

# I Think I Can

a workbook on hope,  
healing, and  
moving forward

*lizzy christian*  
*fearfully & wonderfully made ministries*  
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*hope  
is  
never  
lost.*

By

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# Fearfully & Wonderfully Made Ministries

These devotions/worksheets were compiled by Fearfully & Wonderfully Made Ministries. Some of these have been previously posted on our website, some were written just for this project. **Fearfully & Wonderfully Made Ministries ([lizzychristian.com](http://lizzychristian.com))** was established in 2011 with the vision of encouraging, equipping, and mentoring teenage girls and young women in Jesus' name:

- Helping them establish a healthy body image,
- Building healthy relationships,
- Establishing godly dating principles,
- Learning to stand out in the crowd, and
- Equipping them to reach our world for Christ.



# Wander On.

Wanderer, it is time to take a moment to breathe. You have traveled long and far. You have faced many obstacles. You have faced heartache. You have questioned your faith. You have questioned your relationships. Maybe your marriage has seen many lows or the lowest of the low. Maybe you are estranged from your family members. Maybe you are estranged from the intimacy of your marriage.

Oh, *precious Wanderer*. It is time for some reflection. It is time to pull away from the many distractions of life to see where your heart is and where it is headed. It is time to let go of trying to do things your way and let God take the reins.

I am reminded and convicted daily for focusing on the wrong things in life. I am reminded daily that I often become stressed with situations or feelings rather than turning them over to Christ. Let us take this adventure together!

# One Word.

If you had to describe your current emotional, physical, and spiritual state in one word, what would it be?

My word is ADVENTURE. I am currently in a life-change frame of mind. I am preparing to leave the current job I am in because my husband and I are having a baby. I am going to begin some new adventures – being a mom as well as some new business ventures.

I am absolutely terrified. I am taking a leap of faith into the unknown and into the arms of Jesus. Change is difficult, but through Christ, every step of the journey is going to be an adventure. Adventure means you learn as you go. Adventure means you live life to the fullest through every step of the journey.

Write your ONE WORD here and include a detailed paragraph on why you chose that word:

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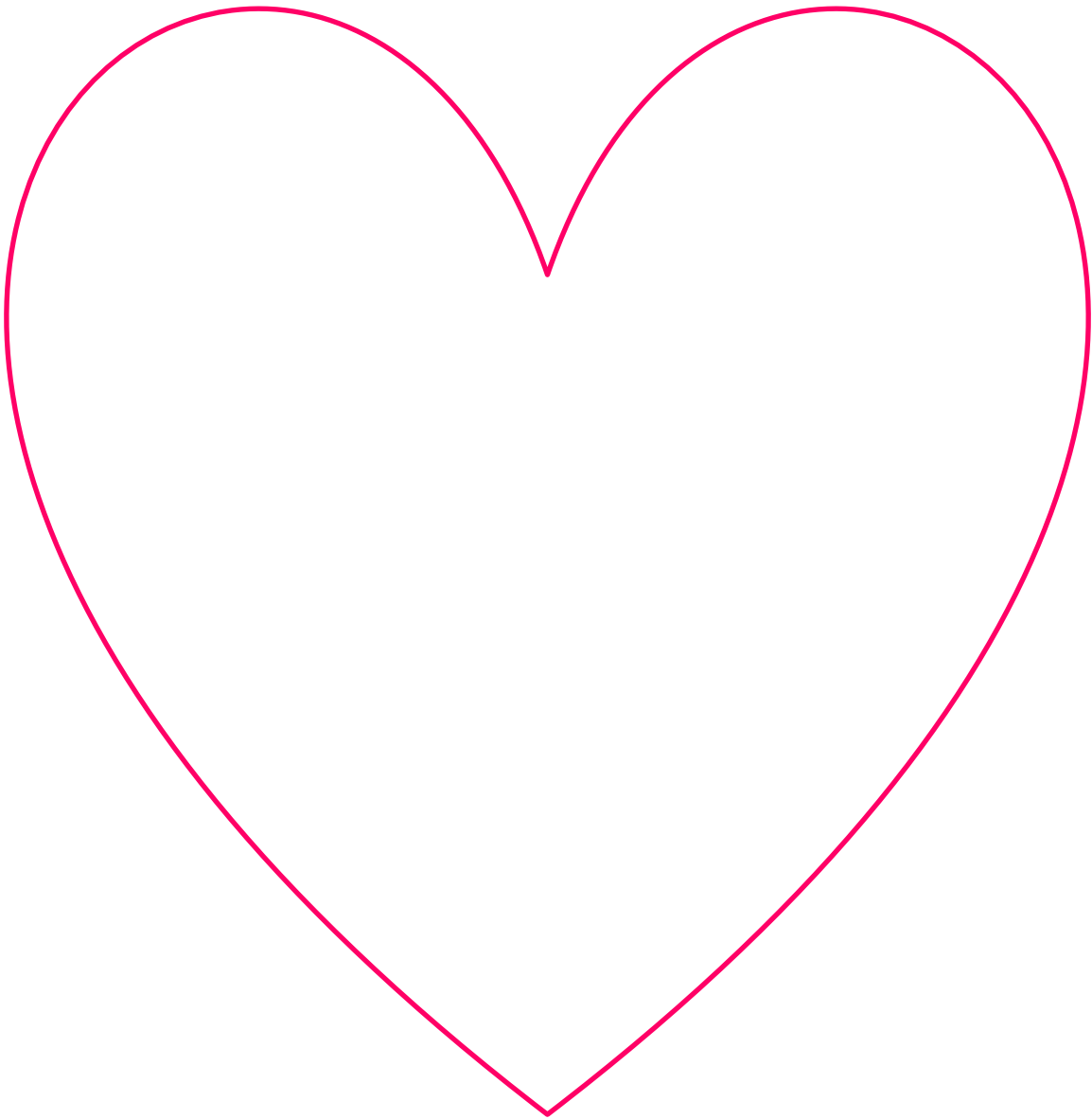
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**Activity 1: What's filling your heart right now?**

**What is currently filling your heart? What are 5 things that consume your life - thoughts, actions, and reactions? Write those 5 things in the heart. For example, *your job, a [specific] person you are on the outs with, trying to have a baby, or constant fighting with your spouse*. Maybe these words are**

**familiar to you – stress, anger, frustration, hopelessness, fear. What consumes your thoughts, negatively *or* positively? Take some time to truly reflect rather than simply throwing something on paper just to be done.**





## Take *the* LEAP and SOAR!

When I think of the saying about “taking the leap,” I always seem to envision the leap frog game where the participants have to jump/hop over each other’s backs. I always found this game to be quite dangerous for the weak-boned like myself. I have horrible balance and seem to envision myself tripping and falling all over the other participants, temporarily paralyzing their movements due to extreme pain and frustration that comes with breaking my fall. At this point, all I can imagine is them crying and yelling at me that I am horrible at the game and that I don’t know how to leap properly! *To me, this paints a picture of how we envision taking the leap.* It can be scary, embarrassing, and seemingly dangerous. What we tend to leave out is the fact it can also be *rewarding, life-changing, and soul-strengthening.*

What is that ONE thing that you are holding back from? Is it submitting an

application or agreeing to an interview for your dream job that you do not feel equipped for? It is the leap to parenthood? It is the leap to complete honesty with someone about the pain and scars from your past? We are all holding back from someone or something. How often do we hold back from God? How often do we hold back from following our hopes, dreams, and passions that have been uniquely placed in our hearts by God alone for His divine purpose? How often do we hold back from telling someone about Jesus, standing up for the right thing, or inviting someone to church? How often do we hold back from doing the right thing because “It IS the right thing to do?” Instead, we use the horrific excuse of, “Well, everyone is doing it.”

*We do not live for the applause of men. We were not put on this earth to live our lives halfway. As I have really thought about this recently due to my own fear, Christ portrayed the ultimate example of a life lived to the fullest. Every moment of His life He spent praying, serving, giving, and telling the Good News. What an example to follow. Man, I have been missing out.*

*My heart is overwhelmed for our world and for our younger generation. We live in a self-centered society solely focused on the applause of man rather than living for a CAUSE. Our cause is to first make Christ our priority. Follow Him. Take the road less traveled, for the journey will be far more rewarding. Take THE leap and soar into the vast unknown and into the arms of Jesus.*

*Let Him write your story.*

*It is time for a new chapter . . .*



# Step #1: Learn to EMBRACE MOMENTS!

*“Sometimes it's the same moments that take your breath away that breathe purpose and love back into your life.”*



**There are many moments in life that you do not forget. You will never forget the first time you conquered a huge fear or completed one of your top 5 bucket list items. You will never forget the first time you went overseas or the time you attempted to drive a stick shift. You will never forget scoring your first game-winning point in a sweat dropping, fist quenching basketball game.**

**Moments are beautiful reminders of how amazing God is.**

**Moments are beautiful reminders that life was meant to be treasured, not just survived.**

**Moments like these should not be taken for granted.**

One of those "moments" for me was in Thailand. We were visiting one of the poorest of the poor villages. This village was different than anything I was used to in the United States, but perhaps I just haven't seen a lot. The children had little to no clothes and played in the endless trash piles and dirt mounds. The children were rarely seen with shoes on. Houses were made of boxes, worn blankets, and scrap metal. It was almost 100 degrees and I remember meeting so many people and being overwhelmed with their kindness. I remember the children grabbing onto us, playing with us, and hugging us. They spoke a completely different language, but it did not matter, we were communicating in our own way.

*Then, the **MOMENT** that changed me . . .*

Within minutes of being at the village, I was brought an ice cold Coca-Cola (pictured above). These people literally had nothing to their name. We were bringing THEM food and other items because they had nothing. Literally nothing. It did not matter to them - they were the true definition of generosity and kindness. They beautifully reminded me that it is in our nature to be greedy and self-centered. Life is not meant to be lived within the confines of prideful comfort but to extend our hearts and lives to help other people. It changed me.

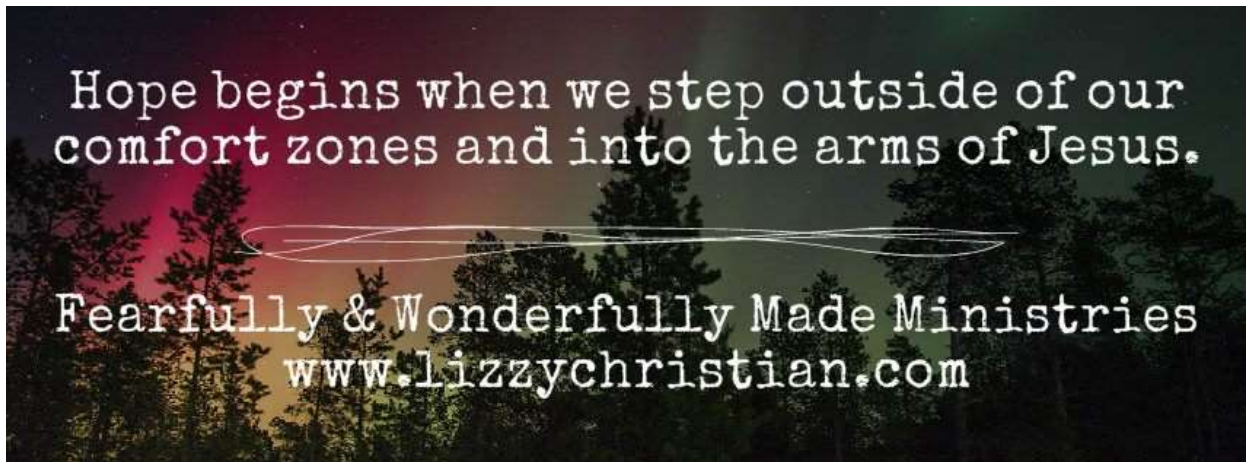
The Lord used these amazing people to show me that monetary values and earthly belongings come and go, but kindness and compassion leave lasting

impressions and cause ripple effects. Moments like these are not by chance, but divinely inspired by God. He used people and circumstances to remind me what is truly important in life. I pray that it is something I never forget.

What moments left a lasting impression on you?

Do we take time to treasure and reflect on the inspired moments that God can use to help remind us what's truly important in life?

*“Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.” - John Wesley*



## Step #2: It's ok to feel again!



There are days when I choose to look beyond the need of others. Many more days than I want to admit. There are days when I see people who are clearly upset or overcome with grief or anger and just keep walking. There are times when I do not acknowledge my husband the moment he walks in the door or greet him the way he deserves to be greeted after a long day's work. Then, the guilt sets in and I feel like a horrible person for not caring, for caring too late, or for simply feeling guilty yet not acting upon it. Unfortunately, it can be so easy to let our hearts begin to freeze ... to simply choose to ignore the hurting, downtrodden, and those who are clearly in a dark place in their life. When I was in school working on my MA in Crisis Response and Trauma, I was reminded daily that one of the core traits a Christian and Counselor must possess is a heart of genuine compassion. Our purpose is not to make a name for ourselves, but to honor and serve the Name above all Names.

*“No one is useless in this world who lightens the burdens of another.” — Charles Dickens*

*“No one has ever become poor by giving.” — Anne Frank, diary of Anne Frank*

*“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” – Ralph Waldo Emerson*

*“You have not lived today until you have done something for someone who can never repay you.” — John Bunyan*

*“I don't want to live in the kind of world where we don't look out for each other. Not just the people that are close to us, but anybody who needs a helping hand. I can't change the way anybody else thinks, or what they choose to do, but I can do my bit.” — Charles de Lint*

*“A kind gesture can reach a wound that only compassion can heal.” — Steve Maraboli, Life, the Truth, and Being Free*

**It is time to do a self-check up on our hearts.**

**Are we currently living in a state of letting our hearts freeze over?**

**Are we choosing not to care about others?**

**Are we ignoring that gut feeling to help that person crying in the corner?**

**Are we choosing to ignore our spouse?**

**Are we choosing to lose touch with our heart of compassion, the heart that God created in us to mirror in His image?**

**We must let Christ speak truth and life into our hearts before we are always overlooking the needs of others.**

**Time for a COMPASSION Reflection:**

**•Zechariah 7:10, “do not oppress the widow, the fatherless, the sojourner, or the poor, and let none of you devise evil against another in your heart.”**

**•Matthew 5:9, “Blessed are the peacemakers, for they shall be called sons of God.”**

**•Matthew 7:12, “So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.”**

**•Galatians 6:2, “Bear one another’s burdens, and so fulfill the law of Christ.”**

**•Ephesians 4:32, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”**

**•1 Peter 4:10, “As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.”**

**•1 Peter 3:8, “Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.”**

You were created to do great things. We were created to embrace a heart with compassion, care, and concern for others.

*Do not give up on doing good. Are you going to let your heart freeze over or thaw out?*



*You were created to thrive, not just survive.*

## Step #3: DO SOMETHING.



The title of this pretty much sums up everything I want to say - "DO SOMETHING." How will we ever get the results we long for if we won't DO SOMETHING? This is my new motto and by the grace of God, I hope to keep applying it to my life.

I grew up a good-ole-scaredy cat...and, well, I still am.

I'm afraid of heights.

I'm afraid of failure.

I'm afraid of frogs, snakes, and other reptiles.

I'm afraid of speaking in front of crowds.

I'm afraid to write songs and sing them for people.

I'm afraid I'll never tackle my dreams.

I'm AFRAID of trying to live my life for self rather than Christ.

That's a lot of fear, and well, it's not even half of it.

Eleanor Roosevelt said, "**Do one thing every day that scares you.**" You can't



just wake up one day and not fear anything. It's a process, a day-by-day, minute-by-minute process, much like the Christian walk. Our relationships with Christ don't blossom and change overnight or as quickly as you can snap your fingers . . . the seeds are watered each and every day.

I want to you to tackle this process with me. Let's do one thing every day that scares us. I am entering a journey that scares me - PARENTHOOD. I am not returning to my current place of employment after this month because I am becoming a mom and seeking to do some work that will keep me closer to my baby for "such a time as this." I am so nervous to begin this new journey. But, God says in John 10:10 that, "...I have come that they may have life, and may have it more abundantly" (NKJV). We weren't put on this earth to fear everything, but to learn the true definition of leaning on Jesus Christ and trusting in Him. If we had absolutely no fear, then we wouldn't appreciate the true giftedness of God's love and protection.

**Let's DO SOMETHING.**

Let's stop living in fear in live in the ever-so-strong embrace of our Father. **Let's not be afraid to proclaim our love for Him. Let's not be afraid to do the things we are afraid of...not that I'm chomping at the bit to hold a snake or anything . . . you go for it, if you feel so led.**

Trusting in Him and doing something that scares us is an entirely different approach to the path ahead of us - no looking back, let's look forward.

## Step #4: Realize the grass is NOT always *greener* on the other side.



Sometimes days are tough because you hear constant threats and constant desires to reach new heights and experience the greener grass on the other side of the fence. The truth is this: “sometimes the grass is greener on the other side of the fence *because that's where we water it.*”

That's where we focus on the positive, potential, and newfound sense of hope. That's where we look for the good in things. When we've been in a pasture for quite some time - we forget what we have. We forget where we've been and what we've overcome. We forget how beautiful the flowers are blooming. We forget to look for the buds, waiting to bust through on the much-anticipated new flowers that will completely revive and rejuvenate our yards. We forget that the butterflies are swarming around us, taking our breath away. The

truth is - we'll never truly be happy or joyful in life if we don't see God's immediate blessings right in front of our eyes. No place and no person will truly meet all of our expectations. New things entice us (duh!!). New things are wonderful. Eventually, new things are no longer "new," and we begin to lose sight of the green grass amidst the fog that we let overcome our eyesight. This may come in the form of a job, severed relationship, lost passion, or perhaps we've just given up in general.

This is something that God has been teaching me. When I feel a situation is hopeless - I want to walk away. I want to avoid it. The truth is - God put me in it to learn something and to lean on Him.

Change doesn't happen overnight, but eyes can slowly be opened to see the revitalized green grass right under our tired feet.

**There will be tough times.**

**There will be seasons of growth.**

**There will be trials.**

**There will be days when you want to throw in the towel - whether it's a specific situation or person.**

**It's time to look for the rare flowers amidst a slew of weeds.**

*It's time to stop and smell the rose petals amidst the thorns.*

It's time to find the good in what's before our very eyes - where God has placed us this moment in time & who He's placed us with.

Read: Ecclesiastes 3

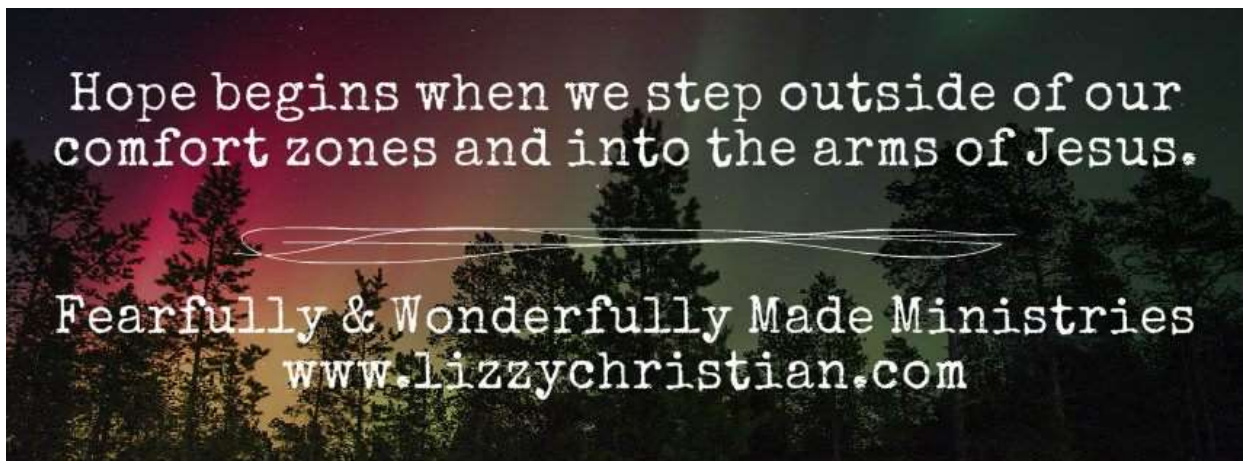
"There is a time for everything and a season for every activity under heaven."



## Step #5: Realize You Aren't

### The Only One Facing Adversity!

It's important to realize that we are not the only ones facing difficult times. Every person's journey is different. Every person is facing an obstacle or heartache. When we realize this, it often helps us cope with and change the perspective on our own journey. Sometimes it's not about "saying" the right thing, it's about being there for other people. Too often people ask, "What Words Should I Say When People are in Pain?"



**"DIFFICULT ROADS OFTEN LEAD  
TO BEAUTIFUL DESTINATIONS."**

The idea that rough roads and painful journeys lead to beautiful destinations is baffling. When facing a crisis, *head-on*, the last thing someone wants to hear from a bystander is, "You will be fine, with time" or "You will move on." One thing about crisis that we need to know is that every road and every journey is

different. We all mourn differently. We all deal with and process pain differently. No person copes the same. No person is created the same; hence *we think, act, and cope in our own way.*

I have recently met and been reminded of some amazing people who have faced dark and treacherous journeys, but came out praising the Lord with their hands in the air. This concept is still new to me. I am thankful for the trials. I am thankful for the difficult times. I am thankful that God uses the rough patches of life to draw us closer to Him, but in the moment of pain and grief - it is difficult to swallow. It is difficult to raise your hands and thank the Lord for your heartache. It is difficult to tell yourself that good can come out of a bad situation. It is difficult to tell those who miscarry that they can just have another baby. Those words, in the moment of loss and grief, are devastating. It is difficult to tell someone whose spouse just passed away that they will be ok. It is difficult to tell someone who can barely pay their bills that it will all work out.

Sometimes, it is not about SAYING anything to someone during their heartache or heartbreak, it is simply about being there for them, loving them, and being sensitive to their needs.

This, friends, is extremely difficult. We often feel like we have to say the RIGHT thing to someone in pain. Someone in pain just needs to know we care about them and that we will be there for them - with zero judgment. They want to know that you do not just care in the moment - they want to know they will not be abandoned during the healing process. Someone in pain wants

to know that hope is on the horizon. Someone facing heartache wants to feel the love, not just to be told they are loved and cared for. Actions speak volumes to those who are grieving.

So, what now? We all know someone facing a difficult time - whether it be a separation, death of a loved one, identity crisis, job loss, or intense anger problems. Trials are very real. Pain is present in all of our lives in some way, shape, or form, BUT, our God is bigger! The Holy Spirit can guide our actions and focus our heart on compassion for those around us who are facing difficult circumstances.

### ***3 Words - JUST BE THERE.***

Be there for your hurting friend. Let your actions speak volumes and let compassion be the voice of hope.

Maybe you are currently facing a trial. I pray for healing over your heart and your situation. I pray that God can use your story for His glory.

Matthew 5:4, “Blessed are those who mourn, for they will be comforted.”

2 Corinthians 1:3-4, “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”



**Isaiah 41:10, “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”**

**Psalm 18:28, “You, Lord, keep my lamp burning; my God turns my darkness into light.”**

**Psalm 46:1-2, “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.”**





## Step #6: Go the DISTANCE!



There comes a time in all of our lives where we reach a breaking point – a time where we decide to give in or push forward for the sake of our futures. A breaking point (noun) is defined as, “the point at which a person, object, structure, etc., collapses under stress; the point at which a situation or condition becomes critical” (dictionary.com). My life-altering breaking point occurred over the course of many months, leading up to the big day on November 1, 2015. I previously faced numerous spiritual, emotional, mental, and physical breaking points – but this one encompassed every single one of those categories. I found out in March 2015 that I was picked by the Huntington’s disease Society of America to fundraise and run 26.2 miles in the New York City Marathon to help raise awareness and find a cure for Huntington’s disease.

***The Backstory:*** I have a 50/50 chance of being a carrier of Huntington's, a horrid disease my father lost his battle with at a young age. The disease takes away your sense of life and ability to complete everyday tasks, eat without being on a machine, and have assistance breathing and walking. It slowly takes away your ability to live life and to control your actions and responses to your surroundings (cognitive and physical separation). Many of the spiritual and emotional battles of my 26 years of life have dealt with the possible outcome of having this disease and being overwhelmed with the possibility of not seeing my children get married, have children of their own, and the dreadful thought of them remembering their mother as a mental patient.

***The Calling:*** After dealing with many nights of sobbing, questioning God, and contemplating even getting married and having a family due to this possible outcome, God really worked in my heart and life. He gives us all an opportunity to use the obstacles we face on this side of glory to tell of His awesome power, grace, and mercy. He really worked on my heart and helped me realize that every single day should be lived to the fullest, for we are not guaranteed tomorrow. It was once said to, "Live for a cause, not an applause. Live to impact, not to impress." These words along with God's promise found in Jeremiah 29:11 truly echoed in my heart, "For I know the plans I have for you, declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (New International Version). Some of us may live 75 years, some may live 25 or 35 years, but every day should be lived to the fullest - building lasting and meaningful relationships, loving others like Christ loves us, finding hope in any situation, and waking up every single day

and letting God use whatever we are facing in life to tell of His unfailing love. That is a life lived to the fullest.

November 1, 2015: All of these emotional and spiritual barriers alongside the intense physical training led me to my life-altering event – the New York City Marathon. Thousands of seasoned runners filled the pre-race tents and locations. Emotions and pre-race jitters were intense. I was afraid that I would not be able to complete 26.2 miles and ultimately afraid of what the seasoned runners would say about my pace, my outfit choice, my running shoes, and well, you get the point! I was afraid of the judgment of trying to complete 26.2 miles and afraid the many thoughts Satan put in my head would take over, “You cannot complete 26.2 miles.... You are not as seasoned as the other runners, you are joke.... If you do not complete this, you are just as weak as people say you are.” So many negative thoughts filled my mind and then it was finally time to run. I put several of the lies Satan tried to put in my head before the race under the bottom of my running shoes, symbolizing that I would not let the lies win. I would not let my flesh win. God is the victor in any race and I prayed for the Holy Spirit to fill my mind and push me physically.

After 26.2 miles and four and a half hours of nonstop running, occasional tears, pulled muscles, excruciating pain, random laughs from extreme hunger, praying out loud for the strength and endurance to finish, and ultimately an amazing race experience - I completed the New York City Marathon! I signed up to raise awareness on Huntington’s disease, but in the end, it was a

spiritual breaking point for me. I realized that in every battle in life – people will tell us we are too weak, Satan will plant endless lies in our minds, and our physical, mental, spiritual, and emotional boundaries may all be tested at once – but with Christ, anything is possible (Phil. 4:13).

I truly did not think I could push my body 26.2 miles – but with Christ, we can accomplish things we never imagined possible. With Christ, the mountains in our lives can be moved. Spiritual battles can be won and these breaking points can completely change our ways of thinking. I witnessed a whole new sense of coming together as a community that day – complete strangers were so encouraging and helped us push through the pain. What if we, as Christians, helped our brothers and sisters in Christ through their breaking points in life? What if we encouraged them in Jesus’ name rather than try to tell them all the things that can go wrong? Imagine how different our world would be on this side of glory if we put our own selfish desires aside and loved each other without judgment?

No matter what breaking point you may be at right now, our God is bigger! God can use whatever you are facing to tell His story of hope, love, and redemption. 2 Chronicles 20:17 reminds us, “You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you” (New International Version).

*Rest assured in these words today – you are not alone; the Lord is with you and through Him, we can overcome!*

***Remember - You CAN do this!***

***What Next? Take the 10-Day Challenge!***

I want you to begin a 10-day journey of working on a positive frame of mind – having a newfound sense of **HOPE – PURPOSE – FAITH – AND COMPLETE DEPENDENCE ON CHRIST!** **Change is a journey!**



I have included blank pages for you to write in for these 10 days.

Each day, I want you to:

- 1.) **Search the Scriptures and find one Bible verse to help you with what you are currently struggling with** (fear, intimacy in your marriage, hope, anger, etc.). Write the verse in the journal and reflect on it. How can you apply it right now?
- 2.) **Do Something - TO CONQUER YOUR FEAR and LEAN ON CHRIST!** Do something every day for the next 10 days that requires you to put complete faith, trust, and hope in Christ. Submit your resume to your dream job. Embrace your husband even if the intimacy has been lacking. Take a leap of faith into the vast unknown and let Jesus take the reins!
- 3.) **Do Something - TO HELP SOMEONE!** As Ghandi said, “Be the change you wish to see in the world.” For the next 10 days, find small but meaningful tasks to do to help or encourage someone else. Be sure to journal it! Write a card to your estranged family member. Call the woman at church who hasn’t been there for 2 months. Make dinner and take it to someone who has been sick. If we want the world to change and become more giving and positive, we must first take the leap ourselves.

# 10 Day Challenge

## *Journaling Pages*

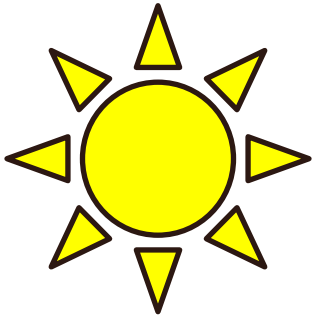
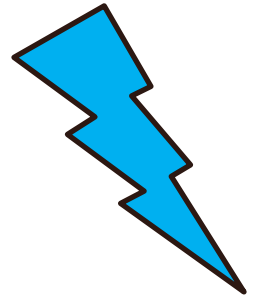
**On the Journaling Pages - color on them, fill them with inspirational quotes, Bible Verses, and spiritual/physical/emotional challenges!**

# Day 1 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



**Do Something Challenge: Help Someone!**

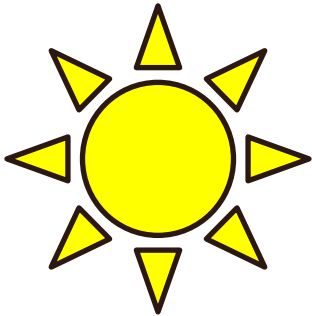
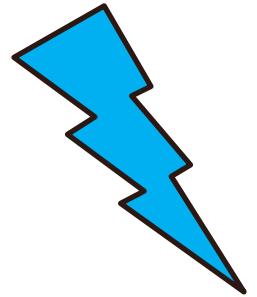


# Day 2 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



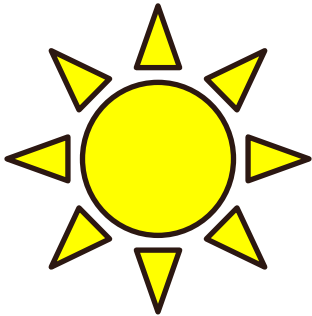
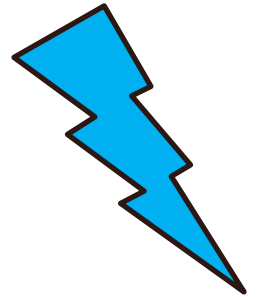
**Do Something Challenge: Help Someone!**

# Day 3 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



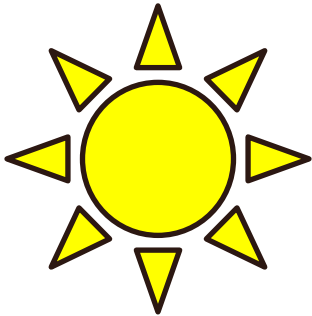
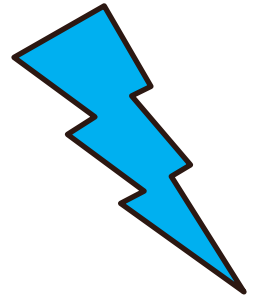
**Do Something Challenge: Help Someone!**

# Day 4 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



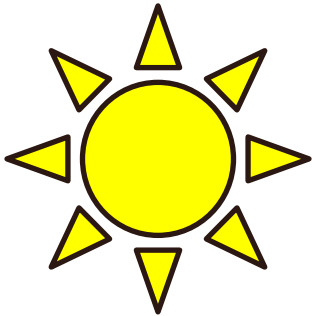
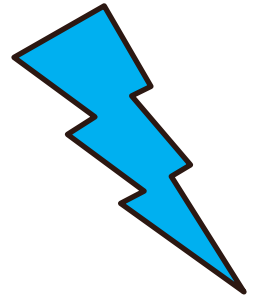
**Do Something Challenge: Help Someone!**

# Day 5 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



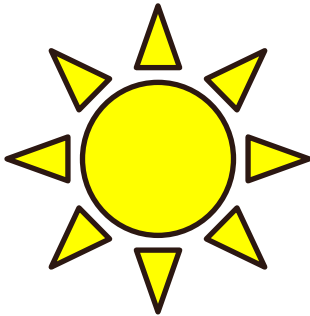
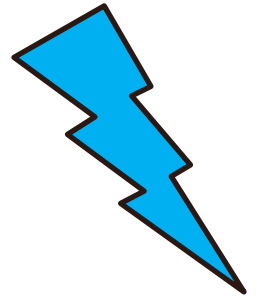
**Do Something Challenge: Help Someone!**

# Day 6 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



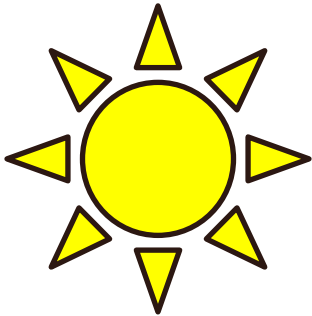
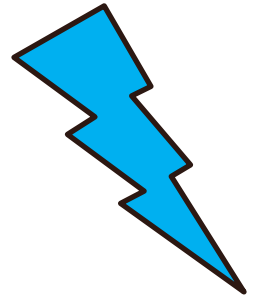
**Do Something Challenge: Help Someone!**

# Day 7 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



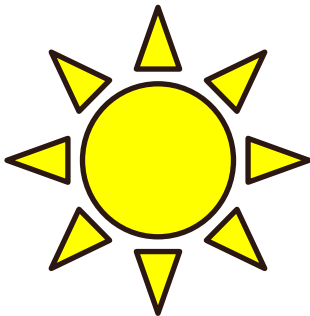
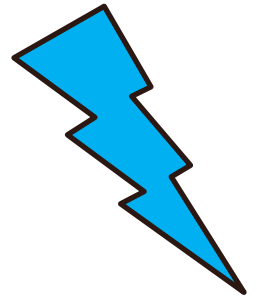
**Do Something Challenge: Help Someone!**

# Day 8 Challenge Journal



Scripture/Reflection on Verse:

**Do Something Challenge: Conquer a Fear!**



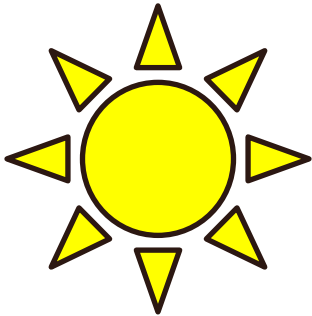
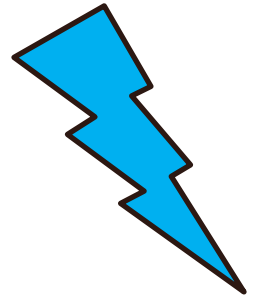
**Do Something Challenge: Help Someone!**

# Day 9 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



**Do Something Challenge: Help Someone!**

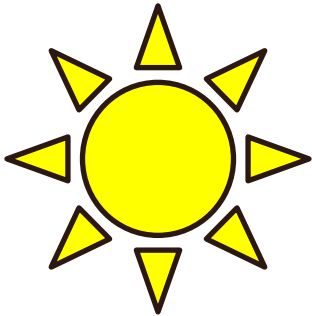
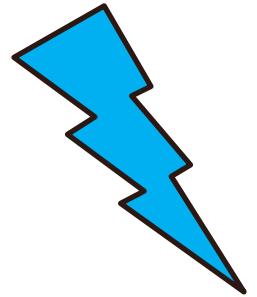


# Day 10 Challenge Journal



**Scripture/Reflection on Verse:**

**Do Something Challenge: Conquer a Fear!**



**Do Something Challenge: Help Someone!**

Stay tuned to the follow up resources to go along with your challenges at [www.lizzychristian.com](http://www.lizzychristian.com).

**Never, *EVER, EVER* give up!**

**Wander On . . .**

**“It’s not about the destination,  
it’s about the journey.”**

**Keep journaling, searching  
scriptures & helping others!**

Looking for a good prayer journal following the 10-day challenge?

Check out the new notebook in our online store or create one of your own!

