

# Growth Journal

## Why Growth Journal?

**1Pe 2:1-3** *Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, 2 as newborn babes, desire the pure milk of the word, that you may grow thereby,\*3 if indeed you have tasted that the Lord is gracious.*

As 1st Peter states we are to do actions of obedience and to feed on God's word so that we may grow. Our faith is a personal relationship with God that brings with it countless privileges and some obligations.

1. We begin as newborn babes, showing that God is our Father and reveals that we are born into royalty. (privilege)
2. We are to lay aside negative emotions and behaviors. (obligation)
3. We are to desire the pure milk of the word in order to grow. (obligation)
4. When we taste of God's dealings we discover he is gracious. (privilege)

We have a supernatural father who desires to feed us spiritually through His Word in order to bring forth changes in both the visible and invisible realms of our life. We need to practically find a means of being able to feed and then respond to our Father's will.

One simple answer is to combine spiritual feeding with a journal to hear and respond to God's personal communication to us. The Growth Journal combines a yearly Bible reading plan with personal prayer and writing of what God is saying to you personally. The journal is your personal tool to sow into your personal growth so that you may reap spiritual maturity.

# Growth Journal

The Growth Journal is made up of four simple steps. I have identified these steps with the acronym "Reap". Our desire for you is to reap a better life (naturally and spiritually) as you sow into your relationship with your Father.

**R-** Stands for Read- You will read through the Bible in order to hear God's thoughts, plans and expectations for you.

**E-** Stands for Examine- Not only should we read the Bible but we need to dig deep enough into it to understand what God is saying to us.

**A-** Stands for Apply- To get the results of God's Word we need to personally apply it to our life. This is our plan of action.

**P-** Stands for Pray- We need to seek God's help to accomplish his commands. Our prayer will be anything from repentance, entreating God's help, to worship. We can only fully obey God's plan by entering into the realm of the Holy Spirit; this is what is happening by combining the reading of the Scripture with prayer etc.

- R-** Read
- E-** Examine
- A-** Apply
- P-** Pray

Let's "reap" the benefit of Jn:10:10 by sowing the best of our day into the Growth Journal. *"...I have come that they may have life, and that they may have it more abundantly."*

## Blessings Pastor Steve Schmelzer