



# BETTER THAN BEFORE

GROWING INTO  
GOD'S BEST FOR YOUR LIFE

## WEEK 1

### THE THEOLOGY OF GROWTH

## DAY 1 - JESUS GREW

*Luke 2:52 says, "And Jesus grew in wisdom and stature, and in favor with God and man." (NIV)*

Jesus didn't skip the process of growth. That's a powerful truth when you consider that He was fully God, yet He chose to grow like an everyday human. He observed his leaders, asked questions of them, listened to them, and matured over time. Growth didn't happen overnight; it was intentional. Spiritual growth is like learning how to shoot a basketball; it takes commitment and intentionality.

If Jesus grew, then shouldn't you focus on growth? Growth is part of God's plan for you. God isn't frustrated that we aren't fully there yet; He celebrates every step we take toward maturity. Each moment of learning, every lesson from mistakes, and every conscious choice to obey God is part of the process. Growth is evidence of God at work in your life, not just an afterthought.

Your growth may not always be visible to others. You might feel stuck or unnoticed, but God sees every moment. He is shaping your heart, mind, and character in ways you can't measure. Growth requires patience, faith, and surrender, but it is always moving forward—even when it feels slow.

### REFLECTION QUESTIONS:

Where do you sense God growing you right now - in wisdom, character, or relationships?

How does knowing that Jesus intentionally grew encourage you in your own journey?

What small steps can you take today to embrace growth instead of rushing it?

# DAY 2 - SAMUEL GREW

*1 Samuel 2:26 says, "And the boy Samuel continued to grow in stature and in favor with the Lord and with people."*

Samuel's story reminds us that growth starts when we are young and continues throughout life. He was young, serving in the temple, and God was already shaping his heart for what was ahead of him. Samuel didn't start fully equipped for leadership. He had to learn patience, faithfulness, and to recognize God's voice.

A golf swing isn't perfected on the golf course where people watch, but in hours of practice at the driving range where no one is paying attention. Similarly, spiritual growth often happens quietly behind the scenes. It doesn't always look like big achievements or public recognition. Growth is faithfulness in small moments: showing up, serving faithfully, choosing obedience, and being teachable. Like Samuel, God is shaping you in the moments no one notices.

We also see that growth involves people. Samuel grew in favor not just with God but with those around him. Spiritual maturity rarely happens in isolation. God uses relationships, mentors, and even challenges with others to shape us.

## **REFLECTION QUESTIONS:**

How can you remain faithful in the small, unseen moments of your life?

In what ways might God be shaping you through relationships or mentorships?

What does Samuel's example teach you about patience in growth?

# DAY 3 - DAVID GREW

*2 Samuel 5:10 says, "And David became more and more powerful, because the Lord God of hosts was with him." (NLT)*

**M**ichael Jordan didn't make his high school varsity basketball team, but he kept practicing and got better and better. Just like Michael didn't become one of the greatest basketball players in one season, David didn't become king overnight. He started in the field as a shepherd, caring for sheep, and facing dangers that prepared him for future battles. His victories over lions and bears weren't just physical; they were spiritual training grounds. God was growing him in courage, character, and faith.

Growth often happens in stages and is rarely linear. Each season, whether challenging, quiet, or overwhelming, serves a purpose. Your current season, no matter how small or unnoticed, can be a crucial part of your spiritual development. God uses waiting periods, setbacks, and daily routines to grow your strengths, character, and dependence on Him.

Notice that growth isn't just about accomplishments. It's about who God is shaping you to become. David's growth was measured not only in victories but in his ability to follow God, rely on Him, and follow His heart in leadership.

## **REFLECTION QUESTIONS:**

What "field" season are you in right now, and how might God be using it to grow your faith and character?

How can you trust God during seasons of waiting or uncertainty?

What is one way you can embrace growth in your current responsibilities or challenges?

# DAY 4 - THE RIGHTEOUS WILL GROW

*Psalm 92:12-14 says, "The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God." (NIV)*

Growth is God's design for His people. He doesn't want you to merely survive spiritually; He wants you to flourish. Like a tree planted deep, your roots grow down into God's presence, producing strength, stability, and fruitfulness. Flourishing isn't about circumstances; it's about being planted in the Source of life.

Being planted in God requires intentionality. Time in the Word, prayer, worship, being at church and being in a small group are the nutrients for spiritual growth. Challenges and dry seasons don't stop growth; they refine and strengthen you, just as storms shape a tree. Over time, a consistent connection to God produces lasting fruit in your life.

God desires growth in every area: spiritually, emotionally, relationally, and morally. The psalmist reminds us that flourishing is a natural outcome when you remain rooted in Him. Growth isn't optional; it's part of your identity as His child.

## **REFLECTION QUESTIONS:**

What practices help you stay "planted" in God's presence?

How can you grow stronger in faith during challenging or dry seasons?

In what ways are you already flourishing, and where could you deepen your roots?

# DAY 5 - GOD'S WILL FOR YOU IS TO GROW

2 Peter 3:18 *"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."* (NIV)

Growth isn't optional; it's God's will. He wants you to increase in grace, wisdom, and knowledge. He wants you to mature in understanding, in love for Him, and in your ability to reflect Jesus daily.

It's amazing how Tiger Woods, the greatest golfer the world has seen, needed coaches to partner with him to help him grow and become the best. Just like Tiger Woods needed a coach, spiritual growth is a partnership with God. He provides wisdom, opportunities, knowledge, and guidance, but we must engage in them to grow. It's a daily choice to obey, learn, reflect, and apply His Word. Growth doesn't always feel exciting, but it is always worth it. Every challenge, lesson, and act of obedience shapes you into someone who can carry God's presence and purposes into the world.

Life is never meant to be static or stale. God never intends for us to stay the same. Every experience is an opportunity to grow more like Christ, to be more patient, loving, wise, and faithful. And the good news? God is more committed to your growth than you are. He never quits on you and never grows weary of helping you mature.

## REFLECTION QUESTIONS:

In what area of your life do you need to grow in grace, knowledge, or maturity?

How can you partner with God this week to take intentional steps toward growth?

What does it look like for you to reflect Jesus more fully as you grow?