



21-DAY

SELF-CARE CHALLENGE

*A Journey of Growth in
Spirit, Soul, and Body*



21-DAY SELF-CARE CHALLENGE

A Journey of Growth in Spirit, Soul, and Body

The beginning of the year is an opportunity to focus and recommit ourselves to God. In consecrating and caring for ourselves, it's important to observe daily practices in three areas: spirit, soul, and body.

This enhances our fellowship and daily walk with Him and enables us to clearly see and hear God's leading for the upcoming year and beyond. I pray this challenge will become a habit in our individual lives.

DAY 1

DAY 21

PREPARATION FOR THE CHALLENGE

To get the most out of this journey:

Set aside a quiet space and time each day for reflection, prayer, and physical activities.

Gather materials: a journal, pen, Bible, and any devotional aids you may find helpful.

Pray for guidance to follow the fast the Lord places on your heart.

A good guideline is to eat foods that are God-made (e.g., fruits, vegetables, whole grains) versus man-made (e.g., processed snacks).

Stay hydrated - Increase your water intake.

Choose an exercise that fits your physical ability and commit to at least 15 minutes daily.

Structure of Each Day

Each day includes:

01. A Scripture for quick reference and meditation.

02. Spirit - Spend time in worship, prayer, and reading the Word (minimum of 15 minutes total).

03. Soul - Seek the Lord for forgiveness to give and receive, take thoughts captive, and set goals to pursue God's purpose in your life

05. Reflection: Record your thoughts, insights, and progress in the notes section provided.

04. Body: Follow the fast, drink water, and engage in exercise (minimum of 15 minutes).

SCRIPTURE 

"For the land which you go to possess is not like the land of Egypt from which you have come, where you sowed your seed and watered it by foot, as a vegetable garden; but the land which you cross over to possess is a land of hills and valleys, which drinks water from the rain of heaven, a land for which the LORD your God cares; the eyes of the LORD your God are always on it, from the beginning of the year to the very end of the year."

DEUTERONOMY 11:10-12

SPIRIT 

Time in worship - (MIN) (HRS) Time in prayer - (MIN) (HRS) Time in the Word - (MIN) (HRS)

SOUL 

I repent and receive forgiveness for:

[Empty box for repentance]

I take this thought captive:

[Empty box for thought capture]

I forgive:

[Empty box for forgiveness]

BODY 

Food Intake-

[Empty box for food intake]

My goals to pursue God's purpose in my life are:

[Empty box for goals]

 [Empty box for journaling]

Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

***"This is the beginning of a beautiful journey.
Trust God's process and give yourself grace as you grow."***

Reflect here....

SCRIPTURE 

"Then the LORD answered me and said: 'Write the vision And make it plain on tablets, That he may run who reads it. For the vision is yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry.'"

HABAKKUK 2:2-3

SPIRIT 

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

My goals to pursue God's purpose in my life are:

BODY 

Food Intake-



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

***"Stay faithful to the vision God has placed in your heart.
His timing is perfect."***

Reflect here....

DAY



SCRIPTURE

"Do you not know that you are the temple of God and that the Spirit of God dwells in you?"

1 CORINTHIANS 3:16

SPIRIT

Time in worship -

MIN HRS

Time in prayer -

MIN HRS

Time in the Word -

MIN HRS

SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

***"Honor God with your body and spirit.
He resides within you."***

Reflect here.....

SCRIPTURE 

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

1 CORINTHIANS 6:19-20

SPIRIT 

Time in worship - MIN HRS Time in prayer - MIN HRS Time in the Word - MIN HRS

SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

My goals to pursue God's purpose in my life are:

BODY 

Food Intake-



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

"You are God's temple. Live to glorify Him in all you do."

Reflect here....

SCRIPTURE 

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

ROMANS 12:1-2

SPIRIT 

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 
Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 *"Let God transform your mind and guide your path."*

Reflect here....

DAY



SCRIPTURE

"You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever."

PSALM 23:5-6

SPIRIT

Time in worship -

MIN HRS

Time in prayer -

MIN HRS

Time in the Word -

MIN HRS

SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

My goals to pursue God's purpose in my life are:

BODY

Food Intake-



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"God's goodness and mercy are with you. Trust Him to provide."***

Reflect here....

DAY



SCRIPTURE

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

MATTHEW 6:14-15

SPIRIT

Time in worship -



Time in prayer -



Time in the Word -



SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 *"Forgiveness frees your heart to walk in God's peace."*

Reflect here....

SCRIPTURE 

"My voice You shall hear in the morning, O LORD; In the morning I will direct it to You, And I will look up."

PSALM 5:3

SPIRIT 

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

My goals to pursue God's purpose in my life are:



BODY 

Food Intake-

Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

"Start your day by looking up to God. He will guide you."

Reflect here....

SCRIPTURE 

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

MATTHEW 11:28-30

SPIRIT 

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Rest in the Lord and trust Him to carry your burdens."***

Reflect here....

SCRIPTURE 

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

1 CORINTHIANS 10:31

SPIRIT 

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 
Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Honor God in every aspect of your life, big or small."***

Reflect here....

SCRIPTURE 

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ."

PHILIPPIANS 1:6

SPIRIT 

Time in worship - MIN HRS Time in prayer - MIN HRS Time in the Word - MIN HRS

SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 
Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"God is faithful to complete what He has started in you."***

Reflect here....

SCRIPTURE 

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

PHILIPPIANS 4:6-7

SPIRIT 

Time in worship - MIN HRS Time in prayer - MIN HRS Time in the Word - MIN HRS

SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Surrender your worries to God and rest in His peace."***

Reflect here....

SCRIPTURE 

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."

MARK 11:25

SPIRIT 

Time in worship - MIN HRS Time in prayer - MIN HRS Time in the Word - MIN HRS

SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 
Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Forgiveness is the key to unlocking God's blessings."***

Reflect here....

DAY



SCRIPTURE

"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you."

1 PETER 5:6-7

SPIRIT

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Humble yourself before God, and He will lift you up."***

Reflect here....

DAY



SCRIPTURE

"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world."

1 PETER 5:8-9

SPIRIT

Time in worship -	(MIN) (HRS)	Time in prayer -	(MIN) (HRS)	Time in the Word -	(MIN) (HRS)
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SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Stay vigilant and steadfast in your faith. God is your strength."***

Reflect here....

DAY



SCRIPTURE

"I can do all things through Christ who strengthens me."

PHILIPPIANS 4:13

SPIRIT

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Through Christ, you have the strength to overcome every challenge."***

Reflect here....

SCRIPTURE 

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

JOHN 15:4-5

SPIRIT 

Time in worship - MIN HRS Time in prayer - MIN HRS Time in the Word - MIN HRS

SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

My goals to pursue God's purpose in my life are:

BODY 

Food Intake-



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

"Abide in Christ, and you will bear much fruit for His glory."

Reflect here....

DAY



SCRIPTURE

"If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."

COLOSSIANS 3:1-2

SPIRIT

Time in worship -	MIN	HRS	Time in prayer -	MIN	HRS	Time in the Word -	MIN	HRS
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SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Focus on Christ and His eternal purpose for your life."***

Reflect here....

SCRIPTURE 

"But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."

1 CORINTHIANS 15:57-58

SPIRIT 

Time in worship -	<input type="text"/> MIN <input type="text"/> HRS	Time in prayer -	<input type="text"/> MIN <input type="text"/> HRS	Time in the Word -	<input type="text"/> MIN <input type="text"/> HRS
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SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Stand firm in the Lord, for He has given you the victory."***

Reflect here....

DAY



SCRIPTURE

"Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture."

PSALM 100:3

SPIRIT

Time in worship -	MIN	HRS	Time in prayer -	MIN	HRS	Time in the Word -	MIN	HRS
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SOUL

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

"You are God's creation, deeply loved and cared for by Him."

Reflect here....

SCRIPTURE 

"Behold, I am the LORD, the God of all flesh. Is there anything too hard for Me?"

JEREMIAH 32:27

SPIRIT 

Time in worship - MIN HRS Time in prayer - MIN HRS Time in the Word - MIN HRS

SOUL 

I repent and receive forgiveness for:

I take this thought captive:

I forgive:

BODY 

Food Intake-

My goals to pursue God's purpose in my life are:



Number of glasses of water -

Time exercising -

ENCOURAGEMENT FOR THE DAY

 ***"Trust in the Lord, for nothing is too hard for Him."***

Reflect here....

CLOSING REFLECTION

On Day 21, take time to reflect on the journey:

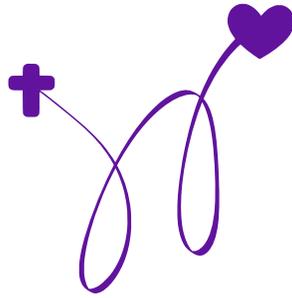
What did God reveal to you throughout this challenge?

How have your spirit, soul, and body transformed?

What habits will you carry forward into the rest of the year?

Write your thoughts and testimonies below:





*Thank you for joining this journey.
May God bless and guide you in every
step, from glory to glory.*

STAY CONNECTED

 doctorjoelle

 Dr.JoelleSuel

 dr.joelle

 Drjoelle

 www.drjoelle.org

www.drjoelle.org