



40 DAYS OF GROWTH

Family Discipleship Guide

2022

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WELCOME

What do you think of when you hear the word “freedom”? Many people think freedom is being able to do whatever we want without any limitations. We believe that that kind of “freedom” isn’t actually freeing. We believe that real freedom comes not from doing what we want but doing what we were made for. Our vision as a church family is **“Reaching our neighbors with the true freedom found in full surrender to Christ.”** We really believe that giving every part of our lives to Jesus is the way to experience freedom, joy and peace.

When we give our lives to Jesus, we get a brand new life that is built around following Him and becoming like Him. Jesus summarized the essence of this life as loving God and loving others like He loved us. But living this kind of life in bodies and in a world corrupted by sin is not easy. Jesus made it clear that living lives of love would require a daily process of dying. Just as Jesus died on a cross for our sins, he said that we too must “take up our cross” daily in order to experience freedom from our sins.

Many communities of Jesus followers have referred to themselves as “schools of love.” Their purpose is to form the community into lovers of God and neighbor. And at the heart of these “schools” is creating a framework of habits on which the love of God and neighbor could grow. They called this framework a “rule of life.” It sounds like a list of rules to keep or laws to obey, but that isn’t what it is. The word for “rule” refers to a garden trellis, a framework on which a life of love for God and others can grow.

These practices are not random, but come from the life and teachings of Jesus. They are practices like prayer, reading Scripture, fasting, serving others and more that we find in the Scriptures. When followers of Jesus live this way, they aren't trying to prove or earn anything. We know that God’s love and approval of us is entirely based on what Jesus did for us and our faith in him; it is secure and unchanging! But our love for God should lead us to want what He wants for us as his children, which is to grow more like Jesus.

In order to focus on being “schools of love” churches have developed certain seasons where they more intentionally focus on these practices. One of those times is the 40 days leading up to Easter, also known as Lent. This year we are inviting our families to consider practicing some or all of the habits from “The Common Rule”. We are providing you with a guide for reading the Gospel according to John over the next 40 days. We will also provide you with guides for prayer, for learning certain verses and recommendations for how you could organize your weeks around these habits.

Our hope is that this season will aid our focus on Jesus and our growth in Him. We hope that you will be amazed at the wisdom, beauty and power of Jesus as we read John. And, we hope that these 40 days will be a time of “trellis building” on which a life of love for God and others can grow. We don’t do these practices to earn God’s love, but to experience the greatness of His love for us in Christ.

I am praying for you and am thankful to be on this journey with you!

HOW DO I USE THIS GUIDE?

This guide focuses on practicing spiritual disciplines in this season of Lent. Since the inception of the church, Lent is the forty days prior to Easter which has been set apart as a way to prepare new believers and the church at large to remember and celebrate what Christ has done for us through his death and resurrection. The most common feature in this season is fasting. Some examples might include fasting from social media, sugar, non-christian music, dessert, meat, etc. Please use discretion if you will be fasting from any food items.

We want to encourage our church family to participate in fasting in one of two ways.

1) The Common Rule emphasizes fasting one day a week and devote that time to prayer for specific prayer need.

OR

2) The traditional practice of Lent is forty days of fasting (excluding Sundays) to focus on prayer and other aspects of the Christian life.

During this 40 day season I will fast from

I will be fasting (circle one):

once a week OR the full 40 Days.

During these times I will be praying for:

DAILY HABIT 1: KNEELING PRAYER PROMPTS

■ Morning. Spirit, I was made for your presence. May this day be one I spend with you in all that I do. Amen.

■ Midday. Jesus, I was made to join your work in the world. Please order the rest of my day in love for the people you have given me to serve. Amen.

■ Evening. Father, I was made to rest in your love. May my body rest in sleep, and may my mind rest in your love. Amen.

DAILY HABIT 2: SCRIPTURE BEFORE PHONE

Read the daily section from the Gospel of John and spend time meditating on a verse or section of the reading.

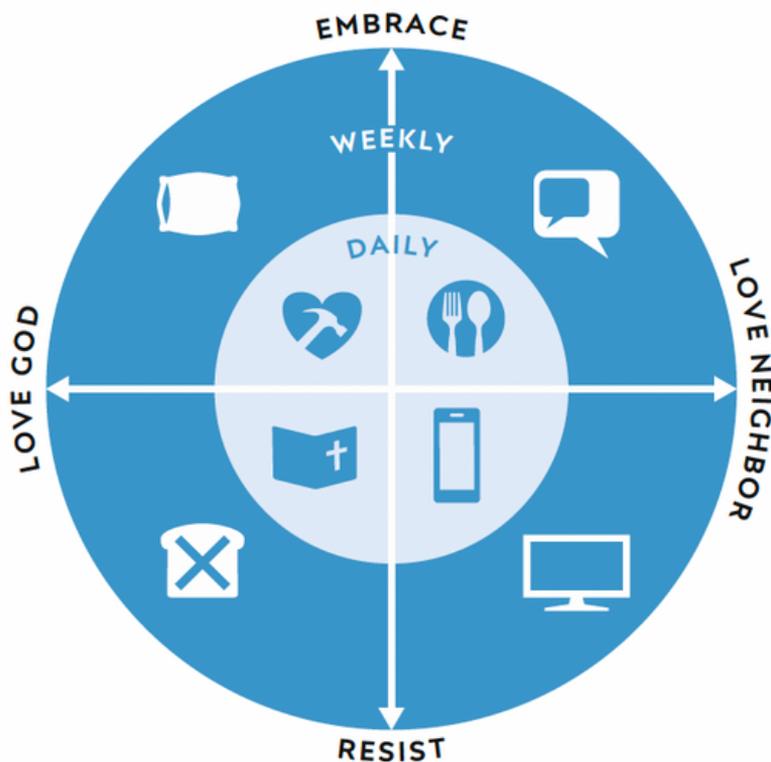
DAILY HABIT 3: DAILY MEAL WITH OTHERS

In general, my meal with others will be breakfast / lunch / dinner with:

DAILY HABIT 4: PHONE OFF ONE HOUR A DAY

In general, I will turn my phone off from _____ to _____ each day.

HABITS AT A GLANCE



DAILY HABITS



Kneeling prayer three times a day



One meal with others



One hour with phone off



Scripture before phone

WEEKLY HABITS



One hour of conversation with a friend



Curate media to four hours



Fast from something for twenty-four hours



Sabbath

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Wednesday, March 2nd

Daily Scripture Reading

John 1:1-28

Scripture Memorization For The Week

"Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one." -Matthew 6:9-13

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

In what ways are you hoping to grow in this season?

Thursday, March 3rd

Daily Scripture Reading

John 1:29-51

Scripture Memorization For The Week

"Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one." -Matthew 6:9-13

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

Who can you talk to this week for encouragement, prayer, and support? Who can you be a support to this week?

Friday, March 4th

Daily Scripture Reading

John 2:1-25

Scripture Memorization For The Week

"Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one." -Matthew 6:9-13

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Curate Media to 4 Hours

What are you thankful for this week? Why?

Saturday, March 5th

Daily Scripture Reading

John 3:1-21

Scripture Memorization For The Week

"Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one." -Matthew 6:9-13

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Scripture Before Phone

What aspects of God's character are you reminded about from today's Scripture?

Sunday, March 6th

THE FIRST SUNDAY OF LENT

Sundays are about rest and reflection as we enjoy the Sabbath. Here are some questions to guide your reflection time:

What did you learn during this fasting week?

What did you learn about God?

What did you learn about yourself?



Habit Focus: Sabbath

How did God speak to you today at church?

Monday, March 7th

Daily Scripture Reading

John 3:21-36

Scripture Memorization For The Week

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." -Philippians 2:5-8

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Meal With Others

How can you use meal times to encourage and love those around you?

Tuesday, March 8th
Daily Scripture Reading
John 4:1-30

Scripture Memorization For The Week

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." -Philippians 2:5-8

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Kneeling Prayer

What prayer requests do you need bring before God this week?

Wednesday, March 9th

Daily Scripture Reading

John 4:31-54

Scripture Memorization For The Week

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." -Philippians 2:5-8

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

What has been the most challenging thing about fasting (whether weekly or daily)?

Thursday, March 10th

Daily Scripture Reading

John 5:1-29

Scripture Memorization For The Week

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." -Philippians 2:5-8

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

Who can you talk to this week for encouragement, prayer, and support? Who can you be a support to this week?

Friday, March 11th

Daily Scripture Reading

John 5:30-47

Scripture Memorization For The Week

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." -Philippians 2:5-8

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Curate Media to 4 Hours

What are you thankful for this week? Why?

Saturday, March 12th

Daily Scripture Reading

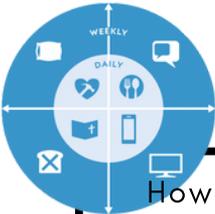
John 5:30-47

Scripture Memorization For The Week

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." -Philippians 2:5-8

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: One Hour with Phone Off

How did turning off your phone make you feel? How did that impact your time with others?

Sunday, March 13th

THE SECOND SUNDAY OF LENT

Sundays are about rest and reflection as we enjoy the Sabbath. Here are some questions to guide your reflection time:

What did you learn during this fasting week?

What did you learn about God?

What did you learn about yourself?



Habit Focus: Sabbath

How did God speak to you today at church?

Monday, March 14th

Daily Scripture Reading

John 6:1-21

Scripture Memorization For The Week

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." -Ephesians 3:14-17a

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Meal With Others

How can you use meal times to encourage and love those around you?

Tuesday, March 15th

Daily Scripture Reading

John 6:22-59

Scripture Memorization For The Week

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." -Ephesians 3:14-17a

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Kneeling Prayer

What prayer requests do you need bring before God this week?

Wednesday, March 16th

Daily Scripture Reading

John 6:60-71

Scripture Memorization For The Week

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." -Ephesians 3:14-17a

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

What have you learned so far about fasting (whether weekly or daily)?

Thursday, March 17th

Daily Scripture Reading

John 7:1-31

Scripture Memorization For The Week

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." -Ephesians 3:14-17a

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

Who can you talk to this week for encouragement, prayer, and support? Who can you be a support to this week?

Friday, March 18th

Daily Scripture Reading

John 7:32-52

Scripture Memorization For The Week

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." -Ephesians 3:14-17a

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Curate Media to Four Hours

What are you thankful for this week? Why?

Saturday, March 19th

Daily Scripture Reading

John 8:1-30

Scripture Memorization For The Week

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." -Ephesians 3:14-17a

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Scripture Before Phone

What aspects of God's character are you reminded about from today's Scripture?

Sunday, March 20th

THE THIRD SUNDAY OF LENT

Sundays are about rest and reflection as we enjoy the Sabbath. Here are some questions to guide your reflection time:

What did you learn during this fasting week?

What did you learn about God?

What did you learn about yourself?



Habit Focus: Sabbath

How did God speak to you today at church?

Monday, March 21st

Daily Scripture Reading

John 8:31-59

Scripture Memorization For The Week

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
-Ephesians 3:17b-19

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Meal With Others

How can you use meal times to encourage and love those around you?

Tuesday, March 22nd

Daily Scripture Reading

John 9:1-41

Scripture Memorization For The Week

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
-Ephesians 3:17b-19

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Kneeling Prayer

What prayer requests do you need bring before God this week?

Wednesday, March 23rd

Daily Scripture Reading

John 9:1-41

Scripture Memorization For The Week

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
-Ephesians 3:17b-19

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

What has been the most rewarding part of fasting so far in this season?

Thursday, March 24th

Daily Scripture Reading

John 10:1-21

Scripture Memorization For The Week

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."

-Ephesians 3:17b-19

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

Who can you talk to this week for encouragement, prayer, and support? Who can you be a support to this week?

Friday, March 25th

Daily Scripture Reading

John 10:22-42

Recitation and Memorization

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
-Ephesians 3:17b-19

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Curate Media to 4 Hours

How does exercising the discipline of media intake impact your life?

Saturday, March 26th

Daily Scripture Reading

John 11:1-27

Scripture Memorization For The Week

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
-Ephesians 3:17b-19

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: One hour with phone off

How did turning off your phone make you feel? Were you more present as you spent time with others?

Sunday, March 27th

THE FOURTH SUNDAY OF LENT

Sundays are about rest and reflection as we enjoy the Sabbath. Here are some questions to guide your reflection time:

What did you learn during this fasting week?

What did you learn about God?

What did you learn about yourself?



Habit Focus: Sabbath

How did God speak to you today at church?

Monday, March 28th

Daily Scripture Reading

John 11:28-57

Scripture Memorization For The Week

"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain!" -Psalm 11:33-36

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Meal With Others

How can you use meal times to encourage and love those around you?

Tuesday, March 29th

Daily Scripture Reading

John 12:1-26

Scripture Memorization For The Week

"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain!" -Psalm 11:33-36

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Kneeling Prayer

What prayer requests do you need bring before God this week?

Wednesday, March 30th

Daily Scripture Reading

John 12:27-50

Scripture Memorization For The Week

"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain!" -Psalm 11:33-36

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

How does the commitment to fasting help you commit to other spiritual disciplines?

Thursday, March 31st

Daily Scripture Reading

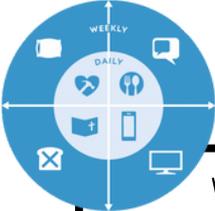
John 13:1-20

Scripture Memorization For The Week

"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain!" -Psalm 11:33-36

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

Who can you talk to this week for encouragement, prayer, and support? Who can you be a support to this week?

Friday, April 1st

Daily Scripture Reading

John 13:21-38

Scripture Memorization For The Week

"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain!" -Psalm 11:33-36

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Scripture Before Phone

How does focusing on Scripture help you orient your day?

Saturday, April 2nd

Daily Scripture Reading

John 14:1-14

Scripture Memorization For The Week

"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain!" -Psalm 11:33-36

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: One Hour With Phone Off

How did turning your phone off help you be present with your loved ones?

Sunday, April 3rd

PASSION SUNDAY

Sundays are about rest and reflection as we enjoy the Sabbath. Here are some questions to guide your reflection time:

What did you learn during this fasting week?

What did you learn about God?

What did you learn about yourself?



Habit Focus: Sabbath

How did God speak to you today at church?

Monday, April 4th

Daily Scripture Reading

John 14:15-31

Scripture Memorization For The Week

"My heart rejoices in the Lord; my horn is lifted up by the Lord. My mouth boasts over my enemies, because I rejoice in your salvation. There is no one holy like the Lord. There is no one besides you! And there is no rock like our God." -1 Samuel 2:1b-2

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Meal With Others

How can you use meal times to encourage and love those around you?

Tuesday, April 5th

Daily Scripture Reading

John 15:1-17

Scripture Memorization For The Week

"My heart rejoices in the Lord; my horn is lifted up by the Lord. My mouth boasts over my enemies, because I rejoice in your salvation. There is no one holy like the Lord. There is no one besides you! And there is no rock like our God." -1 Samuel 2:1b-2

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Kneeling Prayer

What prayer requests do you need bring before God this week?

Wednesday, April 6th

Daily Scripture Reading

John 15:18-27

Scripture Memorization For The Week

"My heart rejoices in the Lord; my horn is lifted up by the Lord. My mouth boasts over my enemies, because I rejoice in your salvation. There is no one holy like the Lord. There is no one besides you! And there is no rock like our God." -1 Samuel 2:1b-2

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

What have you learned so far about fasting (whether weekly or daily)?

Thursday, April 7th

Daily Scripture Reading

John 16:1-15

Scripture Memorization For The Week

"My heart rejoices in the Lord; my horn is lifted up by the Lord. My mouth boasts over my enemies, because I rejoice in your salvation. There is no one holy like the Lord. There is no one besides you! And there is no rock like our God." -1 Samuel 2:1b-2

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

Who can you talk to this week for encouragement, prayer, and support? Who can I be a support to this week?

Friday, April 8th

Daily Scripture Reading

John 16:16-33

Scripture Memorization For The Week

"My heart rejoices in the Lord; my horn is lifted up by the Lord. My mouth boasts over my enemies, because I rejoice in your salvation. There is no one holy like the Lord. There is no one besides you! And there is no rock like our God." -1 Samuel 2:1b-2

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Curate Media to 4 Hours

How has limiting your media intake freed your mind this week? How do you feel?

Saturday, April 9th

Daily Scripture Reading

John 17:1-26

Scripture Memorization For The Week

"My heart rejoices in the Lord; my horn is lifted up by the Lord. My mouth boasts over my enemies, because I rejoice in your salvation. There is no one holy like the Lord. There is no one besides you! And there is no rock like our God." -1 Samuel 2:1b-2

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Scripture Before Phone

What aspects of God's character are you reminded about from today's Scripture?

Sunday, April 10th

PALM SUNDAY

Sundays are about rest and reflection as we enjoy the Sabbath. Here are some questions to guide your reflection time:

What did you learn during this fasting week?

What did you learn about God?

What did you learn about yourself?



Habit Focus: Sabbath

How did God speak to you today at church?

Monday, April 11th

Daily Scripture Reading

John 18:1-24

Scripture Memorization For The Week

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it." -John 1:1-5

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Meal With Others

How can you use meal teams to encourage and love those around you?

Tuesday, April 12th

Daily Scripture Reading

John 18:25-40

Scripture Memorization For The Week

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it." -John 1:1-5

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Kneeling Prayer

How has praying three times a day transformed your prayer life?

Wednesday, April 13th

Daily Scripture Reading

John 19:1-27

Scripture Memorization For The Week

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it." -John 1:1-5

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Fasting

What has God taught you through fasting this season?

Thursday, April 14th

Daily Scripture Reading

John 19:28-42

Scripture Memorization For The Week

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it." -John 1:1-5

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Intentional Conversation

How has intentional conversations transformed your relationship with other people?

Good Friday, April 15th

Daily Scripture Reading

John 20

Scripture Memorization For The Week

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it." -John 1:1-5

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Curate Media to 4 Hours

How has curating media impacted your relationship with God this season?

Saturday, April 16th

Daily Scripture Reading

John 21

Scripture Memorization For The Week

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it." -John 1:1-5

Daily Habits

Don't forget to practice those daily habits found on page 5 & 6.



Habit Focus: Scripture Before Phone

How did memorizing and reading Scripture impact you this season?

Sunday, April 10th

EASTER SUNDAY

Congratulations! You've made it to the end of the 40 days of Growth! Take a moment and answer these questions:

How did these spiritual disciplines grow your love for God?

How did practicing these disciples allow you to experience the love of God?

How did these practices help you grow in love for your neighbor and those around you?



Habit Focus: Sabbath

Go and rest in the love of God today!
He is Risen!

