonely and overwhelming. You may wonder if anyone cares—or even if God cares. Rest in this truth: He does. God is gentle and kind, and in our weakness, His strength carries us.

Prayer: Father, thank You for caring about my thoughts and emotions. Meet me in my weakness with Your strength.

Day 30 - Take Every Thought Captive

We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ. 2 Corinthians 10:4b-5

Devotional: Not every thought we have is true. Through the power of the Holy Spirit, we can take every thought captive for Christ. When lies tempt us, we can choose to replace them with His truth.

Prayer: Jesus, help me recognize lies and replace them with Your truth. Guard my mind with peace.

Day 31 - Renewed by the Spirit

Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God. Romans 12:2

Devotional: Thanks to Jesus, we don't have to stay stuck in old patterns of thinking. He renews our minds daily. As we are shaped more into His image, we gain a fresh perspective on life and grow in our ability to discern God's will. We're

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Devotional: Thanks to Jesus, we don't have to stay stuck in old patterns of thinking. He renews our minds daily. As we are shaped more into His image, we gain a fresh perspective on life and grow in our ability to discern God's will. We're not stuck—we're being transformed.

Prayer: Holy Spirit, transform me by renewing my mind. Give me a new way to think, feel, and live.

Day 32 - Cast Your Cares on Him

...casting all your cares on Him, because He cares about you. 1 Peter 5:7

Devotional: We don't have to carry the burdens of this world—it's true! We can lay every worry on Jesus, and He will carry it for us. He does this not out of obligation, but out of His great love. Give Him the weight you were never meant to bear.

Prayer: Lord, I place my anxiety in Your hands. Carry the weight I cannot.

Day 33 - Peace Beyond Understanding

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. Philippians 4:6-7

Devotional: Peace doesn't come from perfect circumstances. Peace is a Person, and His name is Jesus. When we have Him, we can experience calm even in the midst of the storm. He is in control always.

Prayer: Father, fill me with Your peace that surpasses understanding. Guard my heart and mind in Christ.

Day 34 - Joy in Suffering

Consider it a great joy, my brothers and sisters, whenever you experience various trials, because you know that the testing of your faith produces endurance. And let endurance have its full effect, so that you may be mature and complete, lacking nothing.

