

**3**

**Memorize**

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."  
*(2 Timothy 3:16).*

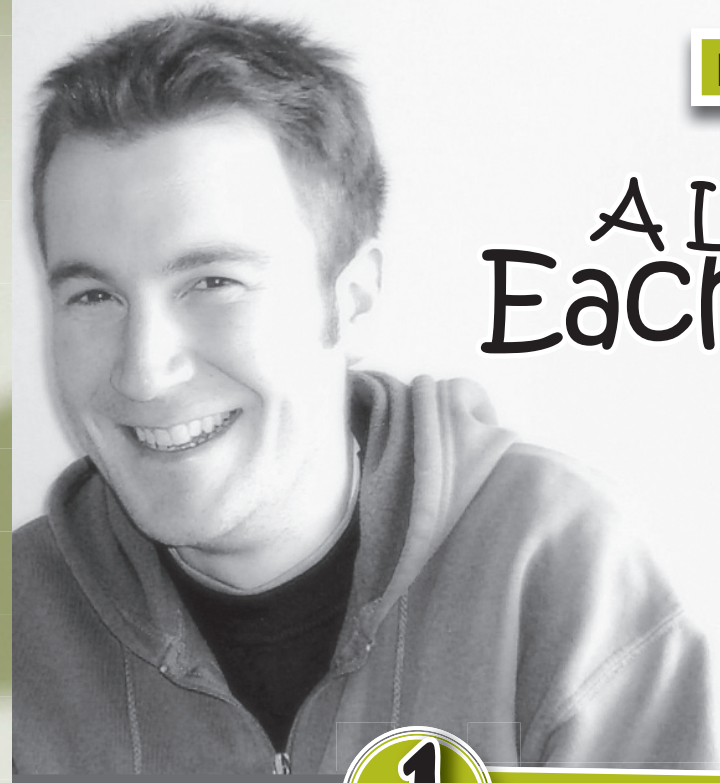
**4**

**Weekly Challenge**

Find a time, preferably early in the morning, and a place where you can be alone. Begin with a brief prayer asking God that through your Bible reading, you will find something that will help you to live better. Then, attentively read the chapter of the day. Write down your thoughts in a journal. Finish with another prayer, giving thanks for the blessings you have received, confessing your mistakes and weaknesses, and asking for God's help with the needs of others and your own. Dedicate 10 to 15 minutes daily to this "date with God."

Read the Gospel of John, chapters one to seven, and write what you learn in your journal. Read a chapter each day of the week and do not forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
John	1	2	3	4	5	6	7



# A Little Each Day



**1**

**Connect with the Word**



The house was full of joy because a baby boy was to be born. The parents waited enthusiastically, and their girls were happy because they would soon have a little brother. When the day for the birth arrived, there was great joy! But as days and months passed, no changes were seen in the growth of the boy, and he had a lot of trouble eating.

The situation was very serious and at the end of a year, his body still seemed like that of a five-month-old baby. After two years, the baby did not talk, nor did he walk because he was so small that his legs didn't respond. His heart did not grow either. The doctor said that he had a defect in his stomach and heart that caused him to be unable to take in nutrition. Eventually, the boy died because his body did not develop correctly.

This story helps illustrate the need for growth in the life of a Christian. You too were just born into a new life! You are now a new creation, and you should feed yourself and grow a little each day, until you are a strong Christian, mature in your faith.



To experience normal growth, a child has to learn to eat, walk, and communicate. The children of God have to learn to do the same things if they want healthy growth in their spiritual lives.

The New Testament calls new Christians "children."

This suggests the idea that there are similarities between what is needed for a child's body to grow healthily and what is needed for the spiritual life of a Christian to also grow normally. These similarities are called "spiritual growth."

Let's do an activity. In the Word Search, find the words that are characteristic of a child that grows normally.

T	P	S	Y	A	O	C	N	A
I	D	C	K	K	V	E	K	R
Y	A	X	D	L	E	P	C	T
M	G	S	T	A	A	S	P	B
N	N	E	R	T	I	W	R	L
T	W	V	P	J	M	L	O	W
A	U	O	E	Y	P	E	H	A
E	Z	I	N	G	O	C	E	R
J	P	S	D	A	E	Y	N	C

a. To move from one place to another \_\_\_\_\_

b. To begin to communicate  
\_\_\_\_\_

c. To know who people are after you have met  
\_\_\_\_\_

d. To take in food that is not liquid  
\_\_\_\_\_

e. The first movements with the legs \_\_\_\_\_

You understand that a normal child needs to do certain activities in order to grow. In the same way, if you desire to grow in your spiritual life, there are things you should do.

How do you relate the verbs that you found in the previous exercise with your spiritual life? (walk, recognize, crawl, eat, talk)

- \_\_\_\_\_ Study the Bible more in-depth.
- \_\_\_\_\_ Share what has happened to me with others.
- \_\_\_\_\_ To begin to serve in simple roles in the church.
- \_\_\_\_\_ To serve in a leadership position.
- \_\_\_\_\_ To distinguish between what is a Biblical teaching and what is not.

According to Matthew 4:4, what does a person need, besides food, in order to grow? \_\_\_\_\_

According to 2 Timothy 3:16, the Word is useful to do four things. Find them:

etahc \_\_\_\_\_

eburek \_\_\_\_\_

rroecct \_\_\_\_\_

iartn \_\_\_\_\_



What is the other nourishment that is important for spiritual growth, according to 1 Thessalonians 5:17? \_\_\_\_\_

In whose name should we pray? John 14:13-14 \_\_\_\_\_



You should know that your life is worth a lot, and that you should care for it in order to grow healthily.

You have to take time to read the Bible, to study it and pray, just like you take time to eat, drink, and sleep. As you feed yourself with the Word, your spiritual growth will continue. Remember, you need to grow a little more each day.



I invite you to take a sheet of paper and make an agreement with the Lord. Your agreement should include daily Bible reading and prayer. It would also be beneficial to begin writing in a journal. Each day, write about the things you are learning and even the doubts you may be having.

Pray that God strengthens you and helps you to be consistent in your nutrition and spiritual care. Rest assured that while you are trying to feed yourself with things of God, you will feel stronger in your faith. Take this challenge, and right away you will see the difference!