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A Deeper Life with God

SPIRITUAL GROWTH PACK

Ginger's tips, truths, and prayers to grow your faith and deepen your relationship with God.

SIMPLE WAYS TO CULTIVATE *A Deeper Life*

Seek God first.

Listen to God and dig into His Word.

Invite the Holy Spirit into every day.

Believe that no matter what, God is good.

Rely on Christ in this moment.

Live like what God says is true.

Embrace the truth of God's Word.

Trust God with your spiritual growth.

Practice Sabbath-keeping and rest.

Don't neglect soul care.

Be nice to yourself and kind to others.

Ask God show you how to find balance.

Receive and express love daily.

Practice putting others first in healthy ways.

Think about what you're thinking about.

Reject lies and embrace the truth that sets you free.

Process your emotions with Christ.

Let go of negative thinking that holds you back.

Make the most of today.

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30 Ways to Listen to Jesus

Speak Through Scripture

As you read and reflect on a Scripture passage, listen for what Jesus brings to your attention. Use this list of ideas to explore what Jesus is saying to you.

Is Jesus speaking to me about...

- Attitude to change
- Command to obey
- Deed to forgive
- Detail to notice
- Direction to pursue
- Emotion to process
- Encouragement to enjoy
- Error to avoid
- Example to follow
- Expectation to release
- Gift to accept
- Goal to set
- Gratitude to express
- Instruction to heed
- Observation to make
- Passage to map
- Peace to embrace
- Promise to claim
- Provision to receive
- Question to explore
- Reason to praise
- Sin to confess
- Step to take
- Thought to journal
- Topic to study
- Truth to believe
- Verse to personalize
- Psalm to pray
- Verse to write
- Word to define

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15 SIMPLE WAYS TO OVERCOME DISTRACTION AND FOCUS YOUR ATTENTION ON GOD

1. **Silence your phone** and put it out of sight.
2. **Take a few deep breaths**, letting go of tension as you exhale. Breathe in the life of God and exhale your distracting thoughts.
3. **Give yourself time to transition** from activity to attentiveness from doing to being present.
4. **If you get distracted**, just come back to focusing on God.
5. **Keep paper handy** to note tasks that come to mind. Writing relieves you of the fear of forgetting something important.
6. **Ask the Holy Spirit** to help you focus on God and block distractions from your mind.
7. **Read a Psalm or short devotion** as helpful "warm up" for your attention. Devotions and other spiritual reading instruct, inspire, and equip us. Be sure you don't let them replace a consistent practice of meditating on God's Word.
8. **Journal thoughts and emotions** on days when you feel overwhelmed with an issue. Write it out to God, getting it out of your head and onto paper. When problems are consuming, this practice can help us clear our heads. Written prayers remind us of God's presence in the midst of challenges we face. This can be helpful before or after your time of meditative reading. Trust the Spirit to lead you as there isn't a right or wrong order to any of this.
9. **Read a short passage of Scripture**. Pause to listen to the thoughts and impressions the Holy Spirit brings to mind as you read and pray. You may find it helpful to read the passage a couple of times, pausing after each phrase.
10. **Write the Word**. When a verse stands out, write the verse in a journal or notebook. Many enjoy being creative with how they write the verse, tapping into both sides of the brain. Emphasize words that resonate with larger print, color, picture, or different style (you don't have to be a great artist). Writing slows our minds and focuses attention. Adding a creative element integrates the right and left brain. Expect the Holy Spirit to speak through insight, observation, impression, or reflection.
11. **Ask God, "What do you want me to know about this today?"** Stay on the topic rather than wander into your prayer list of needs and concerns. (You can pray about those in a few minutes). Write thoughts, feelings, questions, or observations that come to mind. View this interchange as a relaxed conversation between trusted friends. For those who don't like to journal, try using bullet points and short phrases instead.
12. **Invite the Holy Spirit to continue the conversation** and help you to commune with God during your day.
13. **Take a pause during the day**, a mental time out. Turn your attention to God with a quick prayer as you remind yourself of his presence.
14. **Memorize a Bible verse on attending to God**. Trust the Holy Spirit to remind you of God's presence through the verse.
15. **Trust God with your spiritual attention**. Ask for his help and then trust him to develop deeper attention over time. You will discover your own ways of settling your thoughts and opening your ears to God's voice.

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10 PERSPECTIVE SHIFTS TO FREE YOUR HEART FROM FEAR

1. **Replace worry with gratitude.** Be thankful for what God is doing rather than be anxious about how you well are doing.
2. **Focus on following God over fretting about failure.** Trust God to lead you. You're not in this alone and it doesn't all depend on your ability.
3. **Don't let fear of failure ignite discouragement.** Shift your heart from seeking personal success to rejoicing in the triumph of Christ as you bring every discouragement to Him.
4. **Don't compare and compete.** Culture is rife with temptation to measure yourself against others. These toxic sisters never lead to God's perspective.
5. **Keep your focus on God's glory rather than bowing to the pressure to succeed.** You have nothing to prove. In Christ you are deeply loved and valued; you are already worthy. Trusting God in the process is the path to success that carries eternal weight.
6. **Ask God to speak through you,** "Lord, please manifest Your words through me today."
7. **Shift your outlook from obsessing over outcomes to sharing God's Word** with sincerity as you follow Christ.
8. **Be confident in Christ.** Be competent through Christ because your adequacy is from Him.
9. **Stop giving into the condemnation of your fears.** Pressure to prove yourself drains life from your soul.
10. **Enjoy God's presence and trust Him to lead you to the path of life** rather than the quick route to momentary success.

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A Prayer to Put On the *Armor of God*

Lord, by faith I put on the full armor you have given me.
Your provision and power are my protection. Thank you for this extraordinary gift.

By faith, I put on the belt that is truth of your Word and the truth that is the Lord Jesus Himself. Jesus, you are my way, my truth, and my life. Hold me together with your truth. Fortify me to the core, the center of my strength, with your belt of truth. Hold every part of me in alignment with truth.

By faith I put on the breastplate of your righteousness. Cover my heart, my source of life, and all my desires with your way of doing and being right. Guard my heart and my emotions from every dart and arrow of the Enemy. Remind me you of your nearness when I feel alone in the fight. You cover my vulnerability with your presence.
Thank you you for the gift of your righteousness.

By faith I put on my shoes of the preparation of the gospel, the good news of salvation that gives me peace. Empower me to stand and to walk in your powerful peace. May your peace prepare my motivation, words, and actions for all I will encounter today.

By faith in the power of your name, I lift my shield. Cover me with your faithfulness. Shelter my family with the shield of faith. Deflect every fiery arrow that comes against us today. We depend on you as we raise our faith over our vulnerability and need.

By faith, I put on the helmet of salvation. Guard my every thought with your saving grace. Protect my mind and don't let me forget that you have saved me and are making me holy and whole. Let my salvation deliver me from faulty thinking that leads to doubt and defeat. Help me to remember that the battle is yours and you have already defeated the Enemy.

By faith, I take up the powerful sword of your Spirit. Open my ears to your "rhema" words uttered by your living voice. Guide my hand to the specific truth of your Living Word that will best defend against Satan's schemes. Your Word is a two-edged sword, powerful to defend and to advance. Move me to wield the sword of the Spirit, for you know what will best meet the need of the moment.

In all these things, I pray in the Spirit with every kind of prayer you put in my heart. I depend on you to help me to pray. I depend on your protection and help to stand firm in the full armor of God.

In the victorious name of Jesus, amen.

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My Prayer for Peace to Make a Hard Decision

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

Romans 15: 13

Lord, today I choose to trust You with the uncertainties in my life. Help me to hold on to hope as You give me strength and courage of Your Spirit.

By faith I receive peace to believe You will make my path straight. You are bigger than my ability to know what is best in this decision.

Fill my anxious heart with joy and peace as I surrender my right to make the perfect decision. I don't have to have all the answers because I have You. I choose faith and that is the best decision of all.

You are faithful and true. Today I give You my troubled heart in exchange for confidence that You will help me decide what to do. Pour out the power of the Holy Spirit to set my heart free from fear and make my way straight.

I trust You to work Your will into my life through the decision You lead me to make. Thank You for helping me make a good decision. I ask for favor and blessing to move forward with bold faith and a peaceful heart.

In Jesus' name amen.

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Biblical Ways to Find Peace to Make a Hard Decision

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

Romans 15: 13

Hold on to Hope

*Be strong and let your heart take courage,
all you who wait for and hope for and expect the Lord!*

Psalms 31:24 AMPC

Choose Faith Over Fear

*The Lord is my light and my salvation;
whom shall I fear?*

Psalms 27:1 NASB

Receive the Gift of Peace

*Peace I leave you, My peace I give you; not as the world gives, do I give to you.
Do not let your hearts be troubled, nor fearful*

John 14: 27 NASB

Trust Jesus with the Process and the Outcome

*Trust in the Lord with all your heart
And do not lean on your own understanding.*

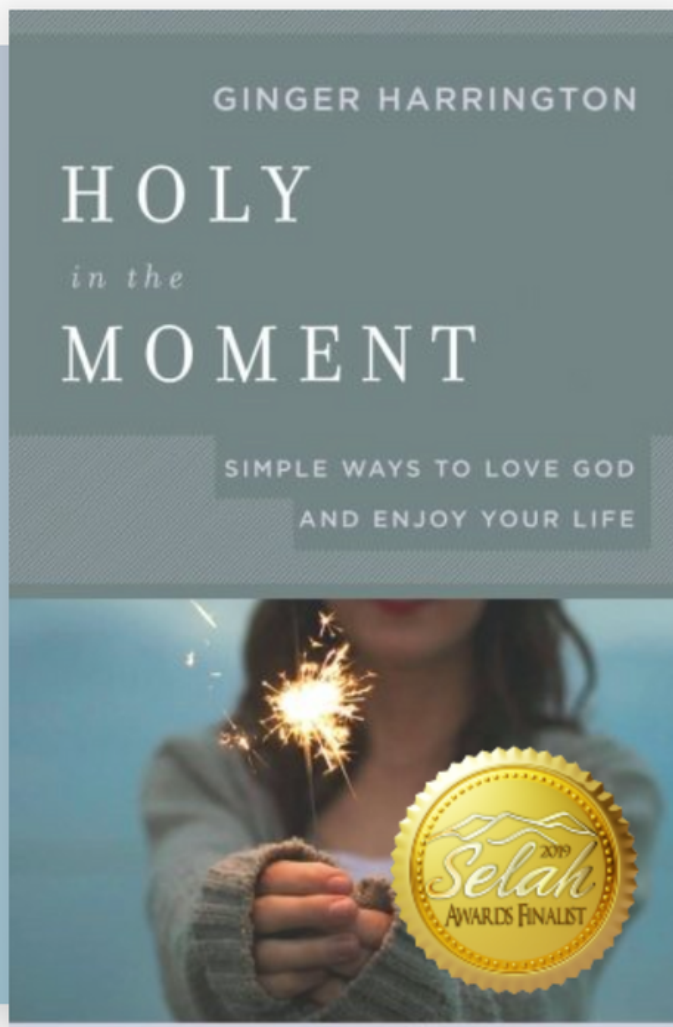
*In all your ways acknowledge Him,
And He will make your paths straight*

Proverbs 3:5-6 NASB

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Get more encouragement and practical ideas to nurture your soul and strengthen your spirit.



HOLY IN THE MOMENT

Simple Ways to Love God And Enjoy Your Life

A powerful encouragement for anyone who struggles to overcome anxiety, perfectionism, insecurity, or other mindsets that hold us back. Grow in holiness without the pressure of having everything “just right.” Through gentle encouragement, biblical insights, and applicable ideas you can experience a deeper life of freedom in Christ. Transparently sharing my own struggles, I want to help you live from the reality of hope, healing, and holiness..



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