



Grow Pray Study Guide

Oct. 2 - Oct. 6

Monday - [Psalm 23](#)

Tuesday - [John 20:19-23](#)

Wednesday - [Exodus 3:1-15](#)

Thursday - [Luke 4:1-13](#)

Friday - [Galatians 3:21-24](#)

Monday, October 2 - Take Comfort

[Psalm 23](#)

The words from Psalm 23 are familiar to many of us. Read them today as if you were reading them for the first time. Explore a translation of the Psalm you haven't read before - like The Message, of The Living Bible. What words bring you comfort? Write them on a Post-it or a card and place it somewhere that you can see it every day. Reflect on these words throughout the week. Let these words bring you peace and comfort and use them when you pray for yourself and for others.

Prayer: Like a shepherd, Lord, you keep me safe and comfort me. Throughout this week, may I recognize your peaceful and loving presence that is always with me. Amen.

Tuesday, October 3 - Peace I Leave With You

[John 20:19-23](#)

Jesus appears to the disciples following the resurrection. In this appearance, he comes to them first by offering peace. He shares with them that as he was sent to them, they are to share the Good News of the Gospel as well. But, he reminds them that as they go, they do not go alone. They go with the Holy Spirit. Just as Jesus sent the disciples, he sends us, too. But we go with his offering peace and the gift of God's loving and comforting presence. When can you extend God's love to others? Is there someone you can call or visit with who needs a reminder of God's peace and love? Where do you need God's presence with you today?

Prayer: God of Peace, so many in our world need your love. I need your love, too. Extend your grace and love to me today. Amen.

Wednesday, October 4 - Covenant Renewed

[Exodus 3:1-15](#)

In this well-known Bible story, Moses encounters the real presence of God through a burning bush. As God speaks to Moses, there are several revelations about who God is and the covenant God has promised to Israel over and over. Here, as the Israelites are enslaved by the Egyptians, God promises to bring them out of slavery and to a land of “milk and honey.” God promises to be their God, to be with them, and to fulfill God’s covenant made with Abraham and Jacob. In the midst of our deepest fears, it is hard to imagine that God is still a covenant God of grace and love. Moses’ encounter with God teaches us to trust God even under the most difficult of circumstances. When do you find it difficult to trust in God’s covenant? How can you rely on God more today?

Prayer: God of Promise and Covenant, I want to trust you deeply each day, but fear and anxiety get in my way. Renew my faith in your promise. Amen.

Thursday, October 5 - Fully Human

[Luke 4:1-13](#)

In today’s passage from Luke, we see Jesus facing temptation. He responds to each temptation and remains firm in trust in God. At first glance, this passage is about Jesus’ ability to resist temptation. However, this Scripture is an important reflection on the reality that Jesus was tempted. Jesus knows our human reality so well that Jesus experiences the same temptations we face. As we are tempted to ground our value in worth in things of this world, to give into our anxiety, or to depend on our own resources instead of God’s - Jesus knows these feelings and offers us comfort and care. How can you rely more fully on Jesus today?

Prayer: Holy God, my sins are ever before me, but I desire to move towards your perfect love today. Guide me into your presence. Amen.

Friday, October 6 - Faith and Righteousness

[Galatians 3:21-24](#)

Paul, the author of the letter to the Galatians, spends a lot of time discussing the law verses faith. In this passage he is recalling for the Galatians the root of their faith. Our faith is a response to Jesus’ faithfulness in his life, death, and resurrection. Because of Jesus’ faith to die for each of us we live as fully reconciled people. We are no longer in need of the law to reconcile us but we rely fully on the gift of grace from through Jesus Christ. How can you be reminded of God’s grace in your life today?

Prayer: God of Grace, in the gift of Jesus you gave your very self to us so we might live an abundant life in love with you. Help me receive that love each day. Amen.