

Challenge Your Challenge:

Scriptural Inspiration to Overcome Challenges and Encourage You to Reach Your Spiritual Goals

When You Encounter

Unrealistic Expectations

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." -Matthew 11:28-30

"I can do all this through him who gives me strength." -Philippians 4:13

When You Encounter

External Pressures

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will." -Romans 12:2

"Cast all your anxiety on him because he cares for you." -1 Peter 5:7

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." -Lamentations 3:22-23

When You Encounter

Lack of Consistency

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9

"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." - 1 Corinthians 15:58

"For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes."-Proverbs 24:16

When You Encounter

Distractions

"Set your minds on things above, not on earthly things." -Colossians 3:2

"Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways." -Proverbs 4:25-27

When You Encounter

Lack of Motivation

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." -Isaiah 40:31

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1

"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord." -Romans 12:11

When You Encounter

Setbacks

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." -Romans 8:28

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." -Jeremiah 29:11

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline." -2 Timothy 1:7

When You Encounter

Time Constraints

"Be very careful, then, how you live-not as unwise but as wise, making the most of every opportunity because the days are evil." -Ephesians 5:15-16

"Teach us to number our days, that we may gain a heart of wisdom." - Psalm 90:12

When You Encounter

Doubts

"But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind." -James 1:6

"Everything is possible for one who believes." -Mark 9:23

"The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand." -Psalm 37:23-24