

40-Day Action Plan

Reorder Your Life

“This is the day the Lord has made; let us rejoice and be glad in it.” — Psalm 118:24

A plan for realigning your mind, your heart, and your habits around God's Word — one day at a time.

The Daily Rhythm (Do Every Day, Days 1–40)

1. Declare Psalm 118:24 out loud.

Say it first thing — before your phone, before the news, before anything else sets the tone for your day.

“This is the day the Lord has made; I will rejoice and be glad in it.”

2. Gratitude Journal — 5 to 10 things.

Write them by hand if you can. Be specific — name the actual moment, not just the category. For example:

- “Felt God's peace during a stressful moment today”
- “Got to catch up with an old friend on the phone”

Specificity is what makes gratitude land. After you make your gratitude list say them out loud and give thanks for each of them.

3. Renew Your Mind — Read & Meditate on Scripture.

Use the week's theme below (or substitute your own struggle). Don't just read it — sit with one verse. Say it slowly. Ask what it means for today, not just in general.

4. Surrender the Problem.

Name the specific thing weighing on you and hand it to God in prayer, out loud if possible. A simple pattern:

“Lord, I'm carrying _____. I can't fix it by striving. I release it to You today, and I trust You with the outcome.”

5. Fast — One Day (or One Meal) a Week.

Pick your day now (see the Fasting Log at the end) and protect it. Use the hunger as a physical reminder to pray and read Scripture instead of eating during that window.

Weekly Focus & Scripture (Renewing the Mind)

Each week gives you 4–5 verses on one theme. Read one per day or return to the same 1–2 verses all week and go deeper rather than wider — depth matters more than coverage.

Week 1 (Days 1–7: Fear)

- Isaiah 41:10
- 2 Timothy 1:7
- Psalm 27:1
- Psalm 56:3
- 1 John 4:18

Week 2 (Days 8–14: Anxiety & Worry)

- Philippians 4:6–7
- Matthew 6:25–34
- 1 Peter 5:7
- Psalm 94:19
- John 14:27

Week 3 (Days 15–21: Identity & Worth)

- Ephesians 2:10
- 2 Corinthians 5:17
- Psalm 139:14
- Galatians 2:20
- 1 Peter 2:9

Week 4 (Days 22–28: Forgiveness & Bitterness)

- Ephesians 4:31–32
- Colossians 3:13
- Matthew 6:14–15
- Mark 11:25
- Luke 6:37

Week 5 (Days 29–35: Provision & Trust)

- Philippians 4:19
- Matthew 6:33
- Malachi 3:10
- Proverbs 3:9–10
- 2 Corinthians 9:8

Week 6 (Days 36–40: Purpose & the Future)

- Jeremiah 29:11
- Proverbs 3:5–6
- Romans 8:28
- Ephesians 3:20
- Habakkuk 2:3

If a different struggle is more pressing than the weekly theme (grief, addiction, a specific relationship, etc.), swap it in — the point is renewal where you actually need it, not sticking rigidly to a template.

Daily Checklist (Copy This or Print It)

Day _____ Date _____

- Declared Psalm 118:24 aloud ☐
- Gratitude journal (5–10 items written) ☐
- Renewed my mind — read/meditated on: _____ ☐
- Surrendered to God: _____ ☐
- Fast day this week? Y / N — If yes, prayed during meal time ☐

One thing God showed me today:

Weekly Fasting Log

Week	Fast Day Chosen	Full Day / One Meal	Notes
1			
2			
3			
4			
5			
6 (partial)			

A Few Notes on Following This Well

- Consistency beats intensity. Missing a day doesn't reset the plan — just pick back up the next day.

- The fast is a tool, not a test. If a full day isn't sustainable right now (health, schedule, season of life), one meal a week still counts and still works.
- Journaling patterns matter. At the end of each week, skim your gratitude entries — you'll often see God's provision more clearly in hindsight than in the moment.
- Day 40 isn't the finish line. It's meant to build a rhythm you keep carrying forward, not a 40-day sprint that ends.