

### 30- day Challenge: Beareth All things

Do you sometimes find yourself challenged of life? Well, here's an Atonement to work for you, but adventure!

#### **Challenge Field Trip!**

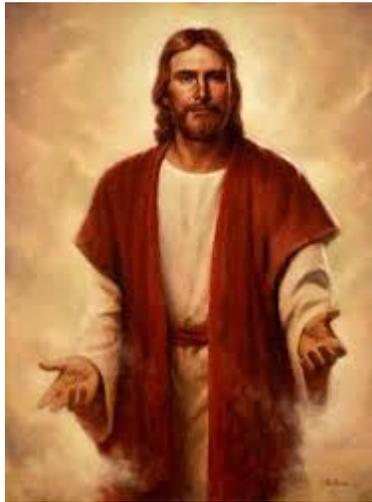
Begin by taking a hike with family, to bring enough railroad spikes or group. You'll use them later. Pick beginning of the hike. Tote them strain and weight. As you hike---

are going on in your life right now you've gone long enough to appreciate carrying an extra load, find a semi secluded area free from lots of people. Pray for the Lord's help in releasing the heaviness of these hard things and also for strength to shift your mindset towards the positive. Focus on your biggest burdens...think about them completely---how they've made life difficult, how they've shown you your strengths or weaknesses, and what you are learning from them. Then, scratch the name of each burden on a rock with the spike. Take time to think/talk about the symbolism here. Take that rock and (safely) chuck it with all the energy and emotion and strength you can! Literally cast your burdens away...having faith that Christ is ready to relieve you of the struggle and strengthen you! As you cast each heavy rock, replace the burden with the opposite of it---visualize the good. Throw as many rocks as you need---it's liberating!

As you finish your hike, note how it feels to be free from carrying those rocks. Negativity, depression, anger, guilt, shame, humility are all God-given feelings to help point us back to Him... they are not given to us so we can continually beat ourselves (or someone else) over the head. When we do, we become stuck in a cycle of emotional turmoil---it stops us from offering forgiveness and keeps us from allowing the Atonement to truly take effect. [Matt. 11:28-30](#) is a loving invitation from our Savior to come unto Him, right now just as we are. Remember, His love for us is engraved on the palms of His hands and He stands with arms outstretched, hands open, ready to throw that yoke around our shoulders so His strength will lift us and help us carry our load!

#### **The Challenge:**

Now that you've done this and decided to accept Christ's yoke, for the next 30 days every time negative, discouraging, or sinful thoughts come to your mind, specifically those related to the burdens you scratched out and cast away, envision yourself throwing them once again. Watch the rock or image shatter into pieces You can even picture that burden burning up in flames! There are no limits to your imagination! ;) But then **here's the trick:** replace each with a positive and loving thought, memory, or image. It doesn't matter if you have to do this 20 times a day for several months...just keep at it! Pretty soon you will see how your burdens no longer have power over you. [John 4:27](#) reminds us, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be



tired and weighed down with the amazing tool that puts the first, you get to go on an

friends, or on your own. Be sure long carpenter's nails for your up a few large rocks at the around with you. Feel the extra think about what kinds of things that resemble those rocks. Once

troubled, neither let it be afraid.” So give this your all! As we come to learn and know of His love for us, we will be empowered to walk in His strength and be filled with His peace!

**\*\*Share your experience with us here! How is practicing this changing your mindset? What changes do you notice in your heart?**