

# 30x30

## Grow Deep Challenge

Sometimes finding the time and motivation to spend time with God can feel like a challenge. We have so many things going on that we can never find a time to fit it into our schedule. Here's the truth: we always find time for things we **choose** to make time for.

**For followers of Jesus,  
your time with Jesus is  
crucial to your growth  
as a believer.**

So here's the challenge:  
**Spend 30 minutes a day with God.**

You might break this down with **10 minutes of reading your Bible** (using a translation that you understand), **10 minutes of writing in a journal about what you've read**, and **10 minutes praying**.

For someone who is just getting in the habit of spending time with God each day, thirty minutes can seem like a long time. So, we've given you some ideas on the next page for how to start.

For this to really work, you will need a friend participating in this challenge with you. Accountability is key to consistency, and we believe we are better together. It might be just you and one friend or maybe it's a whole group of people. However, each day check in to let each other know when you have completed your 30 minutes and encourage each other. If you miss a day, don't beat yourself up - just pick up where you left off.

We've also created a playlist of music that might help you prepare for your time with God each day. There are a variety of songs, all of which can help you get in the right mindset as you sit down for the most important 30 minutes of your day. This playlist is available on Spotify and there's a link on our website: [www.gatewaynazarene.org/growdeep](http://www.gatewaynazarene.org/growdeep).

**The goal is not to be perfect.**  
**The goal is to spend time with God.**  
**30 minutes for 30 days.**  
**Are you up for the challenge?**

## **WHAT TO PRAY ABOUT**

For the next 30 days, you'll be spending 10 minutes talking to God. Spend time talking and listening, even if it feels weird at first. Don't beat yourself up if you lose concentration - just start where you left off. Here are a few ideas of what to pray about:

### **SAY "THANKS"**

Make a list of what you're thankful for today. These things can be big or small, just spend time thanking God for all He's blessed you with today.

### **SAY "WOW"**

What God creates is amazing. Take time to notice His creation by looking (or going) outside) so you have more to see. When you realize the beauty in His creation, you'll start to notice just how awesome God is - tell Him so!

### **BE REAL**

We don't worship a God that only wants a one-way relationship. Instead, He wants to walk with you and call you into a life with Him. Relationships are always better when you're honest with someone. If you messed up, say so. If you're hurt, say that, too. If you're not sure you trust God, tell Him. He won't be mad. He wants to have an honest relationship with you.

### **ASK FOR HIS HELP**

There's nothing selfish about praying for yourself. Think of it like a little kid asking his or her dad for help. In the same way, your Heavenly Father wants you to come to Him for whatever you need. Take time to think about where you're at in your relationship with God and ask Him to show you how to take your next step.

### **PRAY FOR PEOPLE**

Spend some time asking God to help other people. Pray for people - maybe your family, friends, leaders, or coworkers. The Bible even says we should pray for our enemies. We believe seeking God's will in our relationships helps us to see each other the way God sees us.

## **WHAT TO WRITE ABOUT**

Writing doesn't look the same for everyone. You might like writing lists, phrases, or entire paragraphs. You might even try writing a letter to God, or maybe you prefer to draw! The point is to spend time thinking and capturing your thoughts. Here are some things to consider:

### **WRITE ABOUT THE PASSAGES YOU READ**

- What stood out from what you just read?
- What commands or promises did you read about in the text?
- What did you read that made you ask some questions or didn't make sense to you?

### **WRITE ABOUT GOD**

- What have you noticed about Him that you didn't notice before?
- How has your relationship with God grown this year?
- How has your relationship with God struggled this year? Write about it.

### **WRITE ABOUT YOU**

- What (good or bad) is taking up the most space in your brain today?
- What are you struggling with?
- What makes you scared or anxious?
- What has made you feel ashamed or regret lately?
- What are you dreaming about?
- What do you want to be known for?