

DAY 4 Read Rom.12:1-2 focusing on Your Own Life Decision.

If the main spiritual goal for you is to know God and His perfect Will for your life, how does this Scripture challenge you? What is a practical next step for you with this? How is your life a “living sacrifice” to God and where is He transforming you the most right now? Pray for God’s Will in your life.

DAY 5 Read the Scriptures above and set a Personal Goal in each area for your life for 2022. (Keep it simple & practical – don’t overthink it.)

1. Physical Health Goal:
2. Spiritual Habits Goal:
3. Mental Goal:
4. Relational Goal:
5. Spiritual Directional Goal (Knowing God’s Will for You)



Pastor Ken Goodban

Part 1

1.2.22

“Grow Up”

Luke 2:39-52

“Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.” Luke 9:23 NLT

5 Growing Up Basics...

1. Growing Up is not Automatic
2. Growing Up takes Discipline
3. Growing Up involves New Habits
4. Growing Up requires a Coach & Community
5. Growing Up in God’s Will is the Goal

“There the child grew up healthy and strong. He was filled with wisdom, and God’s favor was on him.... Jesus grew in wisdom and in stature and in favor with God and all the people.” Lk.2:40, 52 NLT

5 Basic Health Decisions for 2022...

1. I will boost my Physical Health.

“...grew up healthy...”

“Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.” 3Jn.1:2 NLT

“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So, you must honor God with your body.” 1Cor.6:19-20 NLT

2. I will improve my Spiritual/Habitual Health.

“...and strong...”

“Physical training is good but training for godliness is much better, promising benefits in this life and in the life to come.” 1Tim.4:8 NLT

3. I will strengthen my Mental Health.

“He was filled with wisdom...”

“Wisdom is the principal thing; Therefore, get wisdom. And in all your getting, get understanding.” Pro.4:7 NKJV

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” Isa.26:3 NLT

4. I will enrich my Relational Health.

“...and all the people.”

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had...” Phil.2:3-5 NLT

“Make allowance for each other’s faults...Above all, clothe yourselves with love, which binds us all together in perfect harmony.” Col.3:13-14 NLT

5. I will increase my Spiritual/Directional Health.

“...and God’s favor was on him.”

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Rom.12:2 NLT

DAILY LIFE GROUP GUIDE _____ Jan.3-8, 2022

Use *this* guide this week to help you spend time with God every day. As you go through the daily devotional, reflect on His Word and pray specifically for God to guide your steps each day. Take one day at a time - Read, Reflect, and Record your answers. Spend time in prayer for God’s guidance. Share your thoughts & action steps with your LifeGroup. We are Better Together!

DAY 1 Read Luke 2:39-40 focusing on Jesus growing up in Nazareth.

What can you tell or observe about Jesus’ home life growing up? What would it have been like to grow up in Nazareth (Jn.1:46)? What would you say was Joseph & Mary’s part in the development of Jesus in each of the areas mentioned? As a Parent or Grandparent, how can you apply this to your own life and in relationship to any children in your life? Pray for your own growth.

DAY 2 Read Luke 2:41-50 focusing on Jesus as a Pre-Teen.

How did Joseph & Mary “lose” Jesus when he was 12? Where did they find him and why were people amazed at him? What was their response and what does this tell you about them, Jesus, and you? What is God doing in your life right now that you don’t understand? Pray for wisdom & understanding.

DAY 3 Read Luke 2:51-52 focusing on the key areas of Jesus’ Growth.

Define the 4 key areas of Jesus’ growth that Luke points out here. How is this a good check-up for you right now in your life? How would you grade yourself in each area and why? Pray for new growth in your life in each area. →