

What Are You Growing In?

· Scripture ·

“Above all else, guard your heart, for everything you do flows from it.”
Proverbs 4:23

· What We're Learning Today ·

Whether we realize it or not, we are always growing something. The things we spend our time on, the voices we listen to, the thoughts we dwell on, and the habits we practice all plant seeds in our hearts. Over time, those seeds begin to grow, and eventually they produce fruit in our lives. That is why Proverbs 4:23 tells us to guard our hearts carefully. Everything we do flows from what is happening inside of us.

If I am being honest, there have been seasons where I spent so much time focused on stress, worry, and what could go wrong that those things started shaping my attitude and outlook. I found myself carrying anxiety into situations that did not need it because I had been feeding those thoughts for so long. The opposite is true too.

When we spend time in God's Word, surround ourselves with truth, pray consistently, and focus on things that draw us closer to Him, our hearts begin to grow differently. We become more patient, more peaceful, more grateful, and more rooted in our faith. Growth does not happen overnight. It happens little by little through what we choose to cultivate every day.

So today, it is worth asking an honest question: What are you growing in?

Little Honey (younger children)

· Simple Truth ·

What I put in my heart helps me grow.

· Activity ·

Draw a flower or plant. Inside the petals or leaves, write or draw things that help you grow closer to God, like prayer, kindness, church, Bible reading, or helping others.

· Prayer ·

Dear Lord, help me fill my heart with good things that help me grow closer to You. Amen.

Growing Honey (older children)

· Reflection ·

Plants grow from the things they are given. If they receive water and sunlight, they grow strong. Our hearts work the same way.

The things we spend time thinking about and doing affect how we grow.

What is something you can spend more time on that would help your faith grow?

· Activity ·

Make two lists. One list of things that help you grow closer to God and another list of things that distract you from Him.

· Prayer ·

Dear Lord, help me choose things that help me grow in my faith and become more like You. Amen.

Rooted Honey (teens and growing faith)

· Reflection ·

Most growth happens quietly. We rarely notice it day by day, but over time it becomes obvious. The same is true spiritually.

Every choice we make is planting something. The content we consume, the conversations we have, the people we spend time with, and the thoughts we revisit all shape who we are becoming.

There have been times where I realized I was feeding my worries more than my faith. I was spending more time focusing on problems than on God's promises. Eventually that began showing up in my attitude, my peace, and even my relationship with God. What we feed grows.

What have you been feeding lately?

· Journal Prompt ·

What habits, thoughts, or influences are helping your faith grow, and which ones may be holding you back?

· Prayer ·

Dear Lord, help me guard my heart and fill my life with things that draw me closer to You. Show me what needs to change so I can continue growing in faith. Amen.

Anchored Honey (parents and adults)

· Encouragement ·

One of the most important questions we can ask ourselves is not simply where we are today, but where our current habits are leading us. Growth is rarely dramatic. It is usually the result of small choices repeated over time.

Every day we are planting seeds. Some grow into faith, wisdom, peace, and spiritual maturity. Others grow into fear, bitterness, comparison, distraction, or anxiety. The challenge is that seeds often look small in the beginning. We do not immediately see the outcome of what we are feeding. But eventually the fruit becomes visible.

There have been seasons where I had to honestly evaluate what was shaping my heart. Was I spending more time consuming worry than truth? More time focused on the world's opinions than God's Word? More time distracted than connected?

The answers were not always comfortable, but they were necessary. The beautiful thing about God's grace is that today is always an opportunity to begin planting something different.

· Reflection ·

If your current habits continued for the next year, what kind of fruit would they produce in your life?

· Prayer ·

Dear Lord, help me guard my heart and be intentional about what I allow to shape my life. Teach me to cultivate faith, wisdom, and truth so that my life reflects You more each day.
Amen.