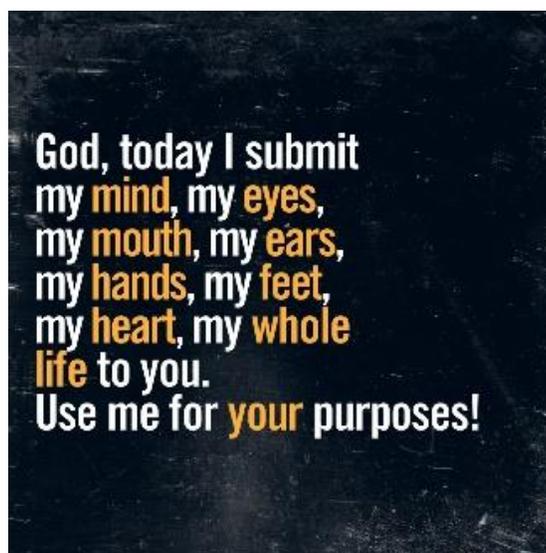


5 Ways to Grow from the Inside Out

- ❑ Do you believe you should grow? Do you believe you can grow? (What do you act like you believe?) Does talking about growing frustrate you? Is it encouraging to you? Does the thought of growing, especially in your spiritual life or your character, scare you or excite you?
- ❑ Find an area in your spiritual life where the Holy Spirit wants you to grow. (There's a great self-examination tool at <http://www.drurywriting.com/keith/selfstud.htm>) Once you've discovered where to grow, do something about it. See the next point.
- ❑ Develop a plan for your growth. Most people have an inner voice encouraging them to be more caring, more honest or something like that. Very few of us know how to grow intentionally. What do you want to improve? How will you do it? For example: if you feel an urge to be more loving to your family, what will it look like? What specific things will you do or say differently? How will you learn to do or say those things? What could help you? When will you start?
- ❑ Dedicate your day to God each morning. Promise to obey Jesus' teachings and ask the Holy Spirit to help you make wise decisions.



- Start a daily Bible reading plan. Bible.com has a great app for phones and tablets called YouVersion. Read for transformation not simply information. Find the time that works best for you. Keep on reading and thinking about how the Bible applies to your life.

Reading the Bible for Transformation not Simply Information

1. Ask God to speak to you as you read.
2. Read a complete thought or story, slowly two or three times. Then answer the following questions.
3. What word or phrase stands out to you?
4. What is it about this word or phrase that grabs your attention?
5. How does it relate to your life right now?
6. Does it challenge your ideas about God, yourself, your actions? How does it challenge you?
7. How does God want to reorient or transform you? What changes will you need to make to line your thinking and acting up with this word or phrase?
8. Finally, ask God to help you change. Decide when you will begin