

The Growth Partner Challenge

What is the Growth Partner Challenge?

A 30-day challenge to help you connect intentionally with a few friends and encourage each other to grow in spiritual and physical health during this time of isolation.

How do I start?

With 3 simple steps.

1. **Invite:** Find 1-3 other people who will join you for the challenge. Think about people in your small group, neighborhood, or friend group that you want to build greater trust and connection with.
2. **Make a plan together:** Each group will make a plan to read, train, and pray together
 - **Read:** the book of John
 - **Train:** pick a habit to do (or stop) to improve your physical health
 - **Pray:** share prayer requests and encouragement together
3. **Check in on each other regularly:** This group doesn't have to meet for discussion like a small group but finds the best way to communicate regularly.

Below is a suggested reading plan to help you develop a good routine for reading John:

Day 1: John 1	Day 8: John 6	Day 15: John 11	Day 22: John 16
Day 2: John 2	Day 9: John 7	Day 16: John 12	Day 23: John 17
Day 3: John 3	Day 10: John 8	Day 17: John 13	Day 24: John 18
Day 4: John 4	Day 11: John 9	Day 18: John 14	Day 25: Acts 19
Day 5: John 5	Day 12: John 10	Day 19: John 15	Day 26: John 20
Day 6: Sabbath	Day 13: Sabbath	Day 20: Sabbath	Day 27: Sabbath
Day 7: Sermon Reflection	Day 14: Sermon Reflection	Day 21: Sermon Reflection	Day 28: Sermon Reflection
			Day 29: John 21:1-14
			Day 30: John 21:15-25

Create Your Growth Plan

When will you read Scripture?

- Pick a **consistent time and place** to spend time reading John
- **Share** when you will spend time with God with your group.

As we read Scripture, engage with God for transformation not just information. Try reading the passage a few times and pray. Consider keeping a journal to help you reflect on what God is saying to you. The following questions can help you listen to His guidance as you read

**What does this passage say about:
God? Humanity? Something God wants for or from us?**

How will you train?

- Every person **pick at least one habit** they will do and/or stop doing to grow in physical health
- **Share** what you will do with your group

Who will you pray for?

- **Write prayer requests weekly for** your circles of influence—where you live, learn, work, and play
- **Own your street**—prayer walk for prayer requests and neighbors 1x/wk



--	--	--	--

*“For **physical training is of some value**, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:8*