



GROW ON THE GO

A 6 DAY DEVOTIONAL



DAY 1 | KNOW GOD

READ IT: JOHN 14:1-7

1 *"Let not your hearts be troubled. Believe in God; believe also in me.*

2 *In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you?*

3 *And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.*

4 *And you know the way to where I am going."*

5 *Thomas said to him, "Lord, we do not know where you are going.*

How can we know the way?"

6 *Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.*

7 *If you had known me, you would have known my Father also.*

From now on you do know him and have seen him."

LOOK:

- Circle the word Father every time it appears in the passage above.
- Find the words "the way" in the passage and draw a box around them.
- Underline each of the words "know or known/"

LEARN:

- Who is talking in John 14:1-7?
- Who can you assume the Father is?
- When Thomas, a disciple, was asking for some direction, what did Jesus tell him?

LIFE:

- How do we come to know the Father?
- What do you think "The Way" means?

Pray:

Ask God to show you "The Way" to truly know the Father today.

DAY 2 - THE HEART, PART 1

READ IT: PROVERBS 4:23 (ESV)

*23 Keep your heart with all vigilance,
for from it flow the springs of life.*

LOOK: PROVERBS 4:23 (THE MESSAGE)

Keep vigilant watch over your heart;
that's where life starts.

- Underline the words that match in both versions of Proverbs 4:23 above.
- Circle the different words from each version.

THINK ABOUT IT:

Draw a spring that is giving life to your heart in the space below:

LEARN:

- What is a Spring?

A spring occurs when groundwater appears at the land surface. Springs occur in various forms and are classified by the rock type in which the spring occurs, how the spring was formed, how much water flows from the spring, the temperature of the water, and if the water flow varies from season to season. Some springs may fall into more than one classification.

Springs and spring water have long been a source of fascination and intrigue. In ancient times,

philosophers and scientists erroneously believed that springs were formed when saltwater from the oceans moved in tunnels under the land, was purified, and raised to the land surface. Springs were often considered mysterious and are a subject of considerable folklore.

A Roman architect named Vitruvius proposed the theory accepted today. He speculated that springs were fed by rainfall and snowmelt that soaked into the ground and reemerged at another location. Since then, numerous studies have confirmed Vitruvius's theory.

LIFE:

- How does a spring give life?
- What does your heart hold, according to Proverbs 4:23?
- Vigilance means to be alertly watchful, especially to avoid danger. What might be some dangers that you might have to guard your heart from?
- How do you think the Father gives life to your heart?
- What is coming out of the "spring of life" in your heart that could overflow to others?

PRAY:

Ask the Father to fill up your heart today. Ask Him to help you know how to guard your heart to keep it from danger.

DAY 3 -THE HEART, PART 2

READ IT: 1 SAMUEL 16:7 (ESV)

*7 But the Lord said to Samuel,
"Do not look on his appearance or on the height of his stature,
because I have rejected him.
For the Lord sees not as man sees: man looks on the outward
appearance,
but the Lord looks on the heart."*

THINK ABOUT IT:

- What would happen if you used Playdough or clay and created the shape of a heart?
- What gives the dough the ability to be shaped?
- If the dough was as hard as a rock, would you be able to shape it easily?
- How can our hearts be like Playdough?

LOOK:

- Who is in the conversation in this verse?
- What is God explaining?
- What does man see?
- What does God see?

LEARN:

- What is the difference between outward appearance or stature and the inward heart?
- If "the Lord looks on the heart," then what is most important to Him?

LIFE:

- After looking and learning about these verses, what conclusion do you have about how the Father looks at you?
- What do most people, in our world today, look at... the Outside or Inside?
- How do you react, knowing that the Father can see you from the inside, out?
- When the Father shapes our hearts, He is shaping the center of our mind, will and emotions. How does this change us on the inside?
 - When the all-powerful Father shapes our hearts, how does this impact us on the outside?
 - How can you allow the Father to shape your heart each day?

PRAY:

Ask the Father to fill up your heart today. Ask Him to shape our heart today.

DAY 4 - TRUST IN THE FAITHFULNESS OF GOD

READ IT: 2 TIMOTHY 2:11-13 & PSALM 100:5 (ESV)

The saying is trustworthy, For:

*If we have died with him, we will also live with him;
if we endure, we will also reign with him;
if we deny him, he also will deny us; if we are faithless,
he remains faithful— for he cannot deny himself.*

2 Timothy 2:11-13

For the Lord is good;

*His steadfast love endures forever,
And his faithfulness to all generations.*

Psalm 100:5 ESV

LOOK:

Read it again, out loud, three times.

- After first read, what words jumped out to you?
- After second read, what did you hear about faithfulness?
- After the third read, what is said about God?

LEARN:

Read it out loud... again!

- What do these passages mean to you?
- What do we learn about God?
- What do we learn about our relationship with God?

LIFE:

Here is a formula: Always Faithful + Truth about God = Who God Is

Example:

Always Faithful to love you.

Always Faithful to have mercy on you.

Always Faithful to bring peace.

Always Faithful in wise living.

Always Faithful to give grace.

How about you? How can you add to the Faithfulness Formula?

PRAY:

Think about what you've just thought about and pray silently, thanking God for His faithfulness in your life.

LEARN:

- Write down what Psalm 95 means to you.

LIFE:

How about you? After looking and learning things about Psalm 95, how can you take the truth in PSALM 95 into your own life?

PRAY:

Stop and pause; in other words, be still.

Think about what you just wrote down in each section. Ask God's Spirit to help you live our His truth in your life.

DAY 6 – PONDER YOUR WAYS

READ IT: PROVERBS 4:26-27 ESV

(Read this out loud.)

26 Ponder the path of your feet;

Then all your ways will be sure.

27 Do not swerve to the right or to the left;

Turn your foot away from evil.

LOOK:

- What is the writer emphasizing in the Proverb above?
- What would your “ways” be?

LEARN:

- How do you think or “ponder” your steps?
- What does it look like to ponder the path of your feet?
- What is needed to make our “ways” sure?
- What is the “warning” in the verse?

LIFE:

- What are some of your ways on a daily basis?
- What might be some good ways you walk?
- What bad ways could you stumble into along the way?
- How can you own your faith by considering your ways?
- Jesus is “the way,” so how can we make Jesus “our way”?
- What is the first step to knowing the Father?
- How could you change your ways today?