



# GROW RESOURCES

Resources to help you grow or share with a friend.

## *Tools (linkable pdfs)*

- [How to Spend Time With Jesus: SOAP and PRAY](#)
- [How to Do Communion at Home](#)
- [Recovering a Life of Rest Rather Than Anxiety](#)
- [Turning to Jesus With Our Difficulties](#)
- [How to Deal With Your Dark Side](#)
- [How to Develop a More Secure Identity](#)
- [How to Share Your Story](#)
- [Three Ways to Draw the Gospel](#)

## *Own Your Street in Prayer*

- [Sign up here](#) and pick once a week to walk your street and pray for your family, friends, and neighbors
- [How to Do a Prayer Walk](#)

## *Videos*

- [How to Pray](#): Prayer courses from 24-7 Prayer
- [How to Read the Bible](#): The Bible Project, An Introduction (4 videos)
  - [How to Read the Biblical Narrative](#): The Bible Project (6 videos)
  - [How to Read Biblical Poetry](#): The Bible Project (6 videos)
  - [How to Read Biblical Prose](#): The Bible Project (3 videos)
  - [Overviews of Every Book of the Bible](#): The Bible Project
- [How to Have Spiritual Conversations With Your Friends](#) (2:23)

## *Podcasts and Apps*

- [The Bible App](#)—Bible reading plans
- [The Emotionally Healthy Leader Podcast](#)—helping you change from the inside out
- [The Pause App](#)—helping you down to connect with God