



Summer Spiritual Growth Challenge

Continue your spiritual growth over our Bible Study's summer break—28 activities over 14 weeks. Take your time and don't rush; let each activity deepen your reflection. Cross each square as you complete it.

<p>SCRIPTURE READING</p> <p>Today, Meditate on 2 Corinthians 5. Then journal a takeaway.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, commit an hour to sitting or walking in nature and praying for the world.</p>	<p>COMMUNITY</p> <p>Read and discuss a bible story with a family or friend.</p>	<p>HAVE FUN</p> <p>Complete an online bible-based word search, puzzle or game.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, meditate on Isaiah 26:3. Then journal a takeaway.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, forgive yourself for a mistake you regret and read a bible story about forgiveness.</p>	<p>TRUTH CHALLENGE</p> <p>Develop prayer vision board and locate scripture to support your prayers.</p>
<p>SPIRITUAL PRACTICE</p> <p>Today, meditate on 1 Peter 5:7. Then journal a takeaway.</p>	<p>BUILD RESOURCES</p> <p>Read: Stony the Road We Trod: African American Biblical Interpretation by Cain Hope Felder.</p>	<p>TRUTH CHALLENGE</p> <p>Today, reflect on a negative thought then replace it with truth from Scripture.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, throw a worship party: practice gratitude, listen to music, pray and limit distractions.</p>	<p>SELF-CARE</p> <p>Watch a faith-based movie with a loved one and discuss the lessons.</p>	<p>SPIRITUAL GROWTH</p> <p>Explore the tools available on our church's YouTube page and website.</p>	<p>PRAYER</p> <p>Create a prayer space/room where you live and visit it frequently.</p>
<p>SPIRITUAL PRACTICE</p> <p>Today, reflect on your spiritual journey. Write your faith legacy and share it with family.</p>	<p>PRAISE AND WORSHIP</p> <p>Today, as you listen to a praise & worship song, meditate on the words.</p>	<p>SCRIPTURE READING</p> <p>Today, read Romans 6. Then journal a takeaway.</p>	<p>COMMUNITY</p> <p>Give someone a bible (who needs it) and include a handwritten note inside.</p>	<p>SPIRITUAL PRACTICE</p> <p>Make a list of people you need to forgive and pray for each person using scripture.</p>	<p>BUILD RESOURCES</p> <p>Read the book - Reading While Black: African American Biblical Interpretation... by Esau McCaulley.</p>	<p>SPIRITUAL LEGACY</p> <p>Record a testimony of how God has sustained you and share it with a younger believer as encouragement.</p>
<p>COMMUNITY</p> <p>As you encounter people today, pause and silently pray for God's grace and favor over each one.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, complete a devotional on You Version app.</p>	<p>SELF-CARE</p> <p>Today, do something you love that you do not normally do.</p>	<p>SPIRITUAL PRACTICE</p> <p>Memorize scripture that will encourage you in this season of life.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, commit an hour to sitting or walking in nature and praying for the church.</p>	<p>SPIRITUAL PRACTICE</p> <p>Today, fast from a comfort (food, media) and listen for God's voice. Journal about your experience.</p>	<p>SCRIPTURE READING</p> <p>Today, read Colossians 3. Then journal a takeaway.</p>