

# TWO-WEEK GROWTH CARD



MAKING PASSIONATE DISCIPLES OF JESUS CHRIST WHO ARE BELONGING, **GROWING**, SERVING AND REACHING.

USE THIS SIMPLE CARD FOR TWO WEEKS TO ENCOURAGE SPIRITUAL GROWTH.

## DIET:

I HAD A HEALTHY MEAL  
(PRAYER AND BIBLE).  
MATTHEW 4:4, JEREMIAH 15:16

WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

I ATE JUNK FOOD  
(CONSUMED STUFF NOT GOOD FOR ME).  
PHILIPPIANS 4:8, PROVERBS 18:8

WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

## EXERCISE:

I DID SOMETHING ON PURPOSE TODAY  
TO OBEY AND FOLLOW JESUS.  
JAMES 1:22, PHILIPPIANS 4:9

WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

I CURRENTLY HAVE SOMEONE TO TALK  
TO WHO HELPS KEEP ME ON TRACK  
(AKA ACCOUNTABILITY PARTNER).

YES

NO

# SLEEP:

THERE IS SOMETHING KEEPING  
ME FROM TRUE REST.

YES

NO

IF YES, IT IS: \_\_\_\_\_

MATTHEW 11:29, PSALM 127:2

GIVE YOURSELF A CHECK MARK IF YOU DID SOMETHING BIG OR SMALL  
TO MOVE TOWARD HELP, HOPE, OR HEALING.

## WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

## WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

NEED HELP FIGURING OUT A NEXT STEP? USE THE DISCIPLESHIP GUIDE.