

# Self-Guided Experience

Congratulations on completing the first four weeks of Growth Track! It is our hope that your journey does not end here. In fact, we want to continue to partner with you so you can continue to grow in your faith.

As a reminder, the goal of Growth Track was to give you a plan that will help you do three things:

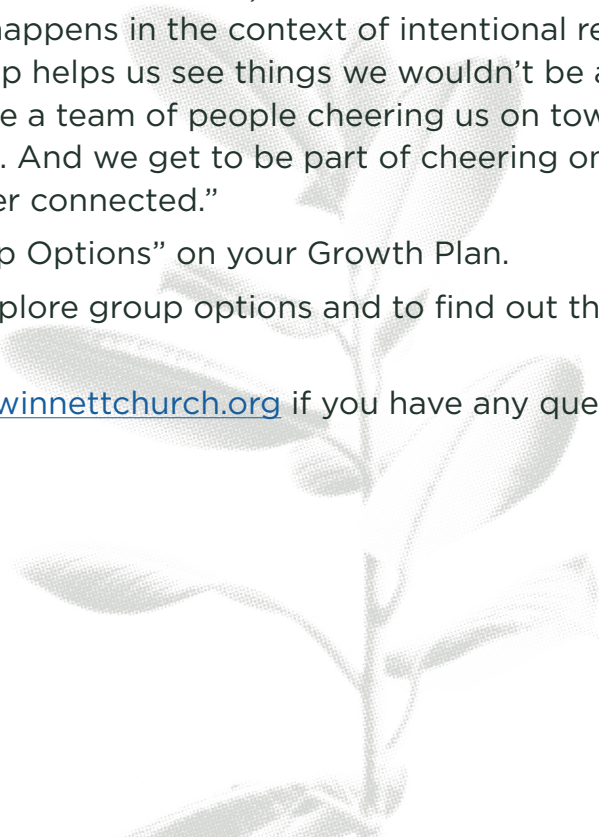
1. Connect into community.
2. Serve on a team.
3. Develop a spiritual discipline.

This guide will help you leverage resources by focusing on your unique Growth Plan. Feel free to use our resources website as you work through your plan to help you with the goals of Growth Track. So, let's get started!

## CONNECT INTO COMMUNITY

As we talked about in Growth Track, we are not meant to do this life alone. In fact, life change happens in the context of intentional relationships. Being connected in a group helps us see things we wouldn't be able to see when we're alone. We have a team of people cheering us on toward the very best version of ourselves. And we get to be part of cheering on others. This is why we say, "Life is better connected."

- Check out "Group Options" on your Growth Plan.
- Click [HERE](#) to explore group options and to find out the next opportunity to join a group.
- Email [groups@gwinnettchurch.org](mailto:groups@gwinnettchurch.org) if you have any questions.



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## SERVING ON A TEAM

Serving is a great way to use your spiritual gifts for the sake of others. And there is something special that happens in your heart and faith when you help others. It's how God wired you. Being part of the local church (Gwinnett Church) creates a sense of belonging and ownership. It helps you realize that there is more than just you. It also multiplies your influence as you pour into others.

- Check out “Team Options” on your Growth Plan.
- Click [HERE](#) to explore team options and to sign up to serve.

## SPIRITUAL PRACTICES

Spiritual practices are how you connect with God and ignite your faith. They are ongoing efforts to help you grow.

- Check out “Spiritual Discipline Options” on your Growth Plan.
- Watch [THIS VIDEO](#) that explains more about what they are, why we should do them, and how we can take steps.
- This [Discussion Guide](#) will help you dig in a little deeper.
- Under the video, you will find more information about the Practices of Engagement and Practices of Restraint.
- Choose a practice for the next 30 days and follow the template below.
- Email [growthtrack@gwinnettchurch.org](mailto:growthtrack@gwinnettchurch.org) if you have any questions.

## [\(TIPS FOR BEGINNING A NEW PRACTICE\)](#)



# Spiritual Practice ---

## WHY I CHOSE THIS PRACTICE

Goal:

Set a goal that is reachable for you over the next 30 days. Write out the goal so you can check in at the end of each week to track your progress. It is also helpful if you tell someone else about your goal so they can encourage you and be praying for you. You may even want to invite someone to develop a spiritual practice with you!

And remember, these are not always easy to do. Developing a habit takes a bit of discipline. It's like a muscle that gets stronger as you use it. If you are praying or reading the Bible, we recommend that you spend between ten to thirty minutes doing this each day.

## Week 1

### PRAY

Invite God into your experience over the next 30 days. Let him know what you are fearful of, what you are excited about, why you chose this practice, and anything else that is on your heart.

### JOURNAL

What are you learning about yourself? Is this harder or easier than you thought? What is God showing you about himself? How can this help you love others around you better?

### CELEBRATE

Looking back over the week, what can you celebrate? You can choose more than one! (This can be in many different areas: growth in understanding of self, God, and others; steps in serving others; steps in joining a group; consistency in practices, etc.)

### EVALUATE

Track your progress (on a scale of 1-5 with 5 being you reached your goal for the week). What kind of changes, if any, do you need to make to be successful this next week? [It's okay to adjust your goal as you go. Remember that this is a process.]

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## Week 2

### PRAY

Ask God to show you more of what he wants you to know through this process.

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### CELEBRATE

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## Week 3

### PRAY

Ask God for the strength and perseverance to continue toward your goal.

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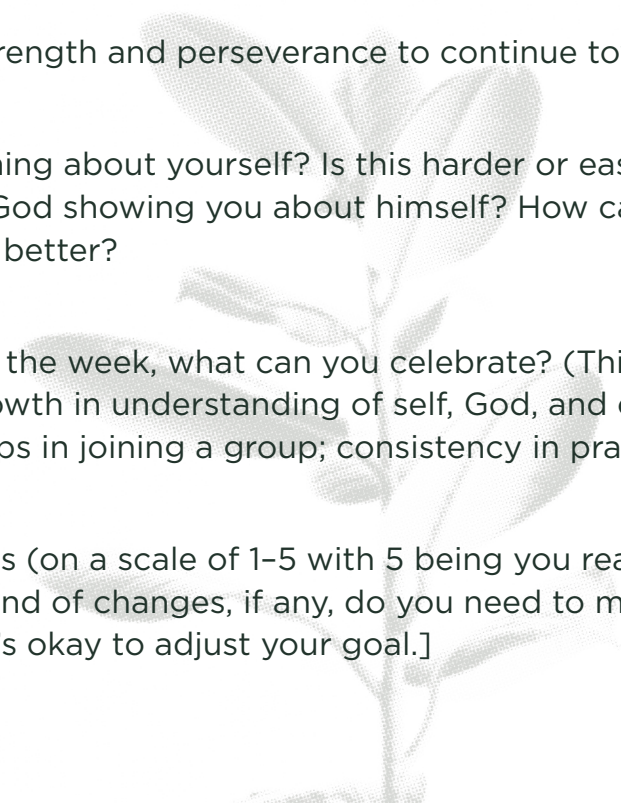
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### EVALUATE

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## Week 4

### PRAY

Ask God to remind you of his presence as you take steps to know him more.

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### CELEBRATE

Looking back over the week, what can you celebrate? (This can be in many different areas: growth in understanding of self, God, and others; steps in serving others; steps in joining a group; consistency in practices, etc.)

### EVALUATE

Track your progress (on a scale of 1-5 with 5 being you reached your goal for the week). What kind of changes, if any, do you need to make to be successful this next week? [It's okay to adjust your goal.]

Have you taken a step to serve on a team and join a group?

**CONGRATULATIONS ON COMPLETING AN ENTIRE  
MONTH OF YOUR SPIRITUAL PRACTICE!**



# Spiritual Practice

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## WHY I CHOSE THIS PRACTICE

Goal:

Set a goal that is reachable for you over the next 30 days. Write out the goal so that you can check in at the end of each week to track your progress. It's also helpful if you tell someone else about your goal so they can encourage you and be praying for you. You may even want to invite someone to develop a spiritual practice with you!

## WEEKS 5-8

For this next month, choose another spiritual practice you'd like to explore and repeat the steps above with the new practice.

## Week 5

### PRAY

Invite God into your experience over the next 30 days. Let him know what you are fearful of, what you are excited about, why you chose this practice, and anything else that is on your heart.

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### CELEBRATE

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### EVALUATE

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## Week 6

### PRAY

Ask God to show you more of what he wants you to know through this process.

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### CELEBRATE

Looking back over the week, what can you celebrate? (This can be in many different areas: growth in understanding of self, God, and others; steps in serving others; steps in joining a group; consistency in practices, etc.)

### EVALUATE

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## Week 7

### PRAY

Ask God for the strength and perseverance to continue toward your goal.

### JOURNAL

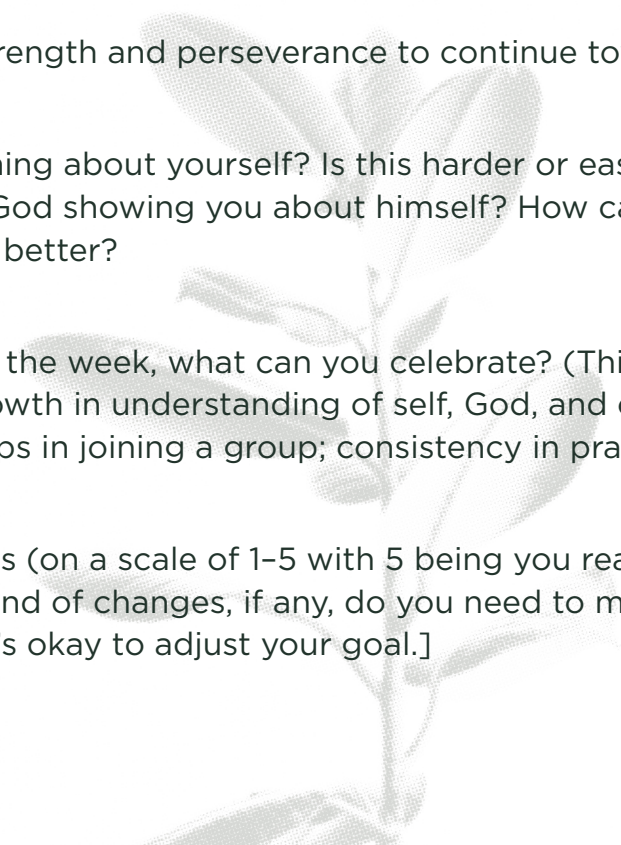
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### CELEBRATE

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### EVALUATE

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## Week 8

### PRAY

Ask God to remind you of his presence as you take steps to know him more.

### JOURNAL

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### CELEBRATE

Looking back over the week, what can you celebrate? (This can be in many different areas: growth in understanding of self, God, and others; steps in serving others; steps in joining a group; consistency in practices, etc.)

### EVALUATE

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MONTH OF ANOTHER SPIRITUAL PRACTICE!**





# Spiritual Practice

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## WHY I CHOSE THIS PRACTICE

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## WEEKS 9-12

For this next month, choose another spiritual practice you'd like to explore and repeat the steps above with the new practice.

## Week 9

### PRAY

Invite God into your experience over the next 30 days. Let him know what you are fearful of, what you are excited about, why you chose this practice, and anything else that is on your heart.

### JOURNAL

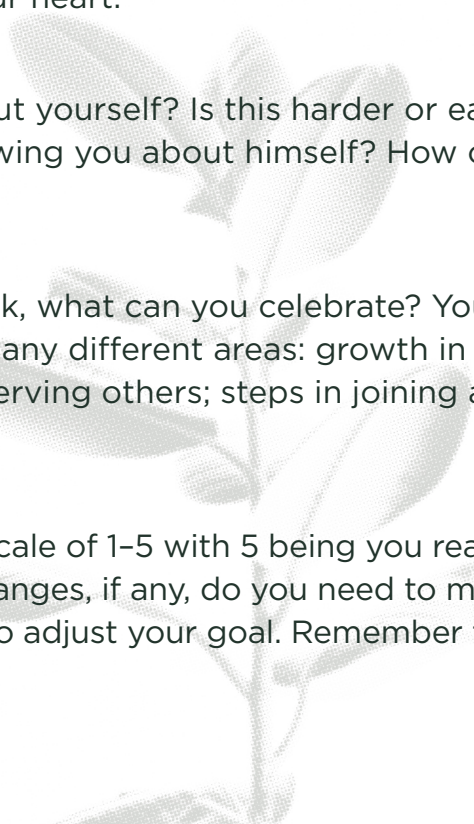
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### CELEBRATE

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### EVALUATE

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## Week 10

### PRAY

Ask God to show you more of what he wants you to know through this process.

### JOURNAL

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### CELEBRATE

Looking back over the week, what can you celebrate? (This can be in many different areas: growth in understanding of self, God, and others; steps in serving others; steps in joining a group; consistency in practices, etc.)

### EVALUATE

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## Week 11

### PRAY

Ask God for the strength and perseverance to continue toward your goal.

### JOURNAL

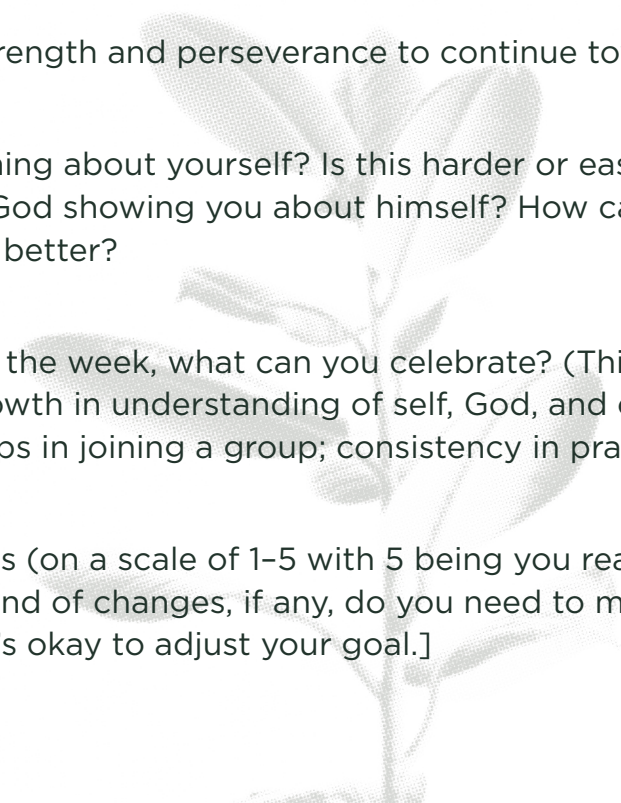
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### CELEBRATE

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### EVALUATE

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## Week 12

### PRAY

Ask God to remind you of his presence as you take steps to know him more.

### JOURNAL

What are you learning about yourself? Is this harder or easier than you thought? What is God showing you about himself? How can this help you love others around you better?

### CELEBRATE

Looking back over the week, what can you celebrate? (This can be in many different areas: growth in understanding of self, God, and others; steps in serving others; steps in joining a group; consistency in practices, etc.)

### EVALUATE

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## SELF-REFLECTION

You may want to journal through the following questions:

1. How have I experienced growth?
2. What have I learned about myself through this process?
3. How has my view of God changed?
4. What areas do I want to continue growing in?
5. Which area was most impactful for me?
6. How do I plan to continue to connect, serve, and develop?

## MAKING IT STICK!

Now that you've tried several spiritual practices, we want you to find one that fits well in this season.

Answer the following questions to identify next steps for you:

1. As you look back over the past few months, which spiritual practice did you connect with the most?
2. Why do you think this is so?
3. Think about your wiring, your gifts, your schedule, and your needs in this season. Which practice would you like to continue?
4. What are some ways you can make this part of your routine?

## MORE ON CONNECTING WITH GOD

Want to learn more about how you connect with God? Take the Spiritual Pathways assessment [here](#). Be sure to click on "GET THE TEST PDF" to tally your score and for more information on each of the different pathways.

