



Jesus Therapy

The Ultimate Mental Health Check-in



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Journey
This Journal Belongs to:

Dear Friend,

First, let me commend you for taking this courageous step in your mental health journey. Picking up this journal signifies a desire to invite Jesus into your healing process, and that is a beautiful and transformative choice. I believe that no matter where you find yourself today, there is hope, healing, and peace to be found in Him.

This journal, Jesus Therapy, is deeply personal to me. I created it as someone who has walked through the valleys of depression and wrestled with the struggles that come with it. During my own journey, I found that the greatest treatment for my heart and mind was Jesus therapy. It began as a way to structure my thoughts during traditional therapy—to anchor myself in God’s Word and to surrender my struggles to Him. Over time, this practice became my lifeline, providing clarity, comfort, and renewal in ways I never imagined.

Let me be clear: this journal is not intended to replace professional treatment. Mental health struggles can be complex, and I firmly believe that God works through various means, including therapy, medication, and community support. However, I do see this journal as a vital tool for anyone seeking peace and healing through Jesus Christ. By spending time in prayer, reflecting on Scripture, and journaling your thoughts, you are allowing God to meet you in the most personal and profound way.

As you use this journal, remember that healing is a process. Some days will feel victorious, while others may feel like you're standing still or even moving backward. That's okay. Jesus is with you every step of the way. He understands your pain, your doubts, and your fears, and He promises to never leave you nor forsake you (Deuteronomy 31:8). Lean on Him, pour out your heart to Him, and trust that He is working all things together for your good (Romans 8:28).

This journal is in your hands today because of God's grace and the encouragement of my husband, who believed in the vision of Jesus Therapy and helped me bring it to life. I am so grateful to him and to God for allowing this tool to reach you.

As you journey through these pages, my prayer for you is that you will experience the peace of God, which transcends all understanding, guarding your heart and your mind in Christ Jesus (Philippians 4:7). May you find comfort in His presence, strength in His promises, and hope in His love.

You are not alone. You are deeply loved. And you are held by the One who heals.

With love and encouragement,

Madalyn Allen

Frequently Asked Questions for the Jesus Therapy Journal

1. What is the purpose of this journal?

The purpose of the Jesus Therapy Journal is to help you connect with Jesus in your mental health journey. It provides a space to reflect, pray, and meditate on Scripture, guiding you to experience God's peace and healing alongside any professional treatments or therapies you may be pursuing.

2. Can this journal replace therapy or medication?

No, this journal is not intended to replace professional therapy, counseling, or medication. Instead, it serves as a complementary tool to support your mental health journey by focusing on Jesus Christ as the ultimate source of healing and hope.

3. How should I use this journal?

You can use the journal daily or as needed. Each section is designed to help you reflect on your emotions, track your mood, surrender your burdens to God, practice gratitude, and meditate on Scripture. You can also write prayers and document any insights or breakthroughs you experience.

4. I'm struggling with anxiety/depression. Will this journal help me?

While this journal cannot cure anxiety or depression, it can provide a spiritual framework for addressing these challenges. It encourages you to lean on God, renew your mind with Scripture, and process your emotions in a safe, prayerful space.

5. Do I need to have strong Bible knowledge to use this journal?

Not at all! The journal is designed for anyone who wants to grow closer to God, whether you're new to the Bible or have been studying it for years. Scriptures are included to guide your reflections, and you can use your own Bible for further study if you'd like.

6. How can I incorporate this journal into my daily routine?

Consider setting aside a quiet time each day to use the journal. Many people find it helpful to start their day with prayer and reflection or to use the journal in the evening to process their day and prepare their hearts for restful sleep.

7. Can I use this journal if I don't currently struggle with mental health issues?

Yes! This journal is beneficial for anyone seeking to deepen their relationship with Jesus, develop a habit of prayer, or experience spiritual renewal. It's a powerful tool for reflection and growth regardless of your mental health status.

8. What should I do if I feel stuck or unsure how to fill out a section?

If you feel stuck, start with prayer. Ask God to guide your thoughts and help you open your heart to Him. You can also reread Scriptures included in the journal or write down any emotions or thoughts, even if they seem small. Remember, there's no right or wrong way to use this journal. It's your personal journey.

9. Is this journal suitable for group use?

Yes, while it's primarily designed for individual use, the journal can be adapted for group settings, such as Bible studies, support groups, or church ministries. Group members can use it to share insights and encourage one another in their faith journeys.

10. What if I miss a day or more?

That's okay! This journal is meant to support you, not pressure you. Simply pick up where you left off. Every day is a new opportunity to connect with Jesus.

11. Can this journal help strengthen my faith?

Absolutely. By spending intentional time in prayer, Scripture, and reflection, you're building habits that draw you closer to Jesus and strengthen your faith. As you journal, you'll likely see how God is working in your life, which can deepen your trust in Him.

Lies and Truths

List



Use these truths to combat the lies you're believing about yourself or your circumstances during your daily check-ins.

Lies and Truths List

Lie: "I am not enough."

Truth/Affirmation: "I am fearfully and wonderfully made."

(Psalm 139:14)

Lie: "No one loves me."

Truth/Affirmation: "God loves me so much that He sent His Son to save me."

(John 3:16)

Lie: "I am a failure."

Truth/Affirmation: "I can do all things through Christ who strengthens me."

(Philippians 4:13)

Lie: "I will never get through this."

Truth/Affirmation: "With God, all things are possible."

(Matthew 19:26)

Lie: "I am worthless."

Truth/Affirmation: "I am God's masterpiece, created in Christ Jesus for good works."

(Ephesians 2:10)

Lie: "God has abandoned me."

Truth/Affirmation: "God will never leave me or forsake me."

(Deuteronomy 31:6)

Lie: "I have no purpose."

Truth/Affirmation: "God has plans to give me a future and a hope."

(Jeremiah 29:11)

Lie: "I am too broken to be healed."

Truth/Affirmation: "He heals the brokenhearted and binds up their wounds."

(Psalm 147:3)

Lie: "My life doesn't matter."

Truth/Affirmation: "I am precious and honored in God's sight."

(Isaiah 43:4)

Lie: "I'll never find peace."

Truth/Affirmation: "Jesus gives me peace, not as the world gives."
(John 14:27)

Lie: "I'm too weak to handle this."

Truth/Affirmation: "God's power is made perfect in my weakness."
(2 Corinthians 12:9)

Lie: "I am defined by my past mistakes."

Truth/Affirmation: "I am a new creation in Christ; the old has passed away."
(2 Corinthians 5:17)

Lie: "I'll always feel this way."

Truth/Affirmation: "Weeping may endure for a night, but joy comes in the morning."
(Psalm 30:5)

Lie: "I am unseen and unheard."

Truth/Affirmation: "The Lord hears my cry and delivers me from all my troubles."
(Psalm 34:17)

Lie: "Nothing good will ever happen to me."

Truth/Affirmation: "God works all things together for the good of those who love Him."
(Romans 8:28)

Lie: "I am alone."

Truth/Affirmation: "The Lord is with me wherever I go."
(Joshua 1:9)

Lie: "I am too flawed to be loved."

Truth/Affirmation: "While I was still a sinner, Christ died for me."
(Romans 5:8)

Lie: "There's no point in trying."

Truth/Affirmation: "Let us not grow weary of doing good, for in due season we will reap if we do not give up."

(Galatians 6:9)

Lie: "I am weak."

Truth/Affirmation: "The Lord is my strength and my shield."

(Psalm 28:7)

Lie: "I don't deserve good things."

Truth/Affirmation: "The Lord is my shepherd; I lack nothing."

(Psalm 23:1)

Lie: "God doesn't care about me."

Truth/Affirmation: "Cast all your anxiety on Him because He cares for you."

(1 Peter 5:7)

Lie: "I can't do this anymore."

Truth/Affirmation: "The Lord is my refuge and my strength, an ever-present help in trouble."

(Psalm 46:1)

Lie: "I am defined by what others think of me."

Truth/Affirmation: "I am chosen by God, holy and dearly loved."

(Colossians 3:12)

Lie: "Nothing will ever change."

Truth/Affirmation: "God is doing a new thing; now it springs forth, do you not perceive it?"

(Isaiah 43:19)

Lie: "I'm beyond forgiveness."

Truth/Affirmation: "If we confess our sins, He is faithful and just to forgive us and purify us from all unrighteousness."

(1 John 1:9)

Lie: "I'm a burden to others."

Truth/Affirmation: "Carry each other's burdens, and in this way, you will fulfill the law of Christ."

(Galatians 6:2)

Lie: "God is punishing me."

Truth/Affirmation: "The Lord is compassionate and gracious, slow to anger, abounding in love."

(Psalm 103:8)

Lie: "I can't trust anyone."

Truth/Affirmation: "Trust in the Lord with all your heart and lean not on your own understanding."

(Proverbs 3:5)

Lie: "I'm too far gone."

Truth/Affirmation: "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

(Psalm 34:18)

Lie: "My prayers don't matter."

Truth/Affirmation: "The prayer of a righteous person is powerful and effective."

(James 5:16)

Lie: "I'm not good enough for God to use me."

Truth/Affirmation: "God's power is made perfect in weakness."

(2 Corinthians 12:9)

Lie: "I don't have any gifts or talents."

Truth/Affirmation: "Each of us has received a gift to use to serve others, as faithful stewards of God's grace."

(1 Peter 4:10)

Lie: "It's too late for me."

Truth/Affirmation: "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

(Philippians 1:6)

Lie: "My problems are too small for God."

Truth/Affirmation: "The Lord is near to all who call on Him, to all who call on Him in truth."

(Psalm 145:18)

Lie: "I'm unlovable because of my flaws."

Truth/Affirmation: "The steadfast love of the Lord never ceases; His mercies never come to an end."

(Lamentations 3:22)

Lie: "I'll never have peace."

Truth/Affirmation: "You will keep in perfect peace those whose minds are steadfast because they trust in You."

(Isaiah 26:3)

Lie: "I have to earn God's love."

Truth/Affirmation: "By grace you have been saved through faith—it is the gift of God, not by works." (Ephesians 2:8-9)

Lie: "I have to handle everything on my own."

Truth/Affirmation: "Come to me, all you who are weary and burdened, and I will give you rest."

(Matthew 11:28)

Lie: "I don't belong anywhere."

Truth/Affirmation: "I am a member of God's household, built on the foundation of Christ."

(Ephesians 2:19-20)

Lie: "I'll never measure up."

Truth/Affirmation: "His divine power has given me everything I need for a godly life."

(2 Peter 1:3)

Lie: "My pain has no purpose."

Truth/Affirmation: "God comforts us in all our troubles so that we can comfort others."

(2 Corinthians 1:3-4)

Lie: "My struggles are proof of my weakness."

Truth/Affirmation: "The Lord is my strength and my defense; He has become my salvation."

(Exodus 15:2)

Lie: "I am defined by my past."

Truth/Affirmation: "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

(Isaiah 43:18-19)

Lie: "I'm unworthy of grace."

Truth/Affirmation: "God's grace is sufficient for me, and His power is made perfect in my weakness."

(2 Corinthians 12:9)

Lie: "I have to be perfect to be accepted."

Truth/Affirmation: "While I was still a sinner, Christ died for me."

(Romans 5:8)

Lie: "Nothing will ever get better."

Truth/Affirmation: "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 a future and a hope."

(Jeremiah 29:11)

Lie: "I'm too ashamed to approach God."

Truth/Affirmation: "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

(Hebrews 4:16)

Lie: "I'm trapped in this situation forever."

Truth/Affirmation: "The Lord is my deliverer, my God in whom I take refuge."

(Psalm 18:2)

Lie: "I'll never be able to forgive myself."

Truth/Affirmation: "There is now no condemnation for those who are in Christ Jesus."

(Romans 8:1)

Lie: "I don't matter to anyone."

Truth/Affirmation: "I am chosen by God and dearly loved."

(Colossians 3:12)

Lie: "I'll never overcome this fear."

Truth/Affirmation: "God has not given me a spirit of fear, but of power, love, and a sound mind."

(2 Timothy 1:7)

Lie: "I have no value."

Truth/Affirmation: "I am bought at a price; I belong to God."

(1 Corinthians 6:19-20)

Lie: "My prayers don't make a difference."

Truth/Affirmation: "The eyes of the Lord are on the righteous, and His ears are attentive to their prayer."

(1 Peter 3:12)

Lie: "I'll never experience joy again."

Truth/Affirmation: "The joy of the Lord is my strength."

(Nehemiah 8:10)

Lie: "I'm not good at anything."

Truth/Affirmation: "Each of us has been given spiritual gifts to serve and build up others."

(1 Corinthians 12:7)

Lie: "It's wrong to ask for help."

Truth/Affirmation: "Two are better than one, because they have a good return for their labor. If either of them falls, one can help the other up."

(Ecclesiastes 4:9-10)

Lie: "God has forgotten me."

Truth/Affirmation: "Can a mother forget the baby at her breast? Though she may forget, I will not forget you."

(Isaiah 49:15)

Lie: "I'll always be stuck in this sin."

Truth/Affirmation: "If the Son sets you free, you are free indeed."

(John 8:36)

Lie: "I'm invisible."

Truth/Affirmation: "You are the God who sees me."

(Genesis 16:13)

Lie: "I'm too broken to help others."

Truth/Affirmation: "My comfort in suffering is this: Your promise preserves my life."

(Psalm 119:50)

Lie: "My life has no purpose."

Truth/Affirmation: "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

(Ephesians 2:10)

Lie: "God is angry with me."

Truth/Affirmation: "The Lord is compassionate and gracious, slow to anger, abounding in love."

(Psalm 103:8)

Lie: "I'm not strong enough to face this."

Truth/Affirmation: "I can do all things through Christ who strengthens me."

(Philippians 4:13)

Lie: "No one understands what I'm going through."

Truth/Affirmation: "We do not have a high priest who is unable to empathize with our weaknesses, but one who has been tempted in every way, just as we are—yet He did not sin."

(Hebrews 4:15)

Lie: "I'm a failure."

Truth/Affirmation: "The righteous may fall seven times, but they rise again."
(Proverbs 24:16)

Lie: "I'll never find peace."

Truth/Affirmation: "Peace I leave with you; My peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid."
(John 14:27)

Lie: "I am insignificant."

Truth/Affirmation: "Even the very hairs of your head are all numbered."
(Matthew 10:30)

Lie: "I'll never feel loved."

Truth/Affirmation: "I have loved you with an everlasting love; I have drawn you with unfailing kindness."
(Jeremiah 31:3)

Lie: "I am cursed."

Truth/Affirmation: "Christ redeemed us from the curse of the law by becoming a curse for us."
(Galatians 3:13)

Lie: "I'm just too broken to be fixed."

Truth/Affirmation: "He heals the brokenhearted and binds up their wounds."
(Psalm 147:3)

Lie: "My prayers don't get answered."

Truth/Affirmation: "Ask, and it will be given to you; seek, and you will find; knock, and the door will be opened to you."
(Matthew 7:7)

Lie: "I don't deserve a fresh start."

Truth/Affirmation: "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"

(2 Corinthians 5:17)

Lie: "I'm too far behind in life."

Truth/Affirmation: "God makes everything beautiful in its time."

(Ecclesiastes 3:11)

Lie: "I'll never see justice."

Truth/Affirmation: "The Lord works righteousness and justice for all the oppressed."

(Psalm 103:6)

Lie: "I'm not worthy to be called a child of God."

Truth/Affirmation: "See what great love the Father has lavished on us, that we should be called children of God!"

(1 John 3:1)

Lie: "I can't trust God with my future."

Truth/Affirmation: "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 a future and a hope."

(Jeremiah 29:11)

Lie: "I'm too sinful to be loved by God."

Truth/Affirmation: "Where sin increased, grace increased all the more."

(Romans 5:20)

Lie: "I'll always feel empty."

Truth/Affirmation: "Whoever drinks the water I give them will never thirst."

(John 4:14)

Lie: "I'm unworthy of blessings."

Truth/Affirmation: "The Lord gives grace and glory; no good thing does He withhold from those who walk uprightly."

(Psalm 84:11)

Lie: "I'll never find rest."

Truth/Affirmation: "Come to me, all who labor and are heavy laden, and I will give you rest."

(Matthew 11:28)

Lie: "I'm unworthy of forgiveness."

Truth/Affirmation: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

(1 John 1:9)

Lie: "I'm too weak to overcome this."

Truth/Affirmation: "My grace is sufficient for you, for my power is made perfect in weakness."

(2 Corinthians 12:9)

Lie: "I am all alone in this battle."

Truth/Affirmation: "The Lord your God goes with you; He will never leave you nor forsake you."

(Deuteronomy 31:6)

Lie: "I'm a burden to those around me."

Truth/Affirmation: "Carry each other's burdens, and in this way, you will fulfill the law of Christ."

(Galatians 6:2)

Lie: "I'll never experience freedom."

Truth/Affirmation: "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."

(2 Corinthians 3:17)

Lie: "I'll never stop feeling ashamed."

Truth/Affirmation: "Those who look to Him are radiant; their faces are never covered with shame."

(Psalm 34:5)

Lie: "My efforts are pointless."

Truth/Affirmation: "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)

Lie: "I'll never have peace in my mind."

Truth/Affirmation: "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

(Isaiah 26:3)

Lie: "I've been abandoned by God."

Truth/Affirmation: "Even though I walk through the darkest valley, I will fear no evil, for You are with me."

(Psalm 23:4)

Lie: "I'll always be stuck in this cycle of sin."

Truth/Affirmation: "If we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin."

(1 John 1:7)

Lie: "I am unlovable."

Truth/Affirmation: "Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus."

(Romans 8:39)

Lie: "My prayers are useless."

Truth/Affirmation: "The prayer of a righteous person is powerful and effective."

(James 5:16)

Lie: "I'm incapable of change."

Truth/Affirmation: "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

(Philippians 1:6)

Lie: "I have to earn God's love."

Truth/Affirmation: "It is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."

(Ephesians 2:8)

Lie: "No one sees my pain."

Truth/Affirmation: "You have kept count of my tossings; put my tears in Your bottle. Are they not in Your book?"

(Psalm 56:8)

Lie: "I'm not chosen by God."

Truth/Affirmation: "You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last."

(John 15:16)

Lie: "There's no hope for me."

Truth/Affirmation: "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."

(Romans 15:13)

Lie: "I have to fix myself before coming to God."

Truth/Affirmation: "Come now, let us settle the matter, says the Lord. Though your sins are like scarlet, they shall be as white as snow."

(Isaiah 1:18)

Lie: "I'll never know real joy."

Truth/Affirmation: "You have made known to me the paths of life; You will fill me with joy in Your presence."

(Psalm 16:11)

Lie: "My life is beyond redemption."

Truth/Affirmation: "He has delivered us from the domain of darkness and transferred us to the kingdom of His beloved Son."

(Colossians 1:13)

Tips for Incorporating Faith into Therapy



Use these tips alongside or in addition to your daily check-ins.

Tips for Incorporating Faith into Therapy

1. Begin with Prayer

- Start each therapy session or personal reflection with a brief prayer, inviting God to guide the process, provide clarity, and reveal His truth.
- Example: "Lord, please give me wisdom, strength, and peace as I navigate this journey with You."

2. Choose a Faith-Aligned Therapist (if possible)

- Seek out Christian counselors or therapists who understand your beliefs and can incorporate biblical principles into their therapeutic approach.
- Use directories like the American Association of Christian Counselors (AACC) to find faith-based professionals.

3. Meditate on Scripture

- Identify Bible verses related to your struggles and meditate on them regularly.
- Example: If dealing with anxiety, reflect on Philippians 4:6-7: "Do not be anxious about anything..."

4. Journal with God

- Use a journal to write down your thoughts, prayers, and revelations during therapy.
- Include sections for recording Scriptures, God's promises, and answered prayers related to your mental health journey.

5. Create a Scripture-Based Affirmation List

- Write affirmations grounded in biblical truth that counter negative thoughts.
- Example: Replace "I'm not enough" with "I am fearfully and wonderfully made" (Psalm 139:14).

6. Set Boundaries Around Worldly Advice

- Be cautious of therapeutic advice that contradicts your faith, and discuss such concerns with your therapist to find solutions that honor your beliefs.

7. Integrate Worship Into Self-Care

- Use worship music, hymns, or quiet devotional time as part of your emotional and spiritual self-care routine.
- Create a playlist of songs that bring you peace and remind you of God's love.

8. Practice Faith-Driven Cognitive Restructuring

- Identify negative or unhelpful thoughts and intentionally replace them with truths from God's Word.
- Example: Counter "I'm unloved" with Romans 8:38-39, which speaks of God's unshakable love.

9. Share Your Journey With a Prayer Partner

- Invite a trusted friend or family member to pray for and with you as you navigate therapy.
- Regularly update them on your progress and prayer needs.

10. Surrender Control Through Regular Reflection

- Incorporate time to reflect on areas where you may be trying to control outcomes, and intentionally surrender those to God in prayer.

11. Incorporate Gratitude Practices

- Focus on blessings and answered prayers, keeping a gratitude journal that aligns with your faith.
- Regularly thank God for small victories in your healing journey.

12. Align Coping Strategies With Scripture

- Choose coping mechanisms that honor God, such as prayer, meditation on His Word, and acts of service, instead of harmful habits or avoidance tactics.

13. Use Therapy Homework for Spiritual Growth

- Link therapeutic assignments to your faith.
- Example: If asked to journal about fears, include prayers or Bible verses addressing those fears.

14. Confess and Forgive

- Use therapy as an opportunity to address unresolved guilt or unforgiveness in light of biblical teachings.
- Reflect on verses like Matthew 6:14-15: "If you forgive other people when they sin against you, your heavenly Father will also forgive you."

15. View Your Therapist as a Tool God Can Use

- Acknowledge that professional therapists can be instruments of God's healing. Pray for your therapist and the process, trusting that God works through them.

16. Practice Faith-Centered Mindfulness

- In moments of stress, focus on breathing deeply while repeating a Bible verse or phrase like "Be still, and know that I am God" (Psalm 46:10).

17. Celebrate Progress With Faith

- Thank God for every step forward, no matter how small.
- Reflect on Lamentations 3:22-23: "His mercies are new every morning."

18. Attend Faith-Based Support Groups

- Join church groups or Christian mental health communities for encouragement, accountability, and shared prayer.

19. Focus on Your Identity in Christ

- Regularly remind yourself that your identity is not in your diagnosis but in being a child of God.

20. Commit Your Treatment Plan to the Lord

- Pray over your treatment plan and trust God to use it for your healing.
- Proverbs 16:3: "Commit to the Lord whatever you do, and He will establish your plans."

Encouraging Bible Verses About the Mind



Meditate on these verses in your downtime or alongside your daily check-ins. They are also a great start to a Scripture memory routine to implement in addition to your daily check-ins.

Encouraging Bible Verses About the Mind

1. The Power of a Renewed Mind

- "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)
 - God's Word has the power to renew and transform our thoughts, bringing clarity and purpose.

2. God Gives Us a Sound Mind

- "For God has not given us a spirit of fear, but of power and of love and of a sound mind." (2 Timothy 1:7)
 - Fear doesn't come from God. His Spirit brings peace, power, and self-control.

3. The Promise of Peace

- "You will keep in perfect peace those whose minds are stayed on You, because they trust in You." (Isaiah 26:3)
 - Trusting in God anchors our thoughts and provides lasting peace.

4. Guarding the Mind Against Anxiety

- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)
 - Prayer is a powerful tool for protecting the mind and replacing anxiety with peace.

5. Setting the Mind on Things Above

- "Set your minds on things above, not on earthly things." (Colossians 3:2)
 - Focusing on God's eternal promises can bring hope and perspective during struggles.

6. Taking Thoughts Captive

- "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)
 - We have the authority to reject negative, harmful thoughts and align them with God's truth.

7. The Mind Is Strengthened Through God's Word

- "The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple." (Psalm 19:7)
 - God's Word revives and restores the weary mind.

8. Love the Lord With Your Whole Mind

- "Love the Lord your God with all your heart and with all your soul and with all your mind." (Matthew 22:37)
 - Directing our mental energy toward loving and trusting God can bring healing and purpose.

9. Fixing Your Mind on Truth

- "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Philippians 4:8)
 - Focusing on positive, godly truths can combat negative thought patterns.

10. The Mind Finds Rest in Jesus

- "Come to Me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)
 - Jesus offers rest to the weary mind and heart.

11. The Mind Is Guarded by Trust in God

- "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." (Proverbs 3:5-6)
 - Surrendering our thoughts to God's wisdom provides direction and hope.

12. The Spirit of the Mind Is Renewed Daily

- "To be made new in the attitude of your minds." (Ephesians 4:23)
 - Through God, our minds can experience continual renewal.

13. The Mind Finds Hope in God's Plans

- "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." (Jeremiah 29:11)
 - Trusting in God's good plans can bring hope during mental health struggles.

14. God Provides Wisdom and Understanding

- "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." (James 1:5)
 - God equips us with wisdom and understanding when we seek Him.

15. Resting in God's Love

- "For as he thinks in his heart, so is he." (Proverbs 23:7)
 - A mind focused on God's love shapes a healthy self-identity.

Jesus Therapy








Daily Check-in



Use these pages to perform a daily check-in each day. Checking in each day will create a habit of seeking God in the midst of your mental health journey.

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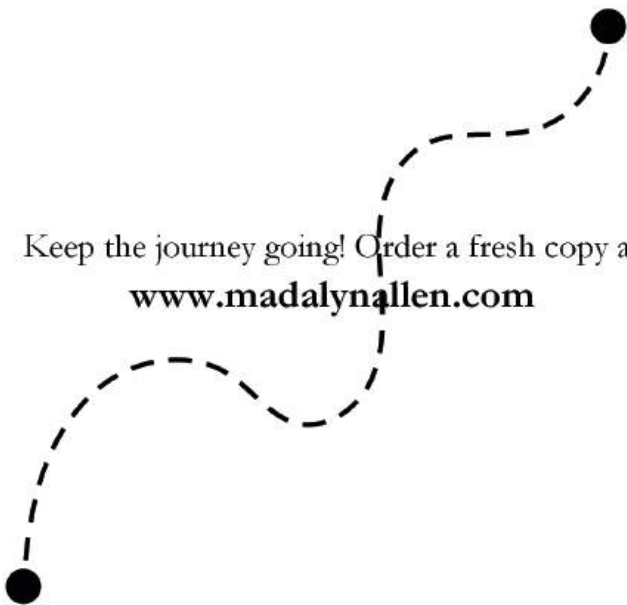
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