



REconnect
SPIRITUAL GROWTH
5-DAY CHALLENGE

DAY 2

SPIRITUAL GROWTH RHYTHM™ WORKSHEET

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Hello there! And welcome to Day 2!

I hope you enjoyed your first chance to go through the Spiritual Growth Rhythm™ yesterday and see what it was like to Receive God's wisdom (Step 1); Recognize God at work in your life (Step 2); and Release your fears and worries to Him (Step 3).

Let's get started on Day 2!

Here's your plan for DAY 2:

STEP 1: COMPLETE THE DAY 2 WORKSHEET

Today's verse is Romans 12:1-2 (one of my favorites)!

STEP 2: SHARE IN TODAY'S VICTORY THREAD

Share what you learned in today's study by clicking on today's "VICTORY THREAD" in the Facebook Group. How is God speaking to you in today's study? What's really impacting you?

Don't forget: Everyone who completes ALL 5 DAYS of their daily spiritual growth exercises and shares about it in the designated Facebook thread will be entered to win an AWESOME prize (to be given away at the end of the week)!

STEP 3: JOIN US AT THE LIVE TEACHING AT 1:00 P.M. PACIFIC

We'll go over the Day 2 Spiritual Growth Rhythm™ Worksheet, share more about the topic around today's verse, and we'll talk more about overcoming those mindsets or situations that keep us from connecting with God.

Have a great day, and can't wait to connect at today's Facebook Live!

DAY 2

Romans 12:1-2

receive 

READ THE VERSE

REWRITE: Copy the entire verse as it's written in your translation.

RESTATE: Replace each word in the verse with a similar word or phrase without changing the meaning.

RELATE: How have you seen this verse to be true in your life? What other verses or Bible stories does it remind you of?

RESPOND: How can you apply this verse to what's going on in your life today?

recognize release 

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