

Practice
Makes
~~Perfect~~
Progress

Growing
week 1

Start Here

Before you can begin to grow, let's evaluate where you already are. There's room for growth for everyone! Take a moment to think about your spiritual practices in the last month, then fill out the Spiritual Health Check. Answer honestly, between you and God.

Spiritual Health Check

Praying Daily	Struggled	1	2	3	4	5	Faithful
Spiritual Community	Struggled	1	2	3	4	5	Faithful
Generosity	Struggled	1	2	3	4	5	Faithful
Serving	Struggled	1	2	3	4	5	Faithful
Inviting	Struggled	1	2	3	4	5	Faithful

- Based on your spiritual health check, which areas do you faithfully follow Jesus?

- Which areas need improvement?

- Which area are you least excited about growing in?
Which area are you most excited about growing in?

Growing week 1

Pray this: Father, in both seasons of great joy and great frustration, remind me that growth is often slow and unseen. Give me the patience necessary for obedience. Point out areas in my life where I need to grow. Where there is the opportunity for growth, give me the strength to move ahead, knowing You are with me in each moment.

Amen.

Group Activity

Take some time with your House Church, family, or a friend to go through this activity together.

One of the best ways to grow in our faith is through reading scripture. More than just reading the Bible, we need to engage with the Bible. The process below can help us better engage with and learn from scripture. Try it out together as a group.

■ Read 1 Corinthians 9:24-27 out loud.

■ Write down your initial takeaway from this passage?

■ Read the passage out loud again. Write down one line or phrase that stands out to you.

■ Read the passage out loud one more time. Write down one or two words that stand out to you.

■ Why do you think this word is standing out to you today? What might God be speaking to you?

■ Share your new takeaway from this passage with the group.

Group Discussion

1. What was it like for you to go through this Bible reading activity?
2. How could you engage with scripture more this year to continue growing in your faith?
3. Did you make a New Year's Resolution this year? If so, what was it and why?
4. What would your typical strategy or plan be if you wanted to start a new habit or grow in some area of your life? How has this worked for you in the past?
5. Would you say you are currently growing closer to God, farther away from God, or staying stagnant? Why?
6. Describe a time in your life when you grew closer to God. Why did you grow so much during this time?
7. What are some common challenges you've faced in your own journey of faith and growth?
8. In what ways do you actively seek to grow in your faith?
9. We can grow in our faith intellectually and emotionally. What are some ways we grow intellectually? What are some ways we grow emotionally?
10. Who can support and encourage your growth this year?

My Growth Plan

Make a plan to grow in the next year.

I plan to grow nearer to God by:

- o Attending worship regularly
- o Taking steps to overcome a sin in my life that is keeping me from growing closer to God
- o Starting a Bible reading plan on the Bible app
- o Reading a book on spiritual growth
- o Taking a WE University class
- o Joining a House Church
- o Other: _____

Who can help you be successful with this growth plan?

Resources

House Churches

These small groups meet weekly in homes to share their lives and faith with one another. They go through weekly study guides, pray, serve, play, and care for one another. Most importantly, these groups create meaningful friendships so you don't have to go through life alone.

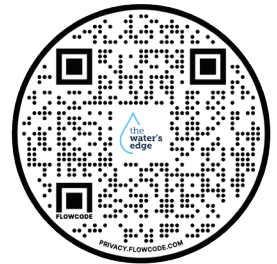
Sign up to join a group today:
weomaha.com/housechurch



WE University Classes

We have a variety of adult discipleship classes. This Winter, we will have classes on the New Testament, mental health, financial health, forgiveness, relationships, grief, and a great study for women. There will be free childcare available.

Register here:
weomaha.com/connect/weu



Book Recommendations

- o *Invitation to a Journey* by M. Robert Mulholland
- o *A Deeply Formed Life* by Rich Villodas
- o *Emotionally Healthy Spirituality* by Peter Scazzero

Scripture Reflection

Take a moment to write 1 Peter 2:1-3 in the space below.

What word or phrase stuck out to you? What is it that God may be speaking to you through this passage? Is there a next step you need to take?

Pray

- o Thank God for who He is and His faithfulness in your life.
- o Who are you praying for today?
- o What challenge or situation do you need God's guidance in this week?
- o What is a need your family has this week?



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Office Hours

Monday-Thursday: 9:00 am - 3:30 pm
The office is closed on Fridays



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