

Grow Book

DNOW WKND 2022

Why Grow?

Sometimes, life can be overwhelming. The weight of outside expectations and the pressure we put on ourselves can feel like too much to carry. It can also leave feeling lonely.

But we believe He's called us to live a different way.

A better way.

What if we relied on Him To do the things that only He can do.

We created the grow book to help you do just that. Thirty-one days, Thirty-one reflections, Thirty-one simple steps into creating space to hear and respond to God in the ordinary, everyday moments.

We know that after a year of these reflections, these next steps can become the start of a life-changing journey that God has always meant for us to live out.

How to Use This Thing

1. Do this grow guide with a few friends, it will help you stay on track and grow together.
2. Share your journey, by doing screenshots of your favorite days and posting them on social media. You can use the hashtag `#dnowgrowguide`
3. Let us know how God used this Grow Guide in your life by emailing ryanmcmichael@thefirstfamily.org.

Pray for your family today.

Ephesians 1:13-19 (ESV)

13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, **14** who is the guarantee[a] of our inheritance until we acquire possession of it, to the praise of his glory.

15 For this reason, because I have heard of your faith in the Lord Jesus and your love[c] toward all the saints, **16** I do not cease to give thanks for you, remembering you in my prayers, **17** that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, **18** having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, **19** and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might

Day 2 Stewardship

Prayerfully take inventory of your stuff.

Try one of these....

Lord, show me which things you want me to use to bring You glory.

Lord, reveal to me anything distracting me from worshipping you completely.

Lord, is there anything in my possession that You'd like me to use to bless someone else.

Day 3
Worship

Listen to worship music

Psalm 146:2 (ESV)

2 I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

Day 4
Reflection

Think of
somewhere
God's at work in
your life.

Thank Him for it.

Day 5
Outreach

Call a friend and
encourage them
today.

1 Thessalonians 5:11 ESV

11 Therefore encourage one another and build one another up, just as you are doing.

Day 6
Sabbath

Sit and be still with God

Psalm 46:10 (ESV)

10 "Be still, and know that I am God.

I will be exalted among the nations,

I will be exalted in the earth!"

Day 7

Bible Intake

Romans 12:9-18 (NIV)

9 Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in love. Honor one another above yourselves. 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. 12 Be joyful in hope, patient in affliction, faithful in prayer. 13 Share with the Lord's people who are in need. Practice hospitality.

14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice; mourn with those who mourn. 16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. 18 If it is possible, as far as it depends on you, live at peace with everyone.

The Lord's Prayer

Matthew 6:9-13 (NIV)

9 Pray then like this:

“Our Father in heaven,
hallowed be your name.

10 Your kingdom come,
your will be done,
on earth as it is in heaven.

11 Give us this day our daily bread,
12 and forgive us our debts,
as we also have forgiven our debtors.

13 And lead us not into temptation,
but deliver us from evil.

Day 9 Stewardship

Unfollow content
that is distracting
or discouraging
to you.

Phillipians 4:8-9 (ESV)

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Day 10
Worship

Make time to do
something you
love.

Thank Him for the
ability to do it.

Day 11
Reflection

Remind yourself
that God's love is
forever.

Psalm 106:1 (NIV)

1 Praise the Lord!

Oh give thanks to the Lord, for he is good,
for his steadfast love endures forever!

Day 12
Outreach

Whoever you're
having lunch
with, talk to them
about Jesus.

John 3:16 (ESV)

16 "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Day 13
Sabbath

Go for a walk
with just you and
God.

No devices.
No distractions.

Day 14

Bible Intake

Psalm 1 (ESV)

1 Blessed is the man

who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;

2 but his delight is in the law^[b] of the Lord,
and on his law, he meditates day and night.

3 He is like a tree

planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.

In all that he does, he prospers.

4 The wicked are not so,

but are like chaff that the wind drives away.

5 Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

6 for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Day 15
Prayer

Be honest with
God about where
your desires and
His conflict.

Ask Him to make
your heart more
like His.

Psalm 139: 23-24 (ESV)

23 Search me, O God, and know my heart!

Try me and know my thoughts!

24 And see if there be any grievous way in me,
and lead me in the way everlasting!

Day 16
Stewardship

Use the money
you would
normally spend
on a coffee or
meal out and
bless someone
else with it

Day 17
Worship

Find a quiet place
and write out the
lyrics to your
favorite worship
song.

Day 18
Reflection

Write about
something good
in your life right
now.

Psalm 66:16 (ESV)

16 Come and hear, all you who fear God,
and I will tell what he has done for my soul.

Day 19
Outreach

Be intentional to
have a spiritual
conversation
with someone
God has put in
your sphere of
influence.

2 Corinthians 5:20-21 (ESV)

20 Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Day 20
Sabbath

Choose a type of media (tv, phone, social) to take a break from for the rest of the day.

Day 21

Bible Intake

1 John 3:14-18 (ESV)

14 We know that we have passed out of death into life, because we love the brothers. Whoever does not love abides in death. 15 Everyone who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

16 By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. 17 But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?

18 Little children, let us not love in word or talk but in deed and in truth.

Pray for your friends

Ephesians 3:14-19 (ESV)

14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth is named, 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Day 23
Stewardship

Fast a meal and
use that time to
spend with God

Matthew 4: 4

4 But Jesus answered, "It is written,

"Man shall not live by bread alone,

but by every word that comes from the mouth of God."

Listen to worship music

Psalm 96

1 Oh sing to the Lord a new song; sing to the Lord, all the earth!

2 Sing to the Lord, bless his name; tell of his salvation from day to day.

3 Declare his glory among the nations, his marvelous works among all the peoples! 4 For great is the Lord, and greatly to be praised; he is to be feared above all gods. 5 For all the gods of the peoples are worthless idols, but the Lord made the heavens. 6 Splendor and majesty are before him; strength and beauty are in his sanctuary.

7 Ascribe to the Lord, O families of the peoples, ascribe to the Lord glory and strength! 8 Ascribe to the Lord the glory due his name; bring an offering, and come into his courts! 9 Worship the Lord in the splendor of holiness; tremble before him, all the earth!

10 Say among the nations, "The Lord reigns! Yes, the world is established; it shall never be moved; he will judge the peoples with equity."

11 Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it; 12 let the field exult, and everything in it! Then shall all the trees of the forest sing for joy 13 before the Lord, for he comes, for he comes to judge the earth. He will judge the world in righteousness, and the peoples in his faithfulness.

Day 25
Reflection

Write about
something good
in your life right
now.

Psalm 66:16 (ESV)

16 Come and hear, all you who fear God,
and I will tell what he has done for my soul.

Day 26
Outreach

Do something
nice for an adult
in your life.

Day 27
Sabbath

Cease from
productivity by
taking a nap.

Day 28

Bible Intake

Colossians 1:15–23 (ESV)

15 He is the image of the invisible God, the firstborn of all creation. 16 For by^[a] him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. 17 And he is before all things, and in him all things hold together. 18 And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. 19 For in him all the fullness of God was pleased to dwell, 20 and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

Day 29
Prayer

Pray for your teachers

Philippians 1:9-11 (NIV)

9 And it is my prayer that your love may abound more and more, with knowledge and all discernment, 10 so that you may approve what is excellent, and so be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Day 30
Bible Intake

Choose a passage
to read and
meditate on

Psalm 30

Psalm 60

Psalm 90

Psalm 120

Day 31
Reflection

Consider these
last 31 days and
journal your
thoughts and
reflections.

Share a story with us.

We want to know how God used this devotional in your life. Click the link
below and email



DNOW WKND 2022