



# 40 Day Challenge to Your Best Year Yet

EVERY DAY IN GOD'S WORD

Begin 2026 with intentional focus and purpose. This 40-day plan guides you through daily Scripture to grow in spiritual, physical, mental, social, financial, and emotional health. Take a step each day toward your best year yet – one passage, one moment with God at a time!

## **SPIRITUAL HEALTH**

- ☐ January 4: Luke 2
- ☐ January 5: Isaiah 40
- ☐ January 6: Psalm 1 & 23
- ☐ January 7: Galatians 5
- ☐ January 8: John 15
- ☐ January 9: Psalm 51
- ☐ January 10: Romans 8

## **PHYSICAL HEALTH**

- ☐ January 11: Daniel 1
- ☐ January 12: Ephesians 6
- ☐ January 13: Hebrews 12
- ☐ January 14: 1 Corinthians 6
- ☐ January 15: Proverbs 3
- ☐ January 16: Psalm 139
- ☐ January 17: Exodus 15

## **MENTAL HEALTH**

- ☐ January 18: Isaiah 26
- ☐ January 19: Colossians 3
- ☐ January 20: Philippians 4
- ☐ January 21: Psalm 19
- ☐ January 22: 2 Timothy 1
- ☐ January 23: Proverbs 4
- ☐ January 24: Romans 12

## **SOCIAL HEALTH**

- ☐ January 25: Matthew 18
- ☐ January 26: Ephesians 4
- ☐ January 27: Proverbs 27
- ☐ January 28: 1 Thessalonians 5
- ☐ January 29: James 1
- ☐ January 30: Proverbs 15
- ☐ January 31: 1 Peter 3

## **FINANCIAL HEALTH**

- ☐ February 1: 2 Corinthians 9
- ☐ February 2: Proverbs 13
- ☐ February 3: Matthew 6
- ☐ February 4: Luke 16
- ☐ February 5: Ecclesiastes 5
- ☐ February 6: Proverbs 21
- ☐ February 7: Nehemiah 5

## **EMOTIONAL HEALTH**

- ☐ February 8: Psalm 42
- ☐ February 9: Lamentations 3
- ☐ February 10: Matthew 11
- ☐ February 11: Psalm 73
- ☐ February 12: Ecclesiastes 3
- ☐ February 13: Psalm 34
- ☐ February 14: Psalm 121