

I
AM
GROWING



I AM GROWING JOURNAL

Illustrated by
Andrew Mokgatla
and Melanie Mokgatla



GROW is a ministry platform assisting individuals and groups on a journey of growth.

For something to grow, it needs proper inputs: care, support, time and supernatural intervention.

GROW seeks to take participants as they are, assess their developmental stages (physical, mental, emotional and spiritual), and make a plan to support their growth in multiple areas.

GROW is based on the example of Jesus' growth on earth. The Gospel of Luke tells us: "Jesus increased [grew] in wisdom and in stature and in favor with God and man." - Luke 2:52

Likewise, the pillars of GROW Ministry consist of **supporting growth in wisdom, health and relationships.**

This *I AM GROWING* journal will help you track monthly priorities, set goals and take steps of personal growth.

priorities

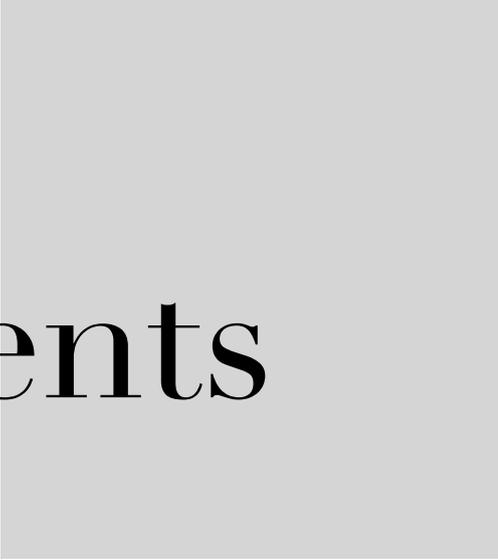
month _____ year _____

What are the things I MUST DO?

What SHOULD be higher on my priority list?

What would bring joy, progress, or growth?

Where can I GROW and use my time more wisely?



events



to-do



gratitude

What are you thankful for?

Take stock of the big and small things!

my goals

This month I will tackle these things ...

physical

mental

emotional

spiritual

priorities

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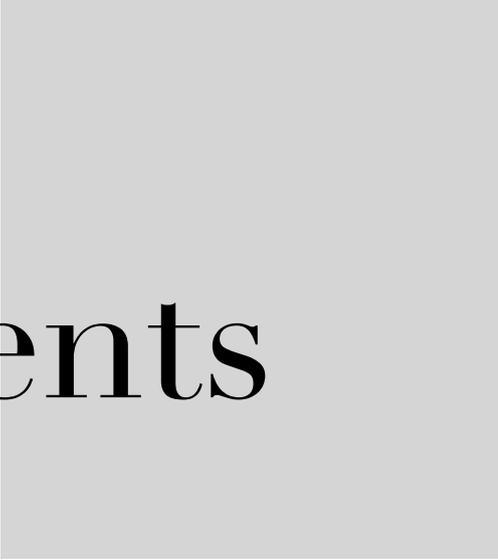
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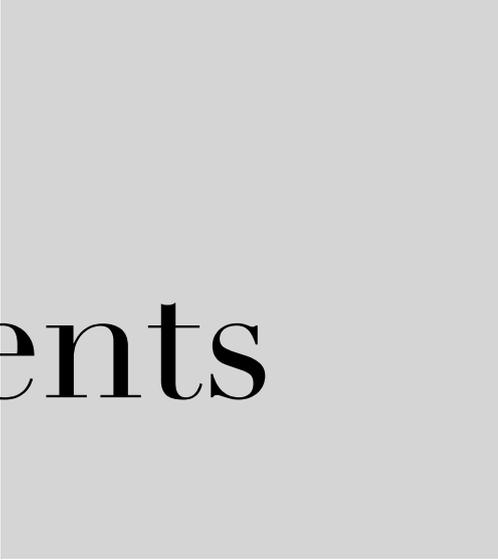
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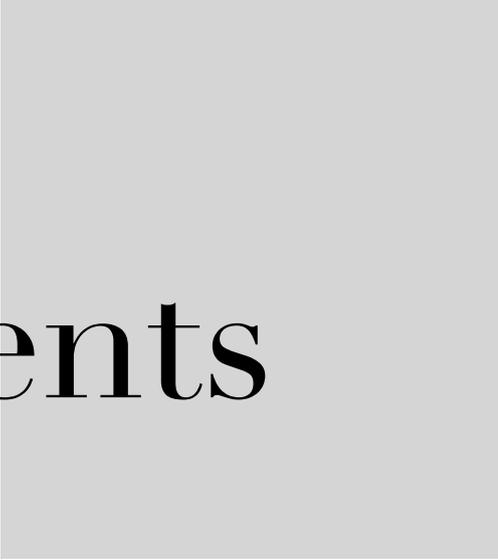
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tools

process & reflect

[a Specific Event or Time-frame]

The memory that has most stuck with me ... (this day, this event, this interaction)

What is God revealing?

What scriptures were important during this time?

What did I learn / see / discern about: people, God, myself?

What was comfortable / easy?

What was uncomfortable / difficult? Why?

What emotion would you use to describe this experience?

How would you describe this experience to others?

pause & locate

LOCATING MYSELF

My mind is
My heart is
My body is
My spirit is

This (week, month, event) was
Because
And I

This next (week, month, event) is
Because
And I will

LOCATING GOD

God's name is
Because he

God's heart is
And he feels (about this time, event, me)

God's thoughts are
And he knows

God's plan is
And I will



study

THE REAP METHOD

READ

Find the passages for today's reading in the Bible Reading Plan. Read the passages with an open heart, asking the Holy Spirit to give you words of encouragement, direction, and correction (2 Timothy 3:16). Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Spend some time reflecting and writing about what you've read. Write down one or two of the key verses that stuck out to you. Ask yourself these questions and write down your thoughts:

- × What is going on in the passage?
- × Who is writing and who is he writing to?
- × When was the author writing?
What are the circumstances that the author is addressing?
- × Does the writer mention anything that might indicate his purpose or intent?
- × How do you think the author wants his audience to respond?

APPLY

After examining the passage, apply the text to your own life. Ask yourself these questions:

- × What is God's word for me from this passage?
- × How will I live differently and be different today because of what I just read?
- × What are the things in my life that need to change in light of this truth?

PRAY

Pray through the passage and your application, asking God to change your heart and to change your life, based on the time you've spent in God's Word.



pray

DAILY THEMES

SUN	The Church
MON	Work
TUES	Family
WED	Friends
THURS	Our City & The World
FRI	The Lost, Broken, Needy
SAT	Thanksgiving & Praise

ACTS METHOD

A	Adoration / Praise
C	Confession
T	Thanks
S	Supplication / Requests

PRAY MATTHEW 6:9-16

“This, then, is how you should pray:

Our Father in heaven, hallowed be your name

ADORATION - Our personal Father, Divine Name. Ushers us into reverence and rushes our hearts into adoration.

Your kingdom come, your will be done, on earth as it is in heaven.

ACCEPT - Pray for and work for the continual advance of God’s kingdom on earth. The presence of God’s kingdom in this age refers to the reign of Christ in the hearts and lives of believers.

Give us today our daily bread.

ASK - Ask and it will be given. Seek and you will find.

And forgive us our debts, as we also have forgiven our debtors.

ADMIT - Opening ourselves to the ever-flowing stream of God’s forgiveness challenges us to confess our sins and to forgive those who have sinned against us.

And lead us not into temptation, but deliver us from the evil one.”

ATTACK - The request for protection and deliverance alert us to the Evil One who seeks to destroy human life from within and beyond. We often become the agents of kingdom transformation.

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Contact us to access training, coaching and support in implementing GROW's Mentorship Program.

GROW Ministry
PO Box 30159
Tokai 7966
Cape Town, South Africa

grow.mentor@gmail.com
www.melaniemokgatla.com/grow

