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GUIDE Nº 12 OF 15 · FREE

Growing Every Day

The simple daily habits that turn a new believer into a strong one

— 2 PETER 3:18 (KJV)

A free guide for new believers · slgrace.com

A letter to you, dear friend

Dear friend, nobody drifts into spiritual strength. Strong believers are simply believers who kept doing simple things on ordinary days — long after the excitement of the first weeks faded. The good news is that the habits of growth are not complicated, not expensive, and not reserved for pastors. They are the same means God has used for two thousand years: His Word, prayer, worship, fellowship, giving, and rest. This guide takes each one, makes it practical for a real schedule, and shows you how to combine them into a daily and weekly rhythm you can actually keep.

Think of a garden. No gardener shouts at seeds to hurry; he waters, weeds, and lets sun and time do their work — and the harvest always comes. Your life is God's garden. Tend it daily with the six habits in this guide, and growth will not be a question of if, but of how much.

The Word and prayer: your daily bread and breath

Two habits form the heartbeat. The Word is your food — without it, the inner life starves no matter how busy the outer life becomes. Keep the pattern from 'Reading the Bible': a chapter a day, five questions, one verse carried through the day. Add memorisation gradually — one verse a week, reviewed on the same day each week, builds an armoury of a hundred verses in two years without strain. Feed daily, even briefly, rather than feasting rarely; a body — and a spirit — is built by regular meals.

Prayer is your breath. Keep a fixed daily appointment (start with fifteen minutes) and an all-day openness — short prayers before decisions, thanks after mercies, cries in trouble. Keep the prayer notebook; reviewing answered prayer every few months is one of the strongest faith-builders available to you, and it costs nothing but honesty and ink.

Combine the two: pray your reading back to God. Read a passage, then turn its promises into thanks, its warnings into confession, its commands into petitions for help. Word-fed prayer never runs dry, and prayer-soaked reading never stays theoretical. This single combined habit, kept for years, has made more giants than any conference.

> *“But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season.”*
> **— Psalm 1:2-3 (KJV)**

Worship: the habit of a thankful heart

Worship is more than singing on Sunday; it is the daily habit of noticing God — His greatness, His goodness, His nearness — and responding with thanks, praise and surrender. Build small altars into your day: a song while you prepare for work, thanksgiving spoken aloud at meals, a moment at night recounting the day’s mercies one by one. Gratitude is a discipline before it is a feeling; practise it and the feeling follows, as surely as warmth follows a lit fire.

Worship also reorders your loves. What you worship, you become like. Hours of anxious news and envious scrolling quietly disciple your heart toward fear and discontent; daily worship disciples it toward trust and joy. Guard your inputs as carefully as your outputs. Let the first voice of your morning and the last of your night be God’s, not the world’s.

Worship with your body too: sing aloud, kneel, lift your hands if that is your church’s way, give generously, serve gladly. God made you a whole person; let the whole person worship, and your faith will move from theory into muscle and memory.

> *“By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.”*
> **— Hebrews 13:15 (KJV)**

Do this:

1. Begin and end each day with one spoken thanksgiving — name specific mercies.

2. Keep one worship song 'on repeat' each week until its truth sinks in.

3. Let God's Word be the first input of your morning, before news or social media.

Fellowship and giving: growth is a team sport

No habit grows alone. Fellowship — real, regular, honest life with other believers — is the soil in which the other habits survive dry seasons. Keep your church attendance non-negotiable, join a small group or class, and cultivate two or three friendships where you can be fully honest. When your own Word and prayer habits falter — and in some seasons they will — the family’s habits carry you, the way the friends of the paralysed man carried him to Jesus when he could not walk. Let yourself be carried in weak seasons without shame; carry others in your strong ones.

Giving belongs here too, because generosity is fellowship in material form. Give to God’s work through your church, give to believers in need, give to the poor at your gate — regularly, cheerfully, proportionately to your means, without show and without waiting to be rich. A giving habit, started small, breaks the grip of fear and greed early in your Christian life, when it is easiest to break. Many believers testify that giving was the habit that most visibly grew their trust in God’s provision.

Watch the fruit after a few months of combined habits: steadier peace, quicker repentance, softer speech, hunger for more of God.

That is growth — not noise, not titles, but Christlikeness accumulating quietly, day upon ordinary day.

> *"And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together... but exhorting one another."*
> **— Hebrews 10:24-25 (KJV)**

Rest: the habit nobody expects

Here is the habit new believers most often miss: God commands rest. From creation's seventh day to Jesus' invitation 'Come unto me... and I will give you rest,' Scripture treats rest as holy — a declaration that God, not our striving, holds our lives together. The believer who never rests is quietly preaching that everything depends on him. Sabbath rest — a real day or defined portion each week given to worship, family, and ceasing from labour as far as your calling allows — preaches the opposite sermon to your own soul.

Rest also protects the other habits. Exhausted people do not pray well, read well, love well or resist temptation well; many 'spiritual' collapses are simply physical depletion wearing a religious mask. Sleep enough. Eat honestly. Take the day off God built into the week. Jesus Himself withdrew from crowds to lonely places to pray and rest — if the Son of God in His earthly ministry needed rhythm, His followers certainly do.

Practise rest in small daily forms too: pauses between tasks to breathe and give thanks, an evening boundary after which the phone and the work are set down, seasons of quiet before God without producing anything. You are a human being, not a human doing. Rest is not the reward for finished work; it is part of the work of a creature who trusts his Creator.

> *“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”*
> **— Matthew 11:28 (KJV)**

Your rhythm: putting it all together

Now build your own rhythm — simple enough to survive your busiest week. Daily: Word and prayer combined (15–30 minutes), one verse carried, thanksgiving morning and night, short prayers through the day. Weekly: church gathering, small group or class, one act of deliberate giving, one block of true rest, one review of your prayer notebook and your week with God. Monthly: a longer time of prayer and self-examination, communion as your church observes it, one step of service or witness beyond your comfort zone.

Write your rhythm down and share it with a trusted believer who can ask you about it kindly. Expect the rhythm to bend in hard seasons — a new baby, illness, examinations, bereavement — and bend it rather than breaking it entirely: five minutes of Word and a whispered prayer still keep the fire alive. Resume fully when the season turns. God is patient with seasons; He only asks that we not abandon the garden.

A year from now, if you keep this rhythm, you will look back astonished — not at your discipline, but at God’s faithfulness to ordinary faithfulness. Grow in grace, friend. One watered day at a time.

> *“And Jesus increased in wisdom and stature, and in favour with God and man.”*
> **— Luke 2:52 (KJV)**

Do this:

1. Write your daily and weekly rhythm on one page; keep it in your Bible.
2. Share it with one trusted believer and invite a monthly check-in.

3. Review after 30 days: keep what works, adjust what does not — do not quit.

A PRAYER FOR STEADY GROWTH

Father, I want to grow — not in show, but in truth, into the likeness of Jesus. Give me hunger for Your Word, faithfulness in prayer, a thankful heart in worship, love for Your people, a generous hand, and the humility to rest. Water the garden of my life day by day, and let fruit come in its season for Your glory. In Jesus' name, Amen.

Verses to hold on to

Keep these verses near you. Read one each morning. Say it aloud. God's Word will hold you on days when feelings are weak.

> *"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever."*
> **— 2 Peter 3:18 (KJV)**

> *"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."*
> **— Philippians 1:6 (KJV)**

> *"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles."*
> **— Isaiah 40:31 (KJV)**

> *“Faithful is he that calleth you, who also will do it.”*
> **— 1 Thessalonians 5:24 (KJV)**

You are not walking alone

Dear friend, you have finished this guide — well done. Keep it near your Bible and return to it whenever you need it. Growth is day by day, and your Father is patient, present and proud of every honest step you take toward Him.

If you would like someone to pray with you, answer your questions, or walk with you in these first steps, our free Salvation Follow-Up team would be honoured to hear from you. Visit slgrace.com and open the chat — ask for the "Salvation Follow-Up" desk. It is completely free, and you will be received with love.

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May the Lord bless you and keep you, make His face shine upon you, and give you peace — today and all your days. (Numbers 6:24-26)