

**January 17 / Sunday**

**Don't Grumble...Grow**

Read [Psalm 1:1-3](#) / [Philippians 2:12-15](#)



**18 / Mon – Thoughts precede words** | Read [Matthew 20:9-12](#)

*Grumble* is a word not used quite as frequently today as it was in the past. It means *to murmur or mutter in discontent; to complain sullenly*. What might cause a person to grumble or complain? It can start with unmet expectations and then morphs into thoughts like: *I should have been treated\_\_\_\_but I was not. Or I deserved\_\_\_\_but I didn't get it. Or I didn't deserve this\_\_\_\_but it happened*. How can you neutralize thoughts like these before they lead you into grumbling?

**19 / Tue – Try this** | Read [James 1:17](#)

A possible antidote to grumbling is writing down a list of all the things you would miss if you lost them tomorrow, people or things you may be taking for granted. What would your list include? Now measure that list against the things you are unhappy about. You can choose to focus either on the things that make you mad or on the blessings God has given you. Does this mean you should set aside the things that upset you? Maybe for the moment, until you've gained some perspective.

**20 / Wed – A new direction** | Read [Psalm 1:1-3](#)

This is the beginning of a new year. Take some time today to reflect on how you would like to grow as a follower of Christ. This psalm describes a person who has made some changes in his life. He has decided against participating in some negative activities, which are listed in verse 1, and to be intentional about the activity in verse 2. The results of his decisions are described in verse 3. How might this person's example apply to you personally?

**21 / Thu – What to do with what you read** | Read [2 Timothy 3:14-17](#)

One of the best ways to grow this year is to slow down and process the words you read in God's book. They have power to reveal, convict, teach, comfort and guide you. Here are some questions to help you process what you are reading: #1- what do these verses teach me about who God is, what he is like? #2 - what does this show me about myself? #3 - what should I do as a result? You are in for some great adventures if you dig deep and get serious about what you read.

**22 / Fri – Where to go** | Read [2 Peter 1:1-4](#)

If you are a person who truly wants to grow to be like Jesus, Peter has some very good news for you. Read these verses carefully. According to verse 3, where do you get what you need to live a godly life? In verse 4, what has God given you so that you can participate in his nature? What are some of those promises you hold most dear? Commit them to memory or write them on post-it notes to put up as reminders. They will be your anchor when life gets stormy.

**23 / Sat – Making progress** | Read [2 Peter 1:5-9](#)

It is a great feeling to look back and see how far you have come, when you've put in the effort to get better at something. Faith in Jesus is just the beginning. Read the ways you can grow from the first step of trusting him to rescue you from sin. This list can be a guide as you think about what to work on next. Growth in any of these qualities leads to a greater level of maturity. What is the Holy Spirit pointing out as the next one for you to focus on?