

Your Guide to Growing Over Summer Break

I: Bible Reading Plan

- *Reading Plan* If you don't already have a Bible reading plan, here's a great way to stay anchored in Scripture and the gospel over break: reading the Gospel of John in 40 days. This is a great way to remain in the Word consistently, and practice more intentional meditation on each passage. Click this [link](#) for the plan.
- *Tips for Meditation:*
 - Take five-ten minutes to slowly read the passage. After reading the passage, choose one verse or smaller chunk of verses that stuck out to you. Take the next five minutes to slowly meditate on it.
 - Here are some ways to fruitfully meditate on the verse or couple of verses you chose:
 - Think about what this verse is showing you about Jesus
 - Consider what it would look like to apply this part of Scripture to your life.
 - Make a list of questions of what you still don't understand from these verses.
 - Carefully think about each individual word in the verse.
 - Journal your thoughts on the verse in 1-2 paragraphs.

II: Pray:

- *Praying Scripture:* After reading your Bible, turn to God in prayer. Choose a passage from what you read and talk to God about it. Here are a couple ways to pray Scripture:
 - **Praise** Him for what the passage reveals about his nature and character
 - **Confess** to Him about how you fall short of what His Word reveals
 - **Ask** Him for help to apply the passage in your own life.
 - **Beg** that God's Word would fall on good soil and produce fruit in your life.
 - **Ask** Him who you can share this passage with this week.
- *A.C.T.S.:*
 - **Adoration** - Praise God for who he is and what he is like.
 - **Confession** - Confess how you have sinned against the holy God
 - **Thanksgiving** - Tell God how thankful you are for him and all he has done
 - **Supplication** - ask earnestly or humbly for your needs and requests on behalf of yourself or others.

III: Find and Attend a Local Church

- *Find a Local Church:* Make it a priority to find a healthy local church to begin attending over break! This is deeply important for your spiritual health (see Hebrews 10:24-25). Here's a great search engine to help find a healthy local church near you: <https://www.thegospelcoalition.org/churches/>. If you need help, ask a staff member or connection group leader!
- *Attend a Local Church:* Make it a commitment to faithfully attend church every week you're home. It's okay if it doesn't feel like Veritas or Salt Company... if God's Word is being faithfully preached, if the gospel is taught, if God's people are gathering to worship, and if the Lord's Supper is being taken, God will use this church to grow and mature your faith!

IV: Accountability

- *Fight for community:* Even though you might have more distance from your in-person community during the school year, you can still fight for rhythms of biblical community! Here are two ways how:
- *Commit to a once a week call with someone in your C-group:* Ask a friend from Salt if they'd be willing to talk on the phone once a week for thirty minutes. The agenda for the call can be simple: share what you're learning in God's Word, confess your sin, and pray for one another!
- *Find in-person relationships at your local church:* Most local churches have some way to gather and enjoy community. Make the most out of your local church's opportunities to connect with others!