



**G.R.O.W.T.H. SHEET.** Spend some time this week meditating on one or more of the Scriptures we talked about. Ask the Holy Spirit to speak to you about the Scripture and meditate on what it is saying. Ask the Holy Spirit to help you focus on how to apply it to your life. Then write out a prayer to the Father expressing your commitment to be obedient to His word. Close out your time by listening for Him to speak to you.

**GO to His word**

Choose a passage to read and reflect on. Write the Scripture references down

**READ it out loud**

There is something about reading the Scripture out loud that helps it stick with us

**OBSERVE what it's saying**

Ask the Father for insight as to what He is saying to you through the passage that you have read

**WRITE down what the Father impresses upon your heart**

It's very common to have an "AHA Moment" in the Scripture and forget about it later

**TELL the Father, through prayer how you want to respond to His word**

We want to commit ourselves to not just learn His word, hear His word, and study His word – we want to obey His word. Write out your prayer for future reference

**HEAR the Father's response to you**

Don't rush off to other things. Take a few moments to sit in silence to hear His heart for you. Write down anything you sense He is speaking to you.