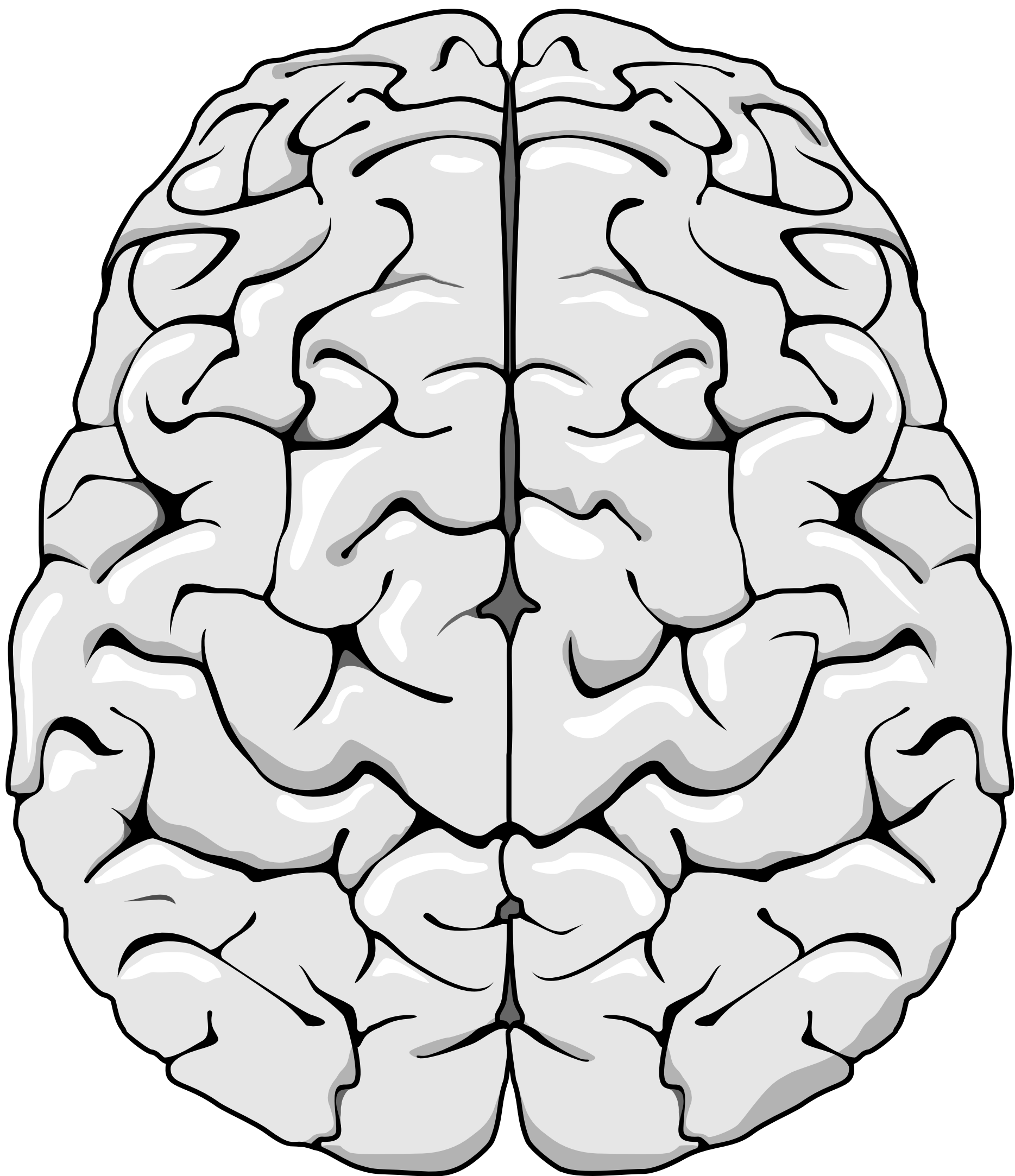


"Brain Games"

WHAT DOES GOD SAY ABOUT
EMOTIONAL HEALING?



GROW BOOK
HIS TABERNACLE FAMILY CHURCH

WHAT IS A "GROW BOOK"?

This grow book is a tool (not a replacement) to supplement our daily devotional time. It follows the monthly series to help drive the message deeper into our hearts and provides practical application.

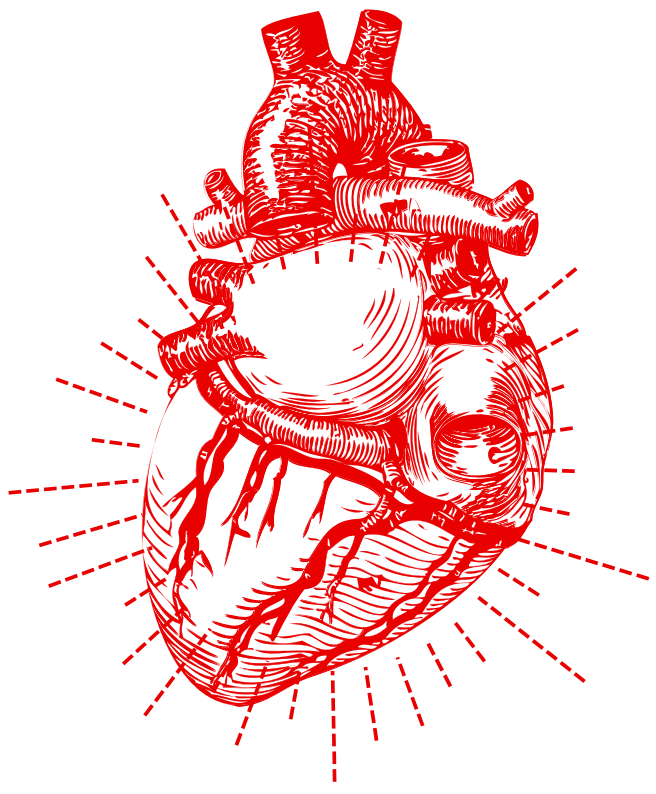
This is not a replacement for your own bible reading time.

G. These are your weekly "goals".

R. This is your "reading" for the day.

O. What did you "observe" from your reading?

W. What will I apply to my life?



WEEKLY GOALS

- ☐ Read my grow book everyday.
- ☐ Bring a drink or snack to an unsaved friend and share what Jesus has been doing in my life lately.
 - ☐ "Hey, you wouldn't believe what has happened to me lately..."
 - ☐ Write their name _____
- ☐ Bring 1 friend to service who needs emotional healing.
- ☐ Determine my main negative thought and create a plan to overcome it.
- ☐ Memorize 2 Corinthians 10:4–5.



"But be doers of the word, and not hearers only, deceiving yourselves." James 1:22

Service Notes

Preacher

Title:

Date:

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:

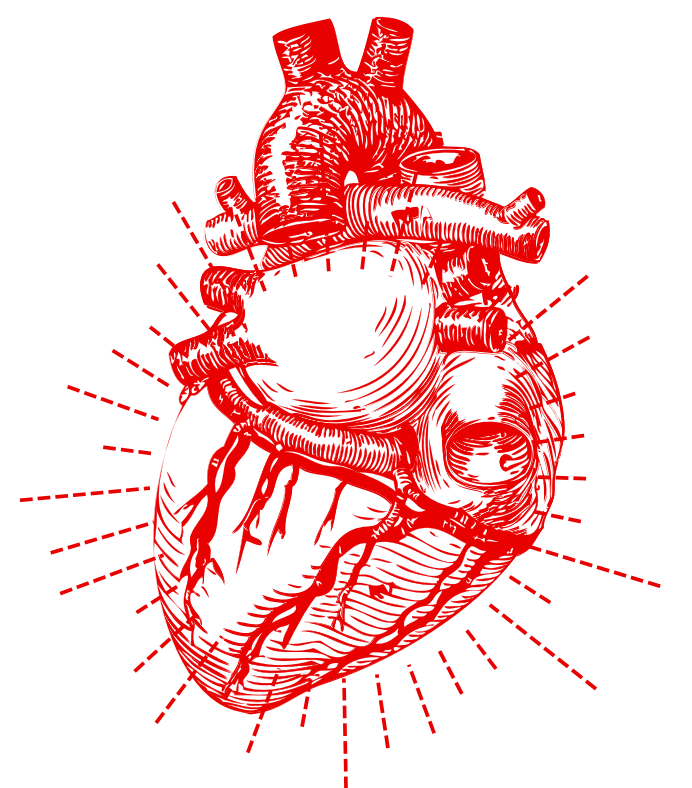
Goals: Review them from the beginning of the week!

Read: 2 Corinthians 10:1–6

Observe: What stuck out the most from my reading?

What's Next: What from the bible reading do I need to apply to my life?

PRAYER:



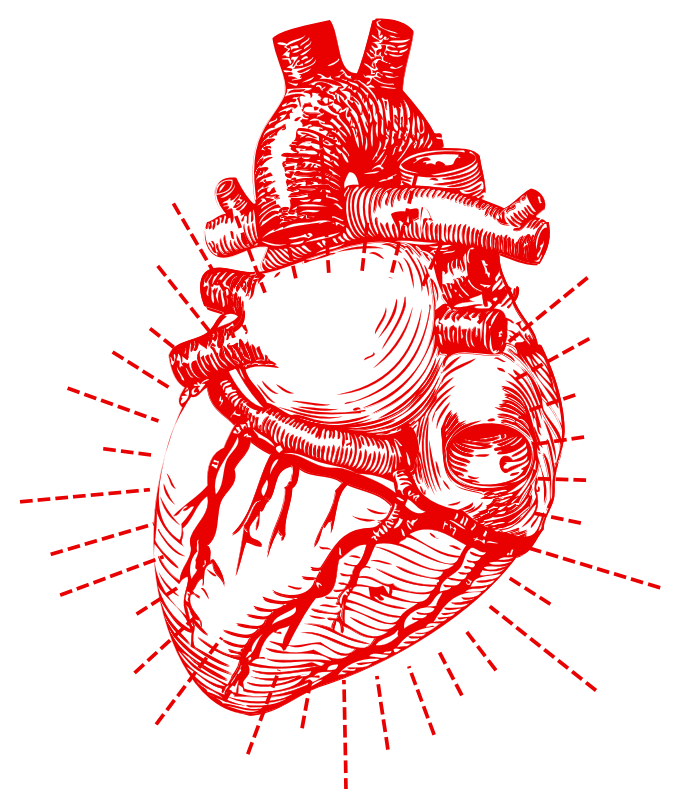
Goals: Review them from the beginning of the week!

Read: 1 Kings 19:1–18

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



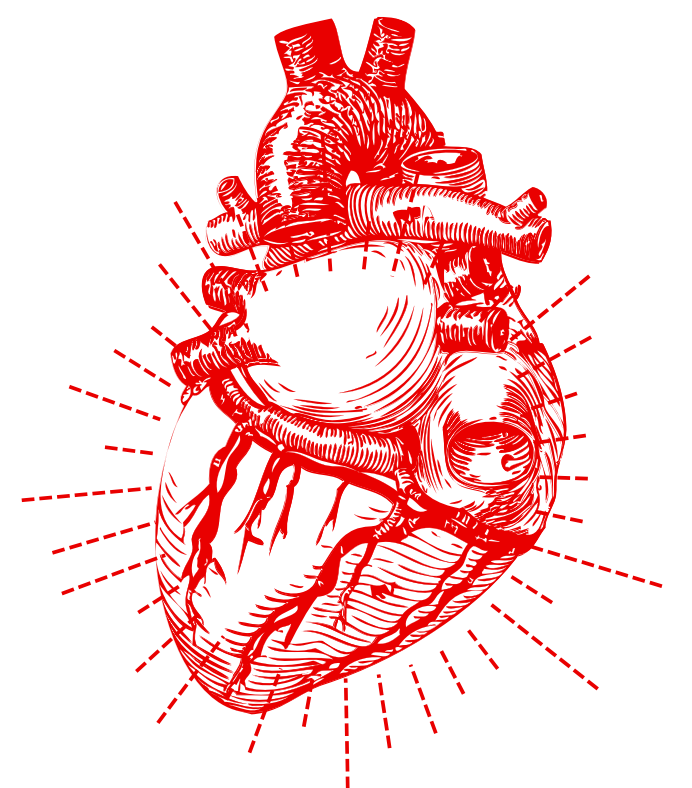
Goals: Am I on pace to accomplish all of them?

Read: Isaiah 55:8–9 + Proverbs 3:5–6

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



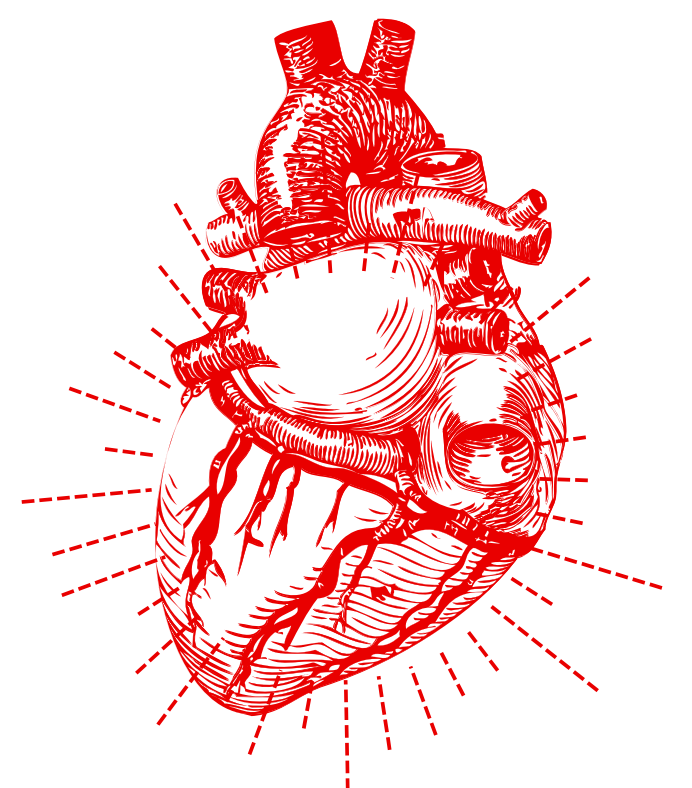
Goals: Review them from the beginning of the week!

Read: Proverbs 23:7 + Proverbs 16:20

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



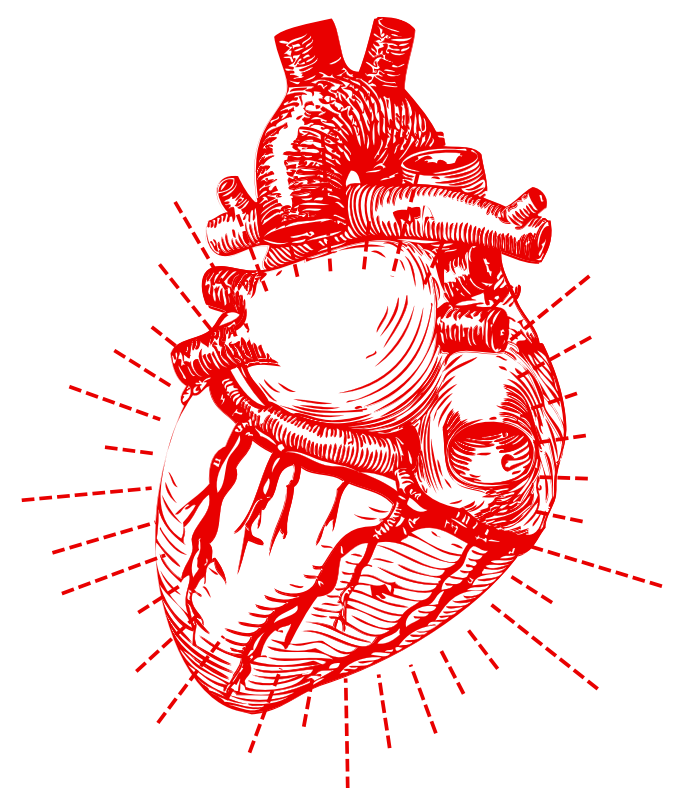
Goals: Ask God for opportunities to reach them today!

Read: 1 Peter 5:6–11 + Psalm 62:5–8

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



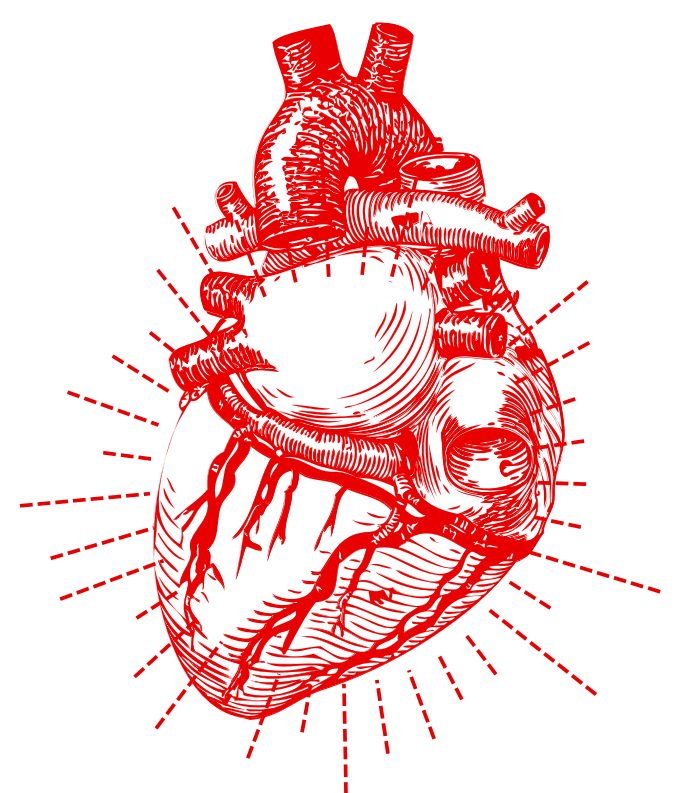
Goals: Review them from the beginning of the week!

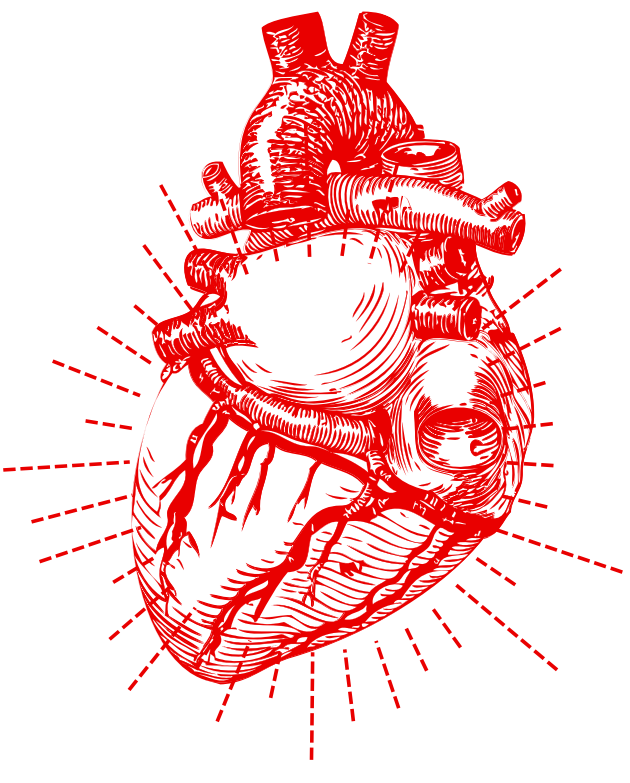
Read: Proverbs 12:25 + Proverbs 17:22

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:





WEEKLY GOALS

- ☐ Invite 1 friend to a church activity.
- ☐ Share Jesus with one person I do not know.
- ☐ Determine my biggest "care" and give it to Jesus.
- ☐ Memorize 1 Peter 5:7



**"But be doers of the word, and not hearers only,
deceiving yourselves." James 1:22**

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Service Notes

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Date:

:

Goals: Review them from the beginning of the week!

Read: 1 Peter 5:6–11

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Plan how to execute the hardest one today!

Read: Isaiah 53:4–5

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Review them from the beginning of the week!

Read: **Philippians 4:6–9**

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: It may be uncomfortable, but growth is worth it!

Read: James 1:2–8

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Review them from the beginning of the week!

Read: Colossians 2:13–16

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Review them from the beginning of the week!

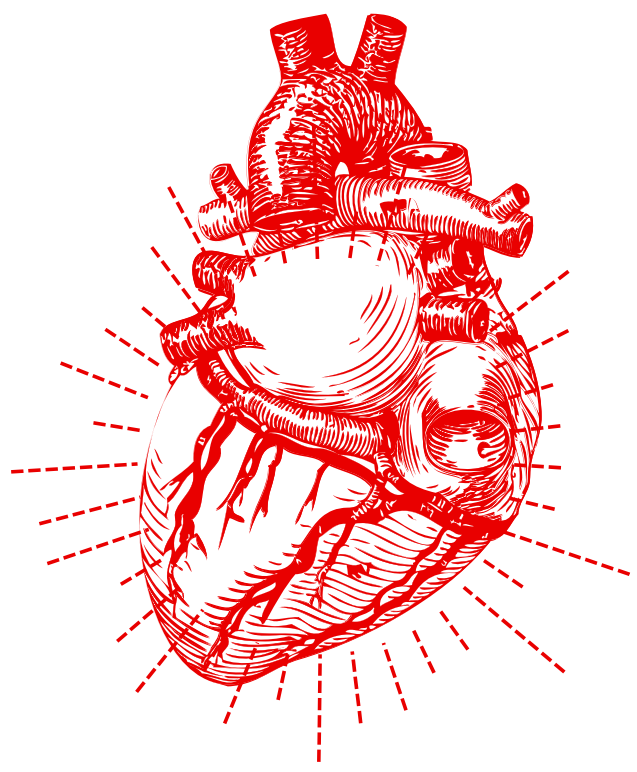
Read: Matthew 6:25–34

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:





WEEKLY GOALS

- ☐ Bring 1 person to church with me.
(Invite 5)
- ☐ For every one negative thought,
journal 3 positive declarations.
- ☐ Tell 3 unsaved people the good
things Jesus is doing in your life.
- ☐ Memorize Philippians 4:8



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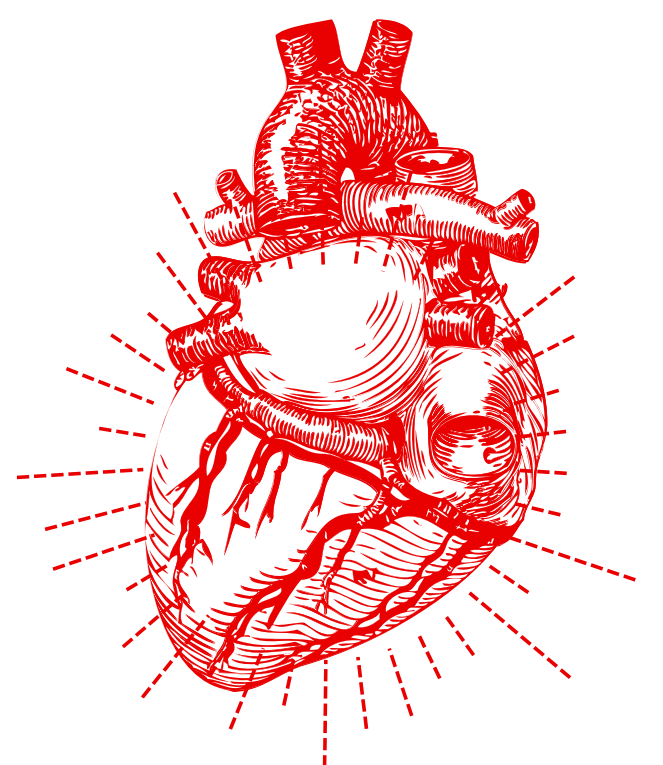
Goals: Review them from the beginning of the week!

Read: Isaiah 26:1–3

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



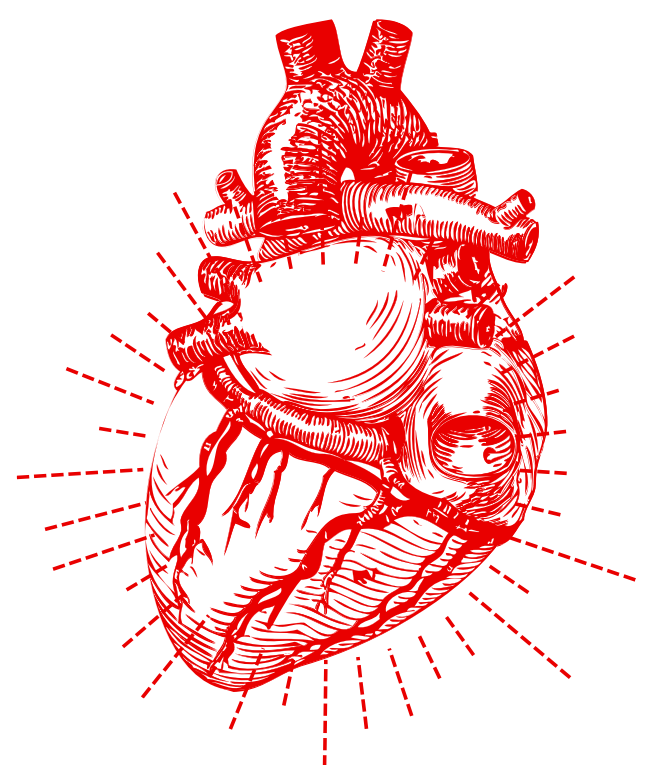
Goals: Review them from the beginning of the week!

Read: Joshua 1:7-9

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



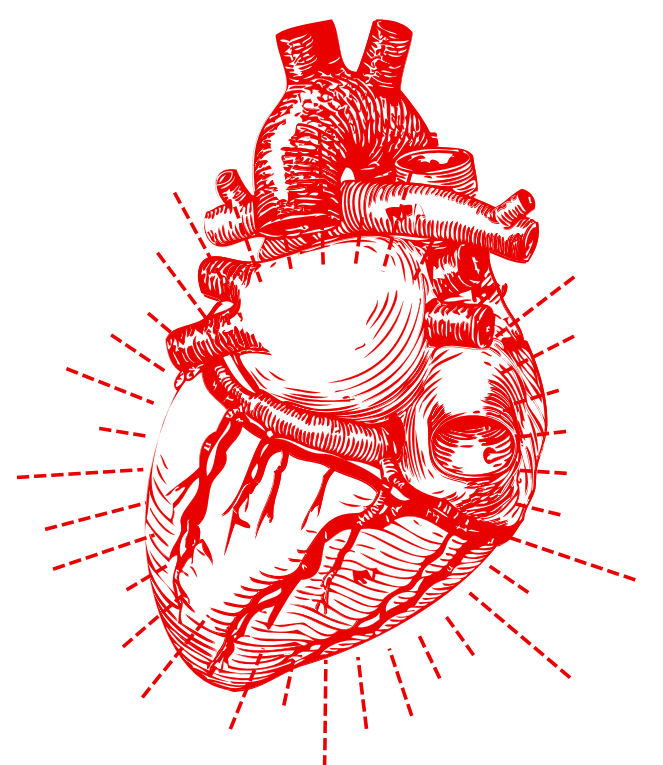
Goals: Am I on pace to accomplish all of them?

Read: Deuteronomy 6:4–15

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



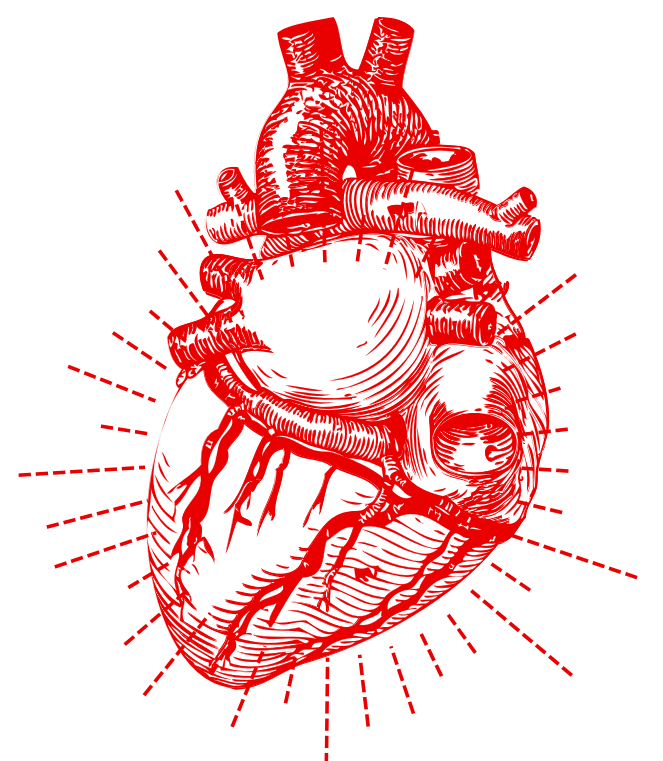
Goals: Review them from the beginning of the week!

Read: Proverbs 4:23 + Matthew 4:1–11

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



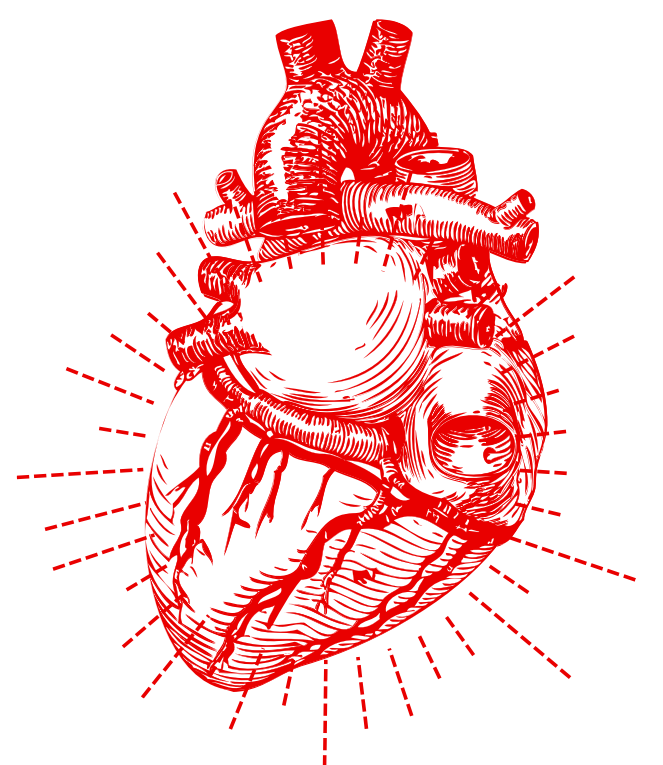
Goals: Finish strong!

Read: Psalm 119

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



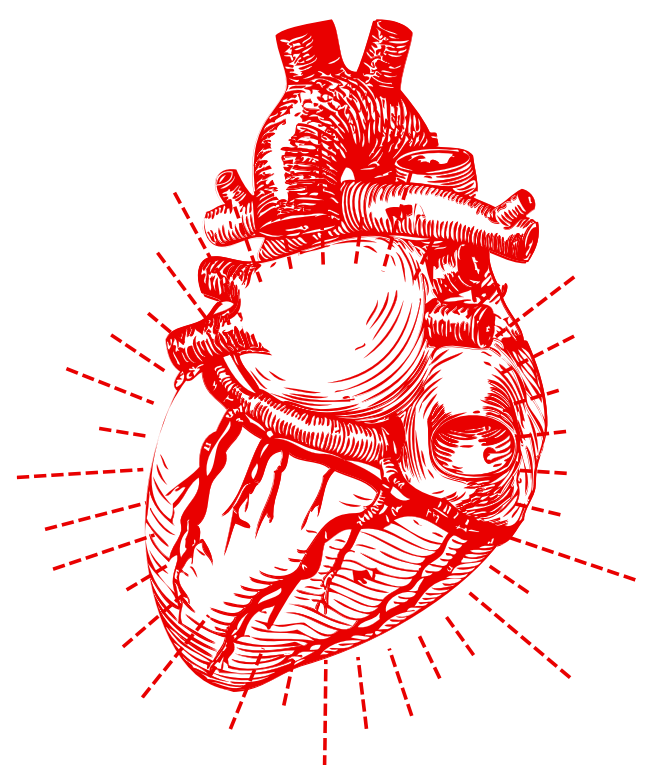
Goals: Review them from the beginning of the week!

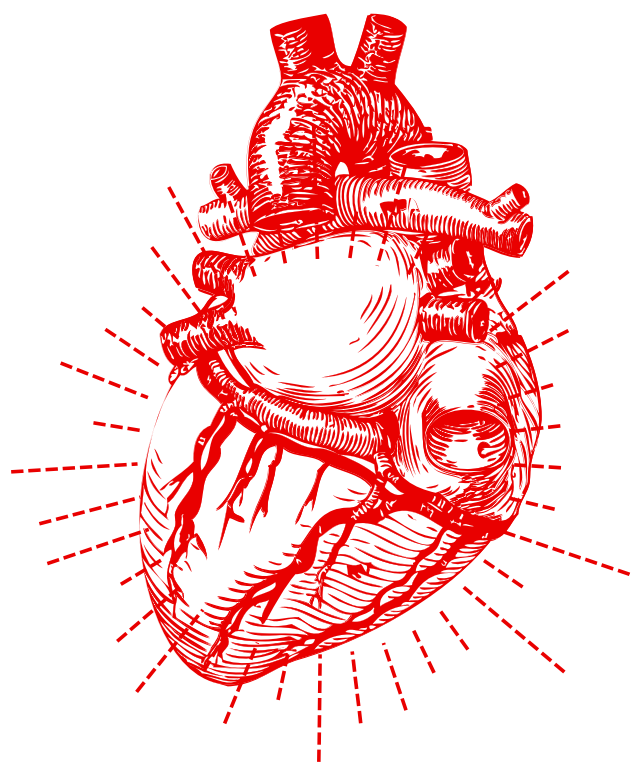
Read: Galatians 5:22–23

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:





WEEKLY GOALS

- ☐ Ask 5 people what they are thankful for.
- ☐ Create a "praise playlist" and listen all week!
- ☐ Take 5 minutes every morning to thank God for all that He has done!
- ☐ Memorize Isaiah 61:3



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Date:

:

Service Notes

Preacher

Title:

Date:

:

Goals: Finish better than I started!
This is the last week of the month!

Read: Isaiah 61:3

Observe: What stuck out the most from
my reading?

Whats Next: What from the bible
reading do I need to apply to
my life?

PRAYER:



Goals: Review them from the beginning of the week!

Read: Joshua 6

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Review them from the beginning of the week!

Read: Acts 16:16–24

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Review them from the beginning of the week!

Read: John 15:1–11

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Review them from the beginning of the week!

Read: 2 Chronicles 20:1–22

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Goals: Complete the hardest goal for today!

Read: Psalm 150

Observe: What stuck out the most from my reading?

Whats Next: What from the bible reading do I need to apply to my life?

PRAYER:



Monthly Review

How did I do on my goals?

- ☐ Grow Book Consistency?
- ☐ Faith Sharing?
- ☐ Bible Memorization?

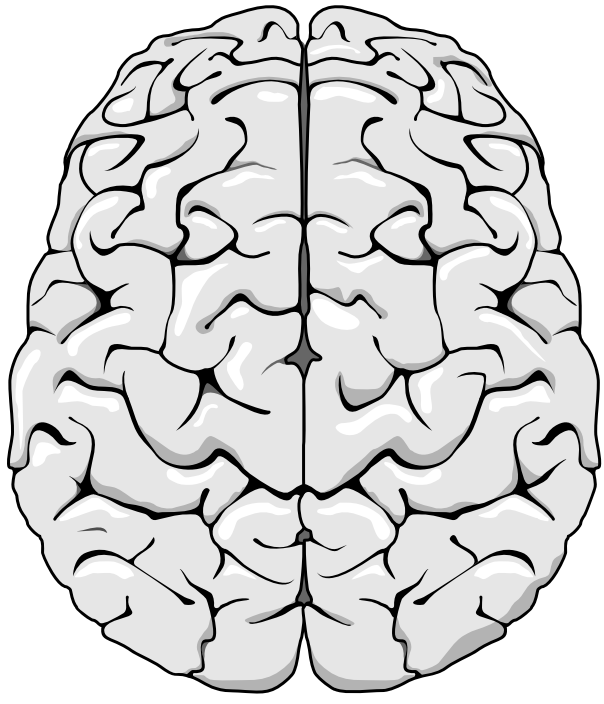
What impact did these goals have on my life?

What impact did these goals have for God's Kingdom?

How did I do on my bible reading?

- ☐ Consistency?
- ☐ Hearing the voice of God?

What can I most apply from this month?



Brain Games

A daily bible reading designed to allow Gods word to bring healing to our mind and emotions. This includes weekly goals, scripture reading, your observation of scripture and practical application planning. You will also find places for notes taken during services. Our heart is for you to find and remain in the freedom Jesus paid for on the cross!