

Interactive Bible Studies



A 7-Day Recommitment Guide for Spiritual Growth

Spiritual growth does not always feel exciting. Sometimes it feels slow, difficult, and uncomfortable. That does not mean God is absent. It may mean He is forming something deeper in you. Use this short guide to keep going when you feel discouraged.

Day 1: Name the Struggle

Scripture: Galatians 6:9

Where do you feel tempted to give up spiritually right now?

Day 2: Remember Why You Started

Scripture: Hebrews 12:1-2

What first stirred your desire to follow Jesus more faithfully?

Day 3: Take One Small Step

Scripture: Psalm 119:105

What is one simple act of obedience you can take today?

Day 4: Ask God for Strength

Scripture: Isaiah 40:31

Where do you need God's strength instead of your own?

Day 5: Return to Prayer

Scripture: Philippians 4:6–7

What have you been carrying that you need to bring honestly to God?

Day 6: Keep Showing Up

Scripture: 1 Corinthians 15:58

What spiritual habit do you need to continue, even when it feels small?

Day 7: Recommit

Scripture: Proverbs 3:5–6

Write a short prayer of recommitment to God.

Closing Prayer

Lord, help me not to quit in the place where You are growing me. Teach me to trust You when growth feels slow, uncomfortable, or hidden. Give me patience, endurance, and a willing heart. Help me keep showing up, keep opening Your Word, keep praying, and keep walking with You. Amen.

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This guide was created to help you keep going when spiritual growth feels slow, difficult, or discouraging. For a fuller reflection on that struggle, read the companion blog post, “The Hardest Part of Spiritual Growth.” It explains why feeling overwhelmed may not mean you are failing, but may actually be a sign that God is helping you see where growth is needed.

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