



SPIRITUAL GROWTH RESOURCES FOR

20

23

2023 IS HERE!

As 2023 begins, we want to encourage you to spend time connecting with God each day. While you might have idyllic visions of quiet moments early in the morning with a Bible in your lap and a cup of coffee nearby, we all know it's not always feasible every day. There are countless ways to engage and connect with God throughout your day and here's a few ideas we've gathered to get you started.



01 — Read the Gospel of Luke

It's a great introduction to who Jesus is and why he came to earth. If you read a chapter each day then you'll have read the whole book before the end of January. We'll be going through Luke at the start of 2023, so as you read you'll be preparing for what you'll hear each Sunday. Is it a struggle to sit and read the Word? Listen instead, using the [Bible app](#) or [Dwell app](#).



02 — Prayer Walking

Take a walk outside and pray a simple prayer. Breathe in for the first part, and breathe out for the second. The prayer can be spoken, whispered, or you can silently meditate in rhythm with your breathing. "The Lord is my shepherd.... I shall not want" (Psalm 23:1). [Other breath prayers can be found here.](#)



03 — Journal

Write down something you're grateful for or write a sentence about the way you've seen God in your day or week. Feeling disconnected? Write a sentence or two honestly telling the Lord how you're feeling. You can probably find a Psalm saying something similar!



01 — Memorize Scripture

Pick a short piece of scripture to memorize and practice it when you drive. [Check out this post from the Navigators](#) about getting started memorizing scripture. Want a different place to start? 2 Corinthians 5:17 says “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” That’s a truth for the new year that we all can proclaim.

One way people memorize scripture is to practice writing it every day for a week. Pray through it slowly as you write. We really like the [Dwell Scripture Memory Journal](#) for this practice. Try doing this with 2 Corinthians 5:17 this week!



02 — Read the Bible Intentionally

Just like going to the gym and randomly choosing some machines and exercises for your workout doesn’t give you great long-term results, reading the Bible without a plan doesn’t give you a full picture of the Word of God. Choose a Bible Reading Plan and commit to reading the Word for a few days each week or every day.

Here’s a round up of some great options:

[Foundations of Faith](#)- Bible app

[Near to the Brokenhearted](#)- Bible app

[Biblical Storyline in a year](#)- Bible app and The Bible Project

[How to Study the Bible with Jen Wilkin](#)- Bible app

[Hebrews](#)- WordGo app, with questions and notes



03 — Preach the Gospel to Yourself

As you start your week on Sunday or Monday, re-teach yourself the Gospel. It is good news! Maybe you say it aloud to yourself or write it down, but pause to stop and remind yourself of your own story and of how Christ saved you. If this feels a little weird to you, [this video from Saturate](#) can help you get started.

REFLECT

As 2023 begins, let this be a moment when you pause, reflect, and consider what you hope for your spiritual life with Jesus. Is your experience with Christ something you want on Sundays only? Or do you want it to be a relationship that continues throughout your week? Jesus wants to be with you. He came as Emmanuel, God with us- for you. Abiding with Christ isn't something we accomplish, but Someone we turn toward in small ways as we choose a life of peace with Jesus.

If you have more questions about connecting with God or find yourself stuck, one of our staff would love to talk with you more.

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Contact us

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Happy New Year!