

February



grow
a discipleship guide

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This Bible study guide is one part of the Calvary plan for Spiritual Formation. To learn more about Calvary's plan for helping people love God, others, and the world go to:
www.ConnectAtCalvary.com.

Walking through a forest at night presents endless possibilities for injury. Noses might be broken when you walk into a tree. Legs can be broken when you trip over a rock. Wrists can be sprained if you try to catch yourself when you fall. No one in their right mind would prefer to walk through a forest in the dark without a flashlight.

A light radically changes the situation. A forest is full of amazing and interesting sights. Animals, trees and plants are just a few of the interesting elements to look at in a forest. However, if you are walking through the forest at night, you will likely not see any of these sights, even if you have a flashlight. If you are wise, you will aim the flashlight at the ground in front of you, and only take steps when you can clearly see what lies ahead.

Regardless of the many wonderful things to be seen in a forest, shining your light anywhere but in front of you while you walk will certainly lead to a fall. In the dark, the most important place to shine your light is on the path in front of your feet. Your next step requires more light than anything else.

Psalm 119:105 says, "Your word is a lamp to my feet and a light for my path." The Bible is like a flashlight for those walking in the forest.

Are you ready to invest your life into knowing and living out God's Word? For many this is an intimidating commitment. The Bible consists of 66 different books written by at least 40 different people. Contained in the Bible are historical books, instructional books, poetry books, prophetic books, letters to groups, letters to individuals, and much more. Knowing how to approach the Bible on your own can be frightening pursuit.

This "Grow Journal" is designed to make it easy. You can use a simple four-step process to aid you in reading God's Word not just for increased knowledge, but for life-change. If you'll take time five days each week to read, re-write, remember, and relinquish God's Word; you'll find yourself becoming more like Christ!

Read.

Every week, you're given five passages which will help you prepare for next Sunday's sermon. These are short passages which can be read very quickly. You can choose to either read more verses and chapters on either side, or to read through the selected passage several times, letting it sink in. If you have time, memorize part of it.

ReWrite.

Once you've made yourself familiar with the passage, spend some time putting yourself into the passage. Whether you make a list, paraphrase the passage, diagram some of the verses, or even draw an illustration; use this journal to help you make the passage more real to you.

Remember.

James 1 contains a brief parable about a man who wakes up in the morning, checks himself out in the mirror, and then begins his day without making any adjustments. A mirror's purpose is to point out the elements of our appearance which need correction. The benefit of looking in the mirror is lost if the person chooses not to act according to the information obtained.

James' used the story to illustrate his teaching to not "merely listen to the word", but to "do what it says".²¹

Take a minute to create a memorable phrase or word about what you've looked at. Throughout the day, use this phrase to remind yourself of God's Word to you.

Relinquish.

God blesses us so we can bless others. He gives us His Word so that we can give it away. Find away to share what you've learned with someone else, or if the passage has convicted you to do so, give something else (time, possessions, money, etc.) away. Along with a daily Bible study journal, this book provides you space to jot down sermon notes and to keep track of prayer requests. Keep it with you at your LIFEgroup meetings so you can be praying for your partners and sharing with them what you are learning and how you are growing.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

What are your “Spiritual Formation Goals” for this month?

SERMON NOTES

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What I Heard

What I Need to Do

Week Of: *February 7*
Reading: *1 Samuel 16:1-5*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 7*

Reading: *1 Samuel 16:6-7*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 7*
Reading: *1 Samuel 16:8-13*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

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Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 7*

Reading: *1 Samuel 16:14-18*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

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Week Of: *February 7*
Reading: *1 Samuel 16:19-23*

Rewrite

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What I Heard

What I Need to Do

Week Of: *February 14*
Reading: *2 Samuel 7:1-11*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

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Week Of: *February 14*

Reading: *2 Samuel 7:12-17*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

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Week Of: *February 14*
Reading: *2 Samuel 7:18-21*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

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Week Of: *February 14*
Reading: *2 Samuel 7:22-26*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

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Week Of: *February 14*
Reading: *2 Samuel 7:27-29*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

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What I Heard

What I Need to Do

Week Of: *February 21*
Reading: *Job 1:1-5*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 21*

Reading: *Job 1:6-12*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 21*
Reading: *Job 1:13-21*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 21*

Reading: *Job 1:22*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 21*
Reading: *Job 1:1-22*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

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What I Heard

What I Need to Do

Week Of: *February 28*
Reading: *Psalm 19:1-3*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 28*
Reading: *Psalm 19:4-6*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 28*
Reading: *Psalm 19:7-10*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 28*
Reading: *Psalm 19:11-13*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

What is a summary word, phrase, or list that you can think about as you go through the day?

Relinquish

How can you give something away? Maybe you just need to share this truth with someone?

Week Of: *February 28*
Reading: *Psalm 19:14*

Rewrite

Put some or all of today's passage into your own words. Either re-write a verse, make a list, write a summary, create a poem, etc. Do something that enables you to place yourself into this passage.

Remember

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Five Things God Taught Me This Month

1.

2.

3.

4.

5.

Prayer List

Prayer List

Prayer List

Prayer List

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More Spiritual Formation Tools at www.ConnectAtCalvary.com