

May / Mei

2025

WALK WITH JESUS

STAP MET JESUS

JESUS

Emotional health

Die welstand van
jou emosies

Mental Health

**Geestes-
gesondheid**



Roadtrip 247 & UCSA / VCSV

Hello!

May / Mei 2025

Pssst - we want to tell you a secret. Did you know that your mental & emotional health is linked to your faith? It's all connected! God loves you too much to leave you in a mess. That's why He wants to transform you to become more like Jesus. It's not about changing you, but healing you. Your Creator who made you knows exactly how to put you back together. Come to Him through this workbook on emotional and mental health.

Pssst - ons wil 'n geheim met jou deel. Het jy geweet dat jou geestes & emosionele gesondheid verbind is aan jou geloof? Dit is alles "connected"! God is te lief vir jou om jou in 'n gemors te los. Dis hoekom Hy hoop om jou te vernuwe om meer soos Jesus te word. Dit gaan nie oor om jou te verander nie, maar te genees. Jou Skepper wat jou gemaak het weet presies hoe om jou weer aan mekaar te sit. Kom na Hom toe deur hierdie werkboek oor emosionele en geestes gesondheid.

Roadtrip 247 contributors
for this workbook

Kimberly Langhein - Eljoh Hartzler - Madelein de Beer

MY MIND IS A GARDEN



Lord, I pray that as I walk through the pages of this workbook with You - May I come to view my mind as a garden. Show me the seeds that You've sown into my life and how to tend to them. Help me to prune where needed and to pull up weeds that are choking out my life. May I come fully alive and flourish, a beautiful offering to You. Amen.

MY GEDAGTES IS 'N TUIN

Here, ek bid dat ek deur die bladsye van hierdie boekie sal wandel saam met U - Mag ek my gedagtes begin sien as 'n tuin. Wys my die sade wat U in my lewe gesaai het en hoe om vir hulle te sorg. Help my om te snoei waar dit nodig is en om onkruid uit te trek wat my lewe versmoor. Mag ek ten volle lewendig word en floreer, 'n beeldskone offer aan U. Amen.



3 daily wins / daaglikse wenne

Each day, choose one achievable win in each category to promote balance and well-being. / Kies elke dag een bereikbare wen uit elke kategorie om balans en welstand te verbeter.

faíth/geloof

mental/gedagtes

emotional/emosioneel



- meditating on a piece of Scripture / mediteer oor 'n Skrifgedeelte
- praying / gebed
- proclaiming your God-given identity with Bible verses / verklaar jou identiteit in God met Bybel verse
- volunteering / doen vrywilliger werk
- forgiving someone / vergewe iemand
- send an encouraging message / stuur 'n bemoedigende boodskap



- planning and organizing / beplan en organiseer
- setting a personal challenge / stel 'n persoonlike doelwit
- reading / lees
- journaling / skryf in 'n dagboek
- learning a new skill / leer iets nuuts
- listening to a podcast / luister na 'n potgooi
- organizing your desk, school bag, or room / organiseer jou lessenaar, skool tas, of kamer



- practice positive self-talk / beoefen positiewe woorde met jouself
- writing a gratitude list / skryf neer waarvoor jy dankbaar is
- identify one emotion / identifiseer een emosie
- let something go / laat iets gaan
- recognize 1 thing that's out of your control / noem 1 ding wat buite jou beheer is
- share your feelings about something / deel hoe jy voel oor iets

Sun Mon Tue Wed Thu Fri Sat

Sun Mon Tue Wed Thu Fri Sat

Sun Mon Tue Wed Thu Fri Sat

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

DAILY SELF-REFLECTION

DAAGLIKSE-SELFREFLEKSIE



1. Wat is die een ding waarvoor jy die meeste dankbaar is vandag?

1. What is the one thing you are most grateful for today?

2. Wat was jou grootste hoogtepunt vandag?

2. What was your biggest highlight from today?

3. What was the challenge you experienced today?

3. Wat was die uitdaging wat jy vandag ervaar het?

4. Name at least one thing you learned from that challenge?

4. Noem minstens een ding wat jy uit daardie uitdaging geleer het?

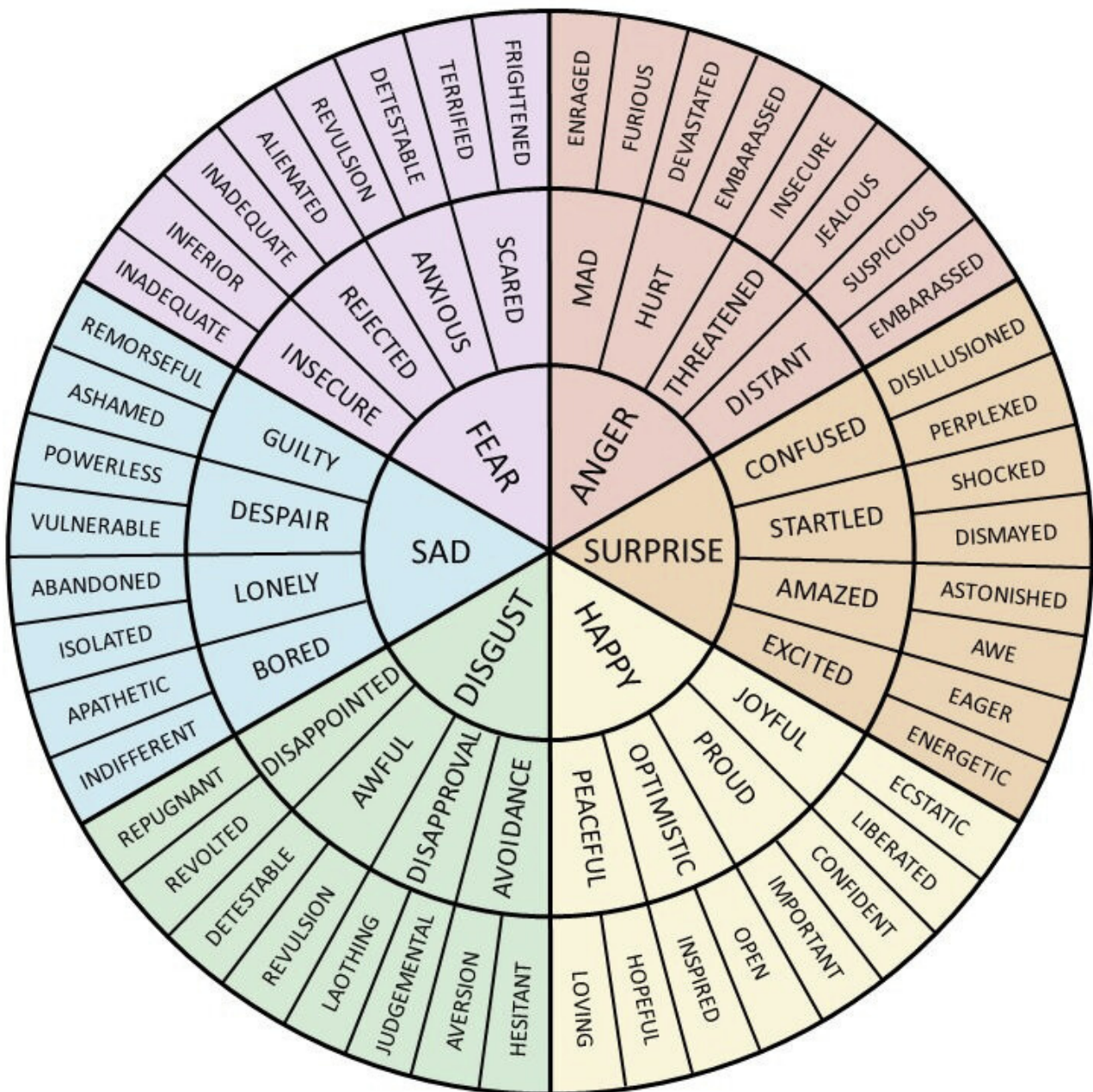
5. What is one goal you want to accomplish next?

5. Wat is die een doel wat jy volgende wil bereik?

Feelings Wheel/ Wiel van Gevoelens

Sometimes it can be hard to put your finger on how you feel.
This tool can help !

Partykeer is dit moeilik om te weet presies hoe jy voel.
Hier is 'n hulpmiddel !



BE LIKE JESUS / WEES SOOS JESUS

When the Bible says we need to be like Jesus, it can sound a bit intimidating! How can you possibly be as perfect as the Son of God? But, there's something about Jesus that we forget... He was fully human too. He understands the emotions that we go through. Look up the following Bible passages to link it with the emotion on the left.

Wanneer die Bybel ons vertel om soos Jesus te wees kan dit nogal intimiderend wees! Hoe kan jy moontlik so perfek wees soos die Seun van God? Maar, daar's iets oor Jesus wat ons vergeet... Hy was ten volle menslik ook. Hy verstaan die emosies waardeur ons gaan. Soek die volgende Bybelverse op en verbind dit met die emosie aan die linkerkant.

POWERLESS / MAGTELOOS

LUKE / LUKAS 10:21

ANGRY / KWAAD

MARK / MARKUS 6:6

SURPRISED / VERBAAS

JOHN / JOHANNES 11:35

SAD / HARTSEER

MATTHEW / MATTEUS 26:40

HAPPY / GELUKKIG

JOHN / JOHANNES 2:13-22

DISAPPOINTED / TELEURGESTEL

MARK / MARKUS 15:34

AMAZED / VERWONDERD

LUKE / LUKAS 7:9

LOVING / LIEFDEVOL

MARK / MARKUS 10:13-16

whatever is *true*, whatever is *noble*,
alles wat *waar* is, alles wat *eerbaar* is,
whatever is *right*, whatever is *pure*,
alles wat *reg* is, alles wat *reïn* is,
whatever is *lovely*, whatever is *admirable*—
alles wat *lieflik* is, alles wat *lof* verdien,
if anything is *excellent* or *praiseworthy*—
ja, watter *deug* of watter *prysenswaardige*
saak daar ook mag wees:
think about such things.
rig julle gedagtes daarop.

Reflection / Reflekteer

Today I am thankful for... / Vandag is ek dankbaar vir...

- 1.
- 2.
- 3.

Dankbaarheid

Gratitude

JESUS IS HERE

Today, this good thing happened to me and I appreciate it because:

Vandag het hierdie goeie ding met my gebeur en ek waardeer dit want:

Today, this not so good thing also happened to me and this is how I handled it:

Vandag het hierdie minder goeie ding ook gebeur en ek het dit so hanteer:

Truths VS LIES

Waarheid VS LEUENS

Negative Thought (Lie): "I can't do anything right."

Truth from Scripture: "I can do all things through Christ who strengthens me." - Philippians 4:13

Negatiewe Gedagte (Leuen): "Ek kry niks reg nie."

Waarheid uit die Skrif: "Ek is tot alles in staat deur Hom wat my krag gee." - Filippense 4:13

Negative Thought (Lie): "My past is too bad to be forgiven."

Truth from Scripture: "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

Negatiewe Gedagte (Leuen): "My verlede is te erg om vergewe te word." Waarheid uit die Skrif: "Maar as ons ons sondes bely - Hy is getrou en regverdig, Hy vergewe ons ons sondes en reinig ons van alle ongeregtigheid." - 1 Johannes 1:9

Negative Thought (Lie): "Things will never get better."

Truth from Scripture: "For I know the plans I have for you... plans to give you hope and a future." - Jeremiah 29:11

Negatiewe Gedagte (Leuen): "Dinge gaan nooit beter word nie." Waarheid uit die Skrif: "Ek weet wat Ek vir julle beplan, sê die Here: voorspoed en nie teenspoed nie; Ek wil vir julle 'n toekoms gee, 'n verwagting!" - Jeremia 29:11

Forgiveness letter / Brief van vergifnis

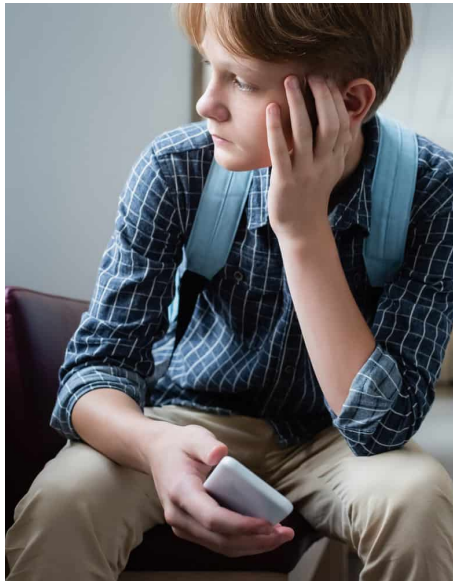
Forgiveness matters because it reflects the heart of God and sets us free from the burden of bitterness. In Matthew 18, Jesus teaches that we are to forgive others just as God has forgiven us—lavishly and repeatedly. Luke 6:37 reminds us that when we forgive, we too will be forgiven. Forgiveness is not only about releasing others; it's also about releasing ourselves. Holding onto guilt or resentment harms our hearts, but choosing to forgive—even ourselves—opens the door to healing and peace.

Activity: Write a letter to someone you need to forgive—or to yourself. Be honest. Pour out your feelings, then choose to release the offense. You don't have to send the letter; it's between you and God.

Vergifnis is belangrik omdat dit wys hoe God se hart lyk en dit help ons om vry te kom van woede en seer. In Matteus 18 leer Jesus ons dat ons ander moet vergewe, net soos God ons vergewe—oor en oor. In Lukas 6:37 sê Jesus as ons ander vergewe, sal God ons ook vergewe. Vergifnis gaan nie net oor ander mense nie; dit gaan ook oor jouself. As jy aan skuldgevoelens of wrokke vasklou, maak dit jou hart seer. Maar as jy kies om te vergewe—selfs jouself—gee dit ruimte vir genesing en innerlike vrede.

Aktiwiteit: Skryf 'n brief aan iemand wat jy moet vergewe—of aan jouself. Wees eerlik. Sê hoe jy voel, en kies dan om die seer te laat gaan. Jy hoef nie die brief te stuur nie; dit is tussen jou en God.

BIBLE VERSES TO INSPIRE YOU



COMFORT FOR YOUR BROKEN HEART

"The Lord is close to the brokenhearted, saves those whose spirit is crushed." Psalm 34:18

When anxiety or fear takes over, this verse is a powerful reminder that we are not alone. God's strength is with us, and He promises to help and uphold us. It's a call to lean on God's power, knowing that His love will see us through even the toughest situations.

YOU ARE NEVER ALONE

"Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand." Isaiah 41:10

Feeling brokenhearted or overwhelmed is something many people experience, but this verse assures us that God is near during those times. His presence brings comfort and healing to those who feel crushed by their emotions. It's a reminder that God's love surrounds us, especially in our weakest moments.



PASS ON YOUR ANXIETIES

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." Philippians 4:6-7

This verse offers practical advice: bring your worries to God through prayer. When life feels overwhelming, expressing gratitude and entrusting your concerns to God can bring a deep sense of peace that transcends understanding. It's an invitation to let go of anxiety and find rest in God's care.



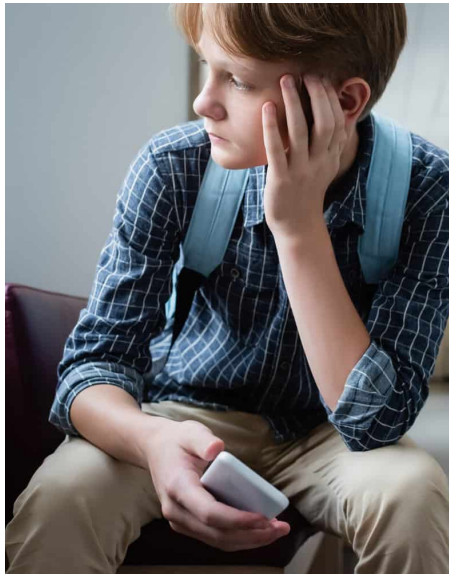
Proverbs (Spreuke) 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to Him and He shall make your paths straight "

X Y T Q C S O K H Z O X F M M E U G C P M J L G
 N Q R X N G U D W Y Q L F J T P D Z P Z B N U A
 Q N A K T N D V L B A A E R O G D C O K H F R Q
 C W E A G G J Z P K F O Z V W V V E N Z Q A L L
 H K H R M N Z Q S A B S P Z T G T U Q F E N C F
 U Q Q R Q B I M O L T H T E B Y W I Q D G I T C
 I O G V Z D T U V F H H R L L K Q V W D I Y Z L
 H F O V Q P Y A B T I Q S M B K N E P V R B G F
 G M M Q H Z Y M F W E B A Q E X F Q Z W X O W D
 M F B A Y B E W L A N D P R S N D P K G T X L Y
 Z Y K D N W P J L Y V D M S K Z A I E K Q T I Q
 O B T F R R A Q O S J T S U R T D O C M G Y G A
 Y E F W X T Q R C J T L E X S A M O R M U D V E
 A M U H N T X R T K X G C E B C C S N W T A H S
 O W J V A P Y U N D E R S T A N D I N G A R S E
 D Q I F X T I M B U S J W I U K J P F D I W T C
 G R L Z K P E F W P M G P M H Q C P M X F U R G
 C G P C U H T S Y H J I C L G C S S B D E G A B
 Y U W U S T K K G M V Z T U H F L B Q L H K I Z
 V Z O I A K D V E L V V U L T L I T J Q F V G O
 P P T V B Y Q X U X T Z Q T H B F J Z F G M H J
 K I I Z R I H K U K T B P U L Q O N Q S C L T E
 Q V W J X E W C O J M Z F D L E A N E Z T O Z X
 A A T J N F K A Q S Y F B W N S L D I P S M N N

READ / LEES

BYBELVERSE OM JOU TE INSPIREER



VERTROOSTING VIR 'N GEBROKE HART

"Regverdiges roep om hulp en die Here luister, uit al hulle benoudhede red Hy hulle." Psalms 34:18

Wanneer ang of vrees oorhand neem, is hierdie vers 'n kragtige herinnering dat ons nie alleen is nie. God se krag is by ons, en Hy beloof om ons te help en te ondersteun. Dit is 'n oproep om op God se krag te steun, wetende dat Sy liefde ons deur selfs die moeilikste situasies sal dra.

JY IS NOOIT ALLEEN NIE

"Moenie bang wees nie, want Ek is by jou; moenie vrees nie, want Ek is jou God. Ek versterk jou; ook help Ek en ondersteun Ek jou met my seëvierende regterhand." Jesaja 41:10

Om gebroke hartseer of oorweldig te voel, is iets wat baie mense ervaar, maar hierdie vers verseker ons dat God naby is gedurende daardie tye. Sy teenwoordigheid bring troos en genesing aan diegene wat verpletter voel deur hul emosies. Dit is 'n herinnering dat God se liefde ons omring, veral in ons swakste oomblikke.



GEE JOU BEKOMMERNISSE OOR

"Moet oor niks bekommerd wees nie, maar maak in alles julle versoeke deur gebed en smeking met danksegging aan God bekend. En die vrede van God, wat alle begrip oortref, sal in Christus Jesus oor julle harte en gedagtes waak." Filippense 4:6-7

Hierdie vers bied praktiese advies: bring jou bekommernisse na God deur gebed. Wanneer die lewe oorweldigend voel, kan dit om dankbaarheid te uiten en jou bekommernisse aan God toe te vertrou 'n diep gevoel van vrede bring wat begrip oortref. Dit is 'n uitnodiging om los te laat van ang en rus te vind in God se sorg.



Be thankful for the journey / Wees dankbaar vir die reis

TODAY'S PRAYER

Dear Lord God, grant me peace of mind and calm my troubled heart. Help me find balance and strength in You. Amen.

VANDAG SE GEBED

Liewe Heer, gee my gemoedsrus en kalmeer my ontstelde hart. Help my om balans en krag te vind in U. Amen.



I AM THANKFUL FOR/EK IS DANKBAAR VIR



FAVORITE BIBLE VERSE/GUNSTELING BYBELVERS



PRAYER FOR MYSELF/ GEBED VIR MYSELF

How are you
feeling today?

Hoe voel jy
vandag?

Draw your feelings in
the box below

Teken jou gevoelens in
die boks hieronder

Circle what zone you are in

Omkring in watter zone jy is



Red/RooiZone



Yellow/GeelZone



Green/GroenZone



Blue/BlouZone



Choose your values / Kies jou waardes

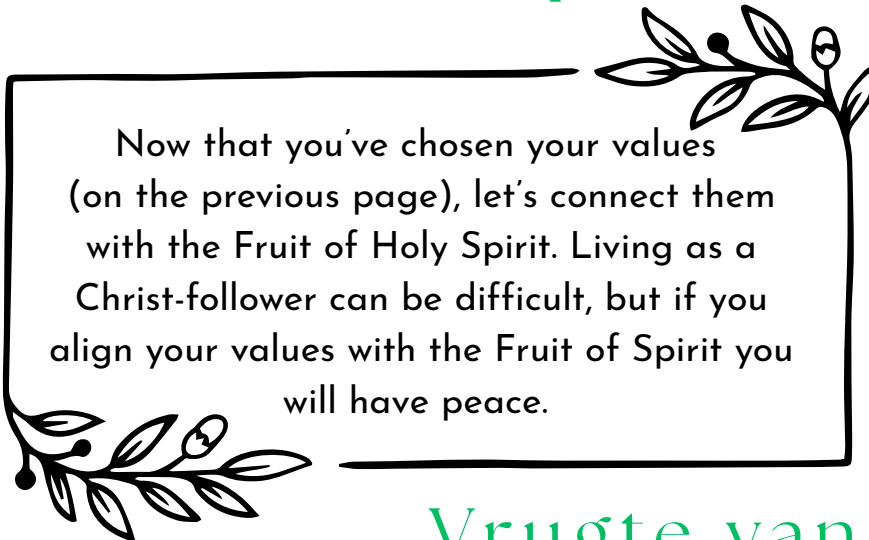
Start by choosing your top 10 & then top 5 values.
Begin deur jou top 10 & dan top 5 waardes te kies.

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	<i>Write your own:</i>
Curiosity	Initiative	Responsibility	_____
Dignity	Integrity	Risk-taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

Fruit of the Spirit

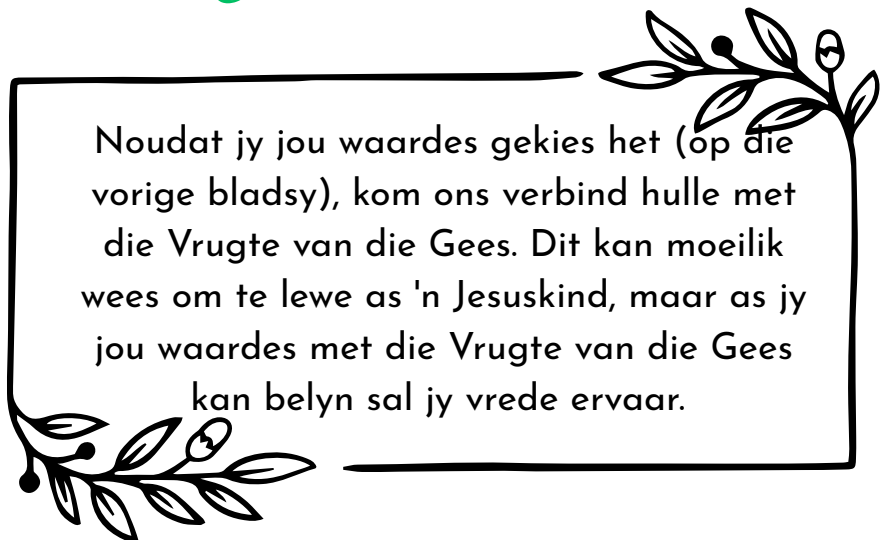


Now that you've chosen your values (on the previous page), let's connect them with the Fruit of Holy Spirit. Living as a Christ-follower can be difficult, but if you align your values with the Fruit of Spirit you will have peace.



Vrugte van die Gees

Noudat jy jou waardes gekies het (op die vorige bladsy), kom ons verbind hulle met die Vrugte van die Gees. Dit kan moeilik wees om te lewe as 'n Jesuskind, maar as jy jou waardes met die Vrugte van die Gees kan belyn sal jy vrede ervaar.



Link each Fruit of the Spirit with a value

Love / Liefde	-----
Joy / Vreugde	-----
Peace / Vrede	-----
Patience / Geduld	-----
Kindness / Vriendelikheid	-----
Goodness / Goedhartigheid	-----
Faithfulness / Getrouheid	-----
Gentleness / Nederigheid	-----
Self control / Selfbeheersing	-----



caring for yourself/ sorg vir jouself

I CAN CARE FOR MYSELF BY DOING... / EK KAN VIR MYSELF SORG DEUR OM...

- _____
- _____
- _____
- _____

BEST MOMENT TODAY / BESTE OOMBLIK VANDAG

- _____
- _____
- _____
- _____
- _____

WATER



MOOD / GEMOED



DAILY NUTRITION / DAAGLIKSE VOEDING

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

HABITS TO START / NUWE GEWOONTES

- _____
- _____
- _____
- _____
- _____

HABITS TO STOP / OU GEWOONTES

- _____
- _____
- _____
- _____
- _____

God cares about all of you

God gee om oor alles van jou

Not just the parts that seem 'spiritual'

Nie net die dele wat 'geestelik' is nie

He wants to give you a full life

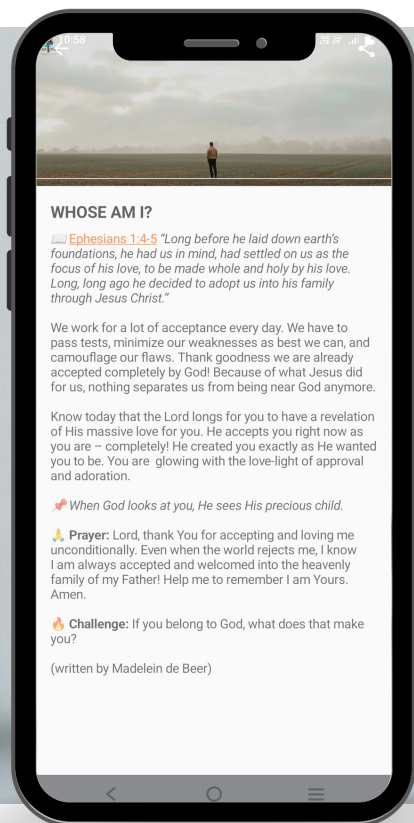
Hy wil vir jou 'n vol lewe gee

He feels all your deep emotions

Hy voel al jou diep emosies

All of you matters to Him

Alles van jou maak vir Hom saak



An Easy App for Daily Faith Inspo



‘n Maklike app vir geloof inspirasie

DOWNLOAD

ROADTRIP247

FROM YOUR
PHONE'S
APP STORE



LAAI AF

ROADTRIP247

OP JOU
FOON SE
APP STORE

WHATSAPP

067 050 1480

WITH YOUR
NAME TO
SIGN UP



WHATSAPP

067 050 1480

MET JOU
NAAM OM
OP TE TEKEN

VISIT OUR SITE

roadtrip247.com

TO EXPLORE
EVEN MORE
TOPICS



LEES MEER

roadtrip247.com

ONTDEK MEER
OP ONS
WEBTUISTE

FOLLOW US ON INSTAGRAM & SUBSCRIBE ON YOUTUBE