

SUMMER GROWTH PLAN

Grow like Jesus



This summer, grow the same way Jesus did!



And Jesus kept on
growing — in **wisdom,**
in **strength,** in favor
with **God,** and in
favor with all
the **people.**

Luke 2:52



A PATTERN FOR GROWTH

By developing the spiritual, social, physical, and intellectual aspects of your life, you will become more like Jesus.

WISDOM *growing your mind*



- Learning new things
- Mastering new skills
- Using what you learn to help others

STRENGTH *developing your body*



- Taking care of your body
- Eating healthy food
- Getting enough rest and exercise

FAVOR WITH GOD *growing your faith*



- Knowing God
- Experiencing His love
- Submitting to His will

FAVOR WITH PEOPLE *developing a heart for others*



- Making friends
- Learning to love and serve others
- Improving social skills and manners



EXCITING SUMMER AHEAD!

Your pathway to growth and becoming more like Jesus



1 **MIND:** Learn one new word a day P. 05



2 **BODY:** Drink enough water P. 08

3 **FAITH:** Read your Bible daily P. 11



4 **HEART:** Speak encouraging words P. 18



5 **MIND:** Learn something new P. 20

6 **BODY:** Take care of your teeth P. 22



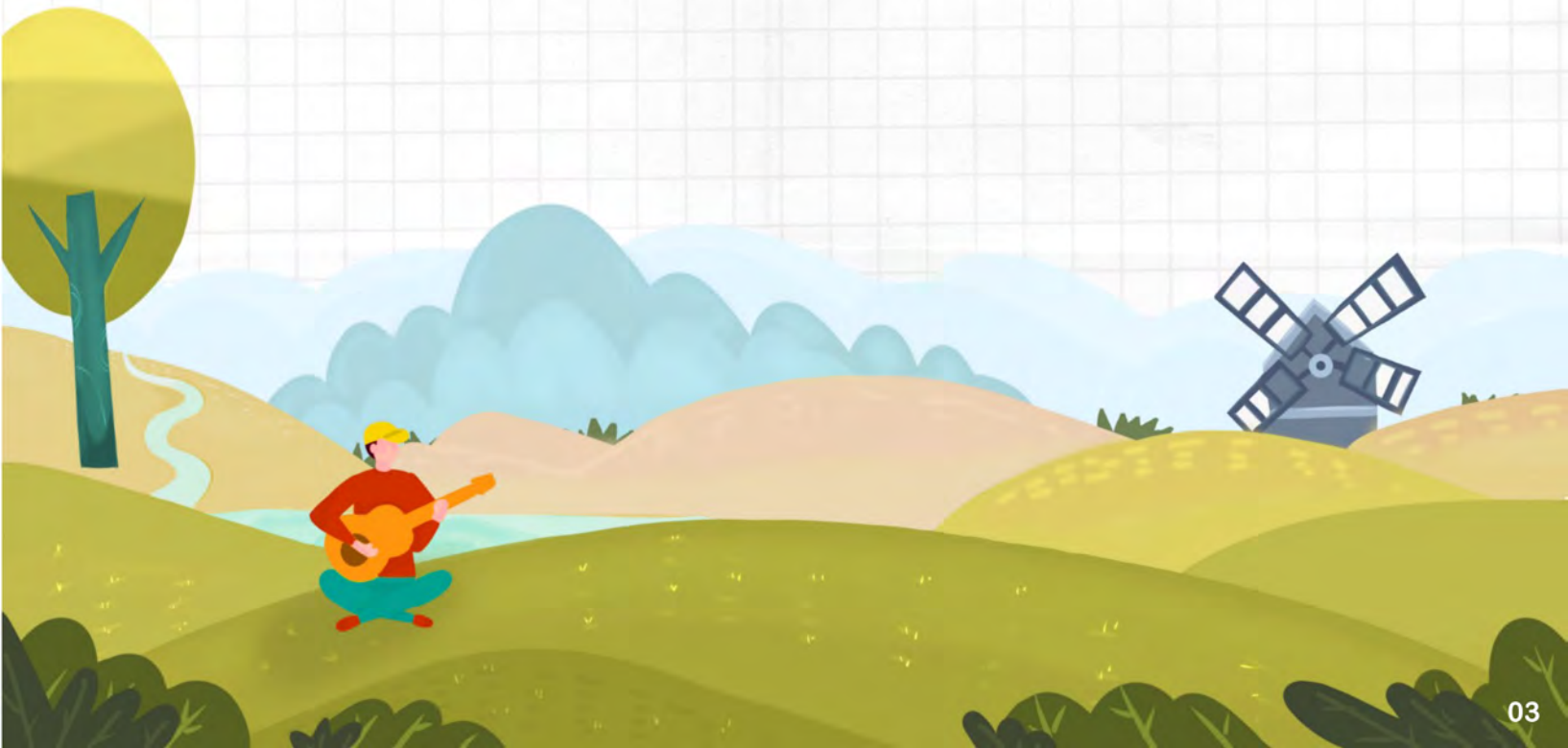
7 **FAITH:** Keep a gratitude journal P. 26

8 **HEART:** Learn about your family P. 31



Ready. Set. Grow!

Look over the eight areas of growth on the left.
Pick at least three habits that you will want to develop this summer.
Draw them below, as fruit trees growing in the garden of your life.



HERE'S HOW IT WORKS!



1

The following pages have ideas for how you can follow Jesus and grow in all areas of your life.

2

Change isn't always easy, but you can do it!

3

Each month, pick one or two habits you want to develop. Remember, you don't have to do them all.

4

You may ask your parents or small group leaders to keep you accountable.

5

Take small steps. Have fun! Pray for help, and keep trying! Don't forget to keep track of your progress.

6

Celebrate your growth! (No matter how small it may seem.)

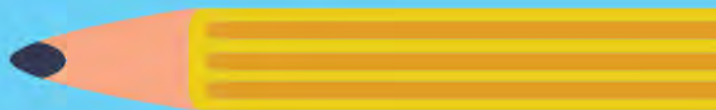


BIBLE VOCAB

LEARN ONE NEW WORD A DAY!

-  STEP 1 Read the word and its definition.
-  STEP 2 Write down the new word and its definition in a notebook.
-  STEP 3 Look it up in your Bible. There are two Bible references for each word.
-  STEP 4 Write your own sentence using the new word.
-  STEP 5 Draw or doodle this word.
-  STEP 6 Teach this word to your sibling, or your pet.
-  STEP 7 Try to use the new word during a conversation with your parents.

WORD LIST



- 1) Almighty** ALL + MIGHT: a name used to show how strong and powerful God is. Genesis 17:1; Isaiah 6:3
- 2) Amen** A Hebrew word that means "so be it" or "let it become true." 1 Chronicles 16:36; Nehemiah 8:6
- 3) baptize** To sprinkle, pour on or cover a person with water as a symbol of cleansing from sin. Mark 1:9; Acts 2:38
- 4) blameless** Without fault. Genesis 17:1; 1 Corinthians 1:8
- 5) born again** Refers to the experience of new birth, being born into God's family through accepting Jesus. John 3:3; 1 Peter 1:23
- 6) burden** A heavy load. Matthew 11:30; Galatians 6:2
- 7) chariot** A two-wheeled cart pulled by horses or donkeys. 1 Kings 10:26; Acts 8:28-30
- 8) commandment** An order given by God. Examples: 10 commandments in Ex. 20:1-17; the great commandment in Matt. 22:34-40.
- 9) covenant** A solemn agreement between two people or between God and people. Genesis 9:9; 1 Corinthians 11:25
- 10) curse** A prayer or desire that evil or injury come upon someone. Genesis 3:14; Luke 6:28
- 11) disciple** A follower or student who believes what the leader teaches. Luke 14:27; John 13:35
- 12) eternal** Timeless, without beginning or end. Deuteronomy 33:27; John 3:16
- 13) grace** The undeserved forgiveness, kindness and mercy that God gives us. Romans 3:24; Ephesians 2:5
- 14) hallelujah** A Hebrew word that means "praise the Lord." Revelation 19:1, 6
- 15) holy** Pure, godly, set apart for God, belonging to God. Isaiah 6:3; Colossians 3:12


- 16) incense** Spices burnt to make a sweet-smelling smoke, as a way of worshipping God. Psalm 141:2; Luke 1:9-11
- 17) mercy** More kindness and forgiveness than people are worthy to receive. 1 Peter 1:3; Ephesians 2:4
- 18) miracle** Something very special, unusual, unexplainable and wonderful that only God can do. Psalm 77:14; Acts 19:11
- 19) parable** A short story with a hidden, spiritual meaning. Jesus told many parables. Luke 18:1-8; Matthew 20:1-13
- 20) Passover** An annual holiday that reminds the Jewish people of how God freed them from slavery in Egypt. Exodus 12:11-13
- 21) persecute** To treat someone cruelly and unfairly, even though that person has done nothing wrong. John 15:20; Romans 12:14
- 22) prophecy** A message from God spoken through a messenger; often about something in the future. Ezekiel 12:10; 2 Peter 1:20-21
- 23) proverb** A wise saying. There's a book in the Bible called Proverbs. It has many wise sayings. 1 Kings 4:32; Proverbs 1:1
- 24) ransom** The price paid to get back a person who is held as a slave. Matthew 20:28; 1 Timothy 2:6
- 25) reconcile** To return to friendship after a quarrel. Matthew 5:24; Romans 5:10
- 26) redeem** To buy back, to pay the price to set someone free from sin, evil and bondage. 1 Chronicles 17:21; Luke 24:21
- 27) repent** To turn away from sin. To feel sorry for what one has done and determine not to do it again. Matthew 4:17; Acts 2:38
- 28) resurrection** Coming back to life after being dead. John 11:25; Romans 1:4
- 29) steadfast** Settled, not changing, unwavering. Psalm 112:7; Isaiah 26:3; 1 Peter 5:10
- 30) testimony** A statement made by a witness to prove that something is true. Exodus 23:3; John 4:39

// Adapted from *The Adventure Bible Dictionary*

















































































































































































































































H₂O CHALLENGE

Drink more water



How much water do you drink every day? Most of us don't come close to drinking enough water daily. No, sodas and sugary drinks don't count. For this month, your challenge is to drink 8 cups of water every day! Track your progress on this chart. Color in one  for every cup you drink.

Make a copy of this chart for your parents and siblings, and invite them to drink more water too!

1	       	16	       
2	       	17	       
3	       	18	       
4	       	19	       
5	       	20	       
6	       	21	       
7	       	22	       
8	       	23	       
9	       	24	       
10	       	25	       
11	       	26	       
12	       	27	       
13	       	28	       
14	       	29	       
15	       	30	       

Why drink water?



Healthy heart



More brainpower



Stronger bones



Clearer skin



Better mood



Better digestion



More energy



Cures aches and pains



Removes toxins from the body



Fights infections and allergies



How do you know if you chug enough of the wet stuff?

Check out your... pee! If your pee is clear or very light yellow, you are well hydrated. When your pee is dark yellow and has strong smell, it's time to drink up.

Best times to drink water



Right before bed



After you wake up

30 minutes before dinner



30 minutes before breakfast



Before doing your homework



1 hour after breakfast

When you're feeling sick



30 minutes before lunch



When you're feeling tired



1 hour after lunch

Every half an hour or so during a game



30 minutes before playing sports or exercising

Make sure to eat water-rich foods: watermelon, berries, apples, cherries, grapes, oranges, tomatoes, cucumbers, pineapples, and even leafy greens like spinach and arugula.

CHOOSE YOUR BIBLE ADVENTURE

LET'S GO!

Each day, you get to choose which Bible adventure to take! Underline your choice and then put a check mark when you're done.



READ ABOUT A HERO

Stephen the Martyr
(Acts 6:8-15)

>> OR <<

Moses the Liberator
(Hebrews 11:23-29)

READ ABOUT A VILLAIN

Saul the Persecutor
(Acts 9:1-19)

>> OR <<

Herod the Great
(Matthew 2:1-18)

READ ABOUT A KING

Solomon the Wise
(1 Kings 10)

>> OR <<

Jesus the Humble
(Philippians 2:3-11)

READ ABOUT A QUEEN

Esther the Star
(Esther 2:1-18)

>> OR <<

Vashti the Rebel
(Esther 1)

READ ABOUT ANIMALS

Talking Donkey
(Numbers 22:21-35)

>> OR <<

Talking Snake
(Genesis 3:1-6)

READ ABOUT BIRDS

Rooster
(Mark 14:66-72)

>> OR <<

Ravens
(1 Kings 17:2-6)



The Bible is our daily bread not cake for special occasions.

CHOOSE YOUR BIBLE ADVENTURE



READ A PARABLE

Unmerciful Servant
(Matthew 18:21-35)

>> OR <<

Persistent Widow
(Luke 18:1-8)



READ ABOUT AN EARTHQUAKE

Resurrection Sunday
(Matthew 28:1-10)

>> OR <<

Midnight Party
(Acts 16:22-31)



READ ABOUT A WEDDING

Rude Guest
(Matthew 22:1-14)

>> OR <<

Awkward Situation
(John 2:1-11)



READ ABOUT A FUNERAL

Widow's Son
(Luke 7:11-17)

>> OR <<

Bizarre!
(2 Kings 13:20-21)



READ ABOUT A STORM

Jesus in the Storm
(Luke 8:23-25)

>> OR <<

Jonah in the Storm
(Jonah 1)



READ ABOUT CHILDREN

Samuel
(1 Samuel 3:1-11)

>> OR <<

Children and Jesus
(Mark 10:13-16)



READ ABOUT A BATTLE

The Unfair Advantage
(Exodus 17:8-13)

>> OR <<

The Final Battle
(Revelation 20:7-10)



God speaks
through His Word
when we take
time to listen.

CHOOSE YOUR BIBLE ADVENTURE



READ A PRAYER

Prideful Prayer
(Luke 18:9-14)

>> OR >>

Sorrowful Prayer
(Matthew 26:36-46)



READ ABOUT A LIE

Sickly Lie
(Matthew 28:1-10)

>> OR >>

Deadly Lie
(2 Kings 5:19-27)



READ ABOUT A KISS

A Kiss of Betrayal
(Luke 22:47-53)

>> OR >>

A Kiss of Forgiveness
(Luke 15:11-20)



READ ABOUT FRIENDS

A Midnight Visit
(Luke 11:5-10)

>> OR >>

Roof-breakers
(Mark 2:1-12)



READ ABOUT A SPIT

Mark 7:31-37

>> OR >>

Mark 8:22-26



READ ABOUT ANGELS

Prison Break
(Acts 5:17-20)

>> OR >>

The Lion Tamer
(Daniel 6:16-22)



READ ABOUT FISHING

153 Large Fish
(John 21:1-14)

>> OR >>

The Money Fish
(Matthew 17:24-27)


Knowing the
Bible helps us
know the God of
the Bible.

CHOOSE YOUR BIBLE ADVENTURE

READ ABOUT POOPING

Pooping in a Cave
(1 Samuel 24:1-4)

>> OR >>

Pooping Instructions
(Deuteronomy 23:12-13)

READ ABOUT SIBLINGS

Cain and Abel
(Genesis 4:1-12)

>> OR >>

Joseph and His Crew
(Genesis 37)

READ ABOUT A SEA

Red Sea
(Exodus 14)

>> OR >>

Adriatic Sea
(Acts 27:27-44)

READ ABOUT A MOUNTAIN

Ararat
(Genesis 8:1-5)

>> OR >>

Carmel
(1 Kings 18:16-39)

READ A PSALM

Psalm 27

>> OR >>

Psalm 146

READ ABOUT A MIRACLE

Never-ending Food
(1 Kings 17:7-16)

>> OR >>

Lunch for Everyone!
(John 6:1-15)

READ ABOUT AN ACCIDENT

Oops! I Dropped a Baby
(2 Samuel 4:4)

>> OR >>

Broken Neck
(1 Samuel 4:12-18)



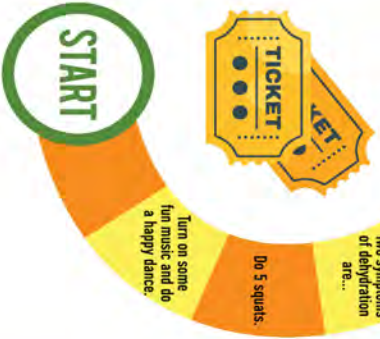
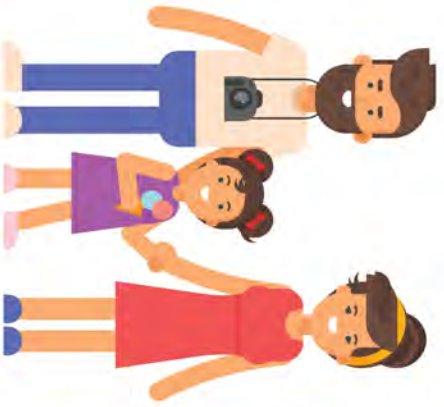
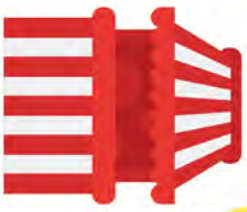
Read the Bible
to get to know
its Author.

YOUNG and BRAVE

When you finally see what God sees in you,
you become strong.



Go now to page 30 and create your own poster!



Two things I want to get better at are...

Something I want to do less of is...

Forgot to pack something? Go back 2.

Two new things I want to try this summer are...

One question I have about God is...

Got dizzy on a tea cup ride? Go back 3.

Three words that best describe who I am are...

What percentage of our bodies is water?

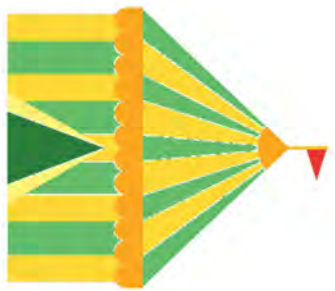
Two reasons to eat fruits and vegetables every day are...

Got stung by a bee? Go back 2.

Two symptoms of dehydration are...

Do 5 squats.

Turn on some fun music and do a happy dance.



One question I have about God is...

One thing I love about my family is...

A bug flew into your eye. Lose a turn.

Hop on one foot for 30 seconds.

Offered to share your ice cream. Move ahead 2.

Two symptoms of dehydration are...

Do 5 squats.

Turn on some fun music and do a happy dance.

One thing I'd change about my family is...

Give someone a compliment.

One person I'm thankful for is...

Got into an argument with your parents? Go back 2.

One thing I'm thankful for is...

Do 15 jumping jacks.

Threw a candy wrapper on the sidewalk. Lose a turn.



One place I'm thankful for is...

One holiday I'm thankful for is...

Threw a candy wrapper on the sidewalk. Lose a turn.

Do 15 jumping jacks.

One thing I'm thankful for is...

Got into an argument with your parents? Go back 2.

One person I'm thankful for is...

Give someone a compliment.

One thing I'd change about my family is...

Offered to share your ice cream. Move ahead 2.

Hop on one foot for 30 seconds.

A bug flew into your eye. Lose a turn.

One question I have about God is...

One thing I love about my family is...

Threw a tantrum. Go back 3.

Give yourself a big hug for 20 seconds.

I feel the happiest when...

Run in place for 30 seconds.

Make your silliest face.

Dropped ice cream on the ground. Go back 2.

Threw a tantrum. Go back 3.

Give yourself a big hug for 20 seconds.

I feel the happiest when...

Run in place for 30 seconds.

Make your silliest face.

Dropped ice cream on the ground. Go back 2.

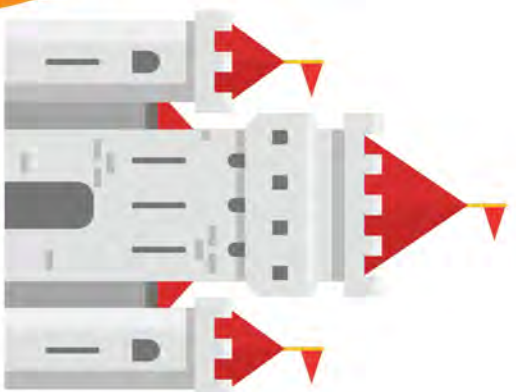
Tell about a time when Jesus answered your prayer.

Look up three new words.

Wheed and smiled at a baby. Move ahead 1.

Climb your stairs 10 times.

How do you know that God is real?



GAME RULES

1. Everyone places a marker (such as small rock, LEGO block, paperclip) at the start.
2. The youngest player goes first.
3. Flip a coin. "Heads" moves you forward 1 space. "Tails" gets you 2 spaces.
4. Do what is written on the space. If it's blank, pass the coin to the next player.
5. Whoever reaches the castle first wins!

Encouragement Challenge



Encourage each other every day.

Hebrews 3:13



This month keep an eye out for others. Each day look for opportunities to say or do something that will encourage and comfort others. For every time you encourage someone, write their name in one of the spaces in the heart and color it. Do your best to have the entire heart colored by the end of the month.



Three ways to encourage

Encourage one another and build each other up.

1 Thessalonians 5:11

Sometimes life brings us down, makes us feel sad, scared, or lonely. Sometimes, after trying and failing at something, we just want to give up.

That's when we need someone to encourage us.

To cheer us on. To tell us they are praying for us.

To remind us that God is with us and He will see us through.



1 Speak good words

- You're doing a great job!
- You're so talented.
- You're amazing!



2 Speak God's Word

- Don't be afraid. God's got this!
- God loves you, and I love you too.



3 Be there for people

- You can count on me!
- I'm your friend no matter what.

LEARN SOMETHING NEW

X X X X X X

Are you ready to learn something new?
God has given you gifts and abilities, and there is always
something you can learn.

Make a list of 10 things you're interested in.

TOP 10

I'm interested in...

1

2

3

4

5

6

7

8

9

10

Life is an adventure
of learning! Pick a
new skill or subject
and spend one month
learning everything
you can about it!

EXTRA IDEAS

- Solve a Rubik's cube
- Write with your other hand
- Crochet or knit
- Bake bread from scratch
- Create a web page
- Learn self-defense

MY PLAN

A planning worksheet for mastering a new skill

I'M GOING TO LEARN:



HERE'S WHY I WANT TO LEARN IT:



HERE'S HOW I WILL PICK A NEW SKILL AND LEARN ABOUT IT
Check as many items from the list as apply:

Find someone who has experience with this subject and learn from them. if anyone comes to mind, write their names on the right.

Watch online videos *

Try, try, and try again

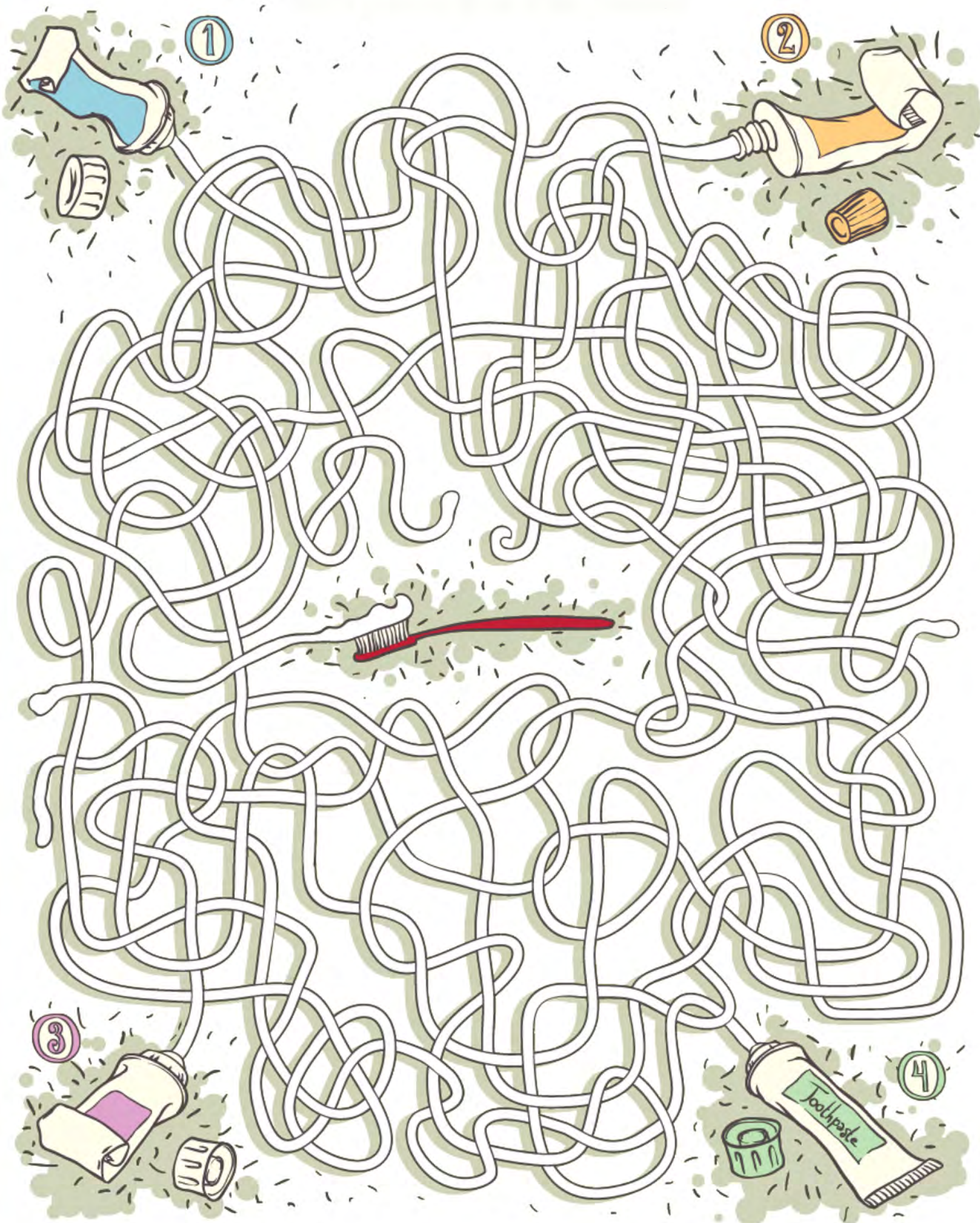
* get your parents' OK first

HERE'S A PICTURE OF ME ROCKING MY NEW SKILL

Draw your future self using your new skill for God's glory

Your body is a gift from your Heavenly Father. You can show God that you are grateful for your body by taking care of it. Good hygiene is an important way you can appreciate and care for your body. Each time you wash your hands, brush your teeth and hair, exercise, eat good foods, take a bath or sneeze into your elbow, you're treating God's gift with the love and respect it deserves.





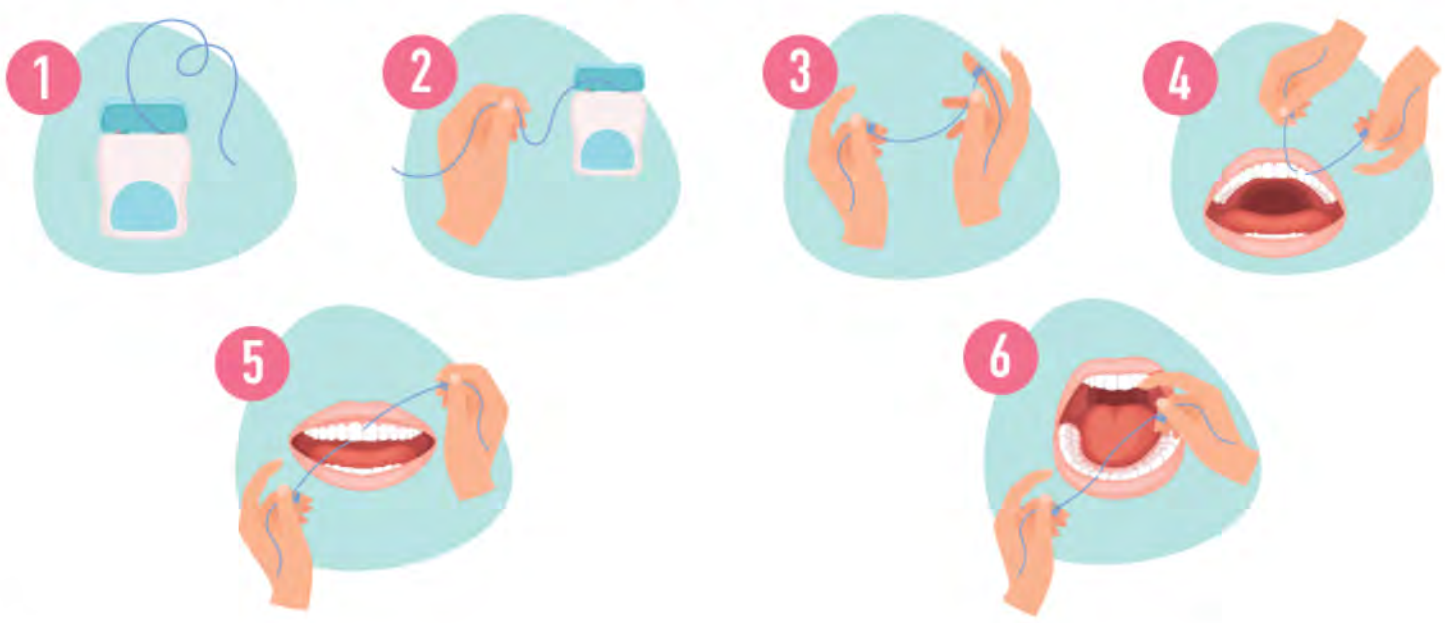
BEST FRIENDS OF YOUR TEETH



HOW TO BRUSH YOUR TEETH



HOW TO FLOSS YOUR TEETH





MY TEETH CARE CHART



For the next 30 days use this chart to keep track of how you care for your teeth.

- Brushed in the morning? CHECK!
- Brushed in the evening? CHECK!
- Flossed in the evening? CHECK!



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

FIND 15 HIDDEN OBJECTS IN THE PICTURE



I spy with my grateful eye

Did you know, that your life is filled with an astonishing number of blessings? There are so many wonderful people and amazing things that bring happiness to you. Problem is, sometimes we are too busy to notice and appreciate all the good that surrounds us. Or, we simply become so used to our blessings that we no longer notice them. This month, your challenge will be to start a Count My Blessings journal. It will be a lot like playing the "I Spy" game. All you'll need to do is take a good look around you daily, and write or draw some of the things you're grateful for.





START EACH DAY WITH A GRATEFUL HEART

This month, find beauty and joy in what you already have in your life. Each day, open your journal and finish these three phrases either with a drawing or words:

- Today I am grateful for...
- Something awesome that happened today...
- One person that brightened up my day was...
- ☹️ Feeling stuck? Unleash your creativity with these prompts:

Which holiday is your favorite and why are you grateful for this holiday?

What has God done for you or your family that you're thankful for?

What talent do you have that you are grateful for?

What is your favorite season? Why are you grateful for it?





GIVE THANKS TO GOD NO MATTER WHAT HAPPENS

What is your favorite scent and why are you grateful for the sense of smell?

What is one thing you love about yourself?

What are you grateful for about the country you live in?

Fill in the blank: I am thankful I learned how to _____.

Name something in your room that you are grateful for. Where did it come from?

Who is someone that makes you laugh or smile a lot? Why are you thankful for this person?

What technology are you thankful to have in your home?

What is your favorite book? What do you love about it?

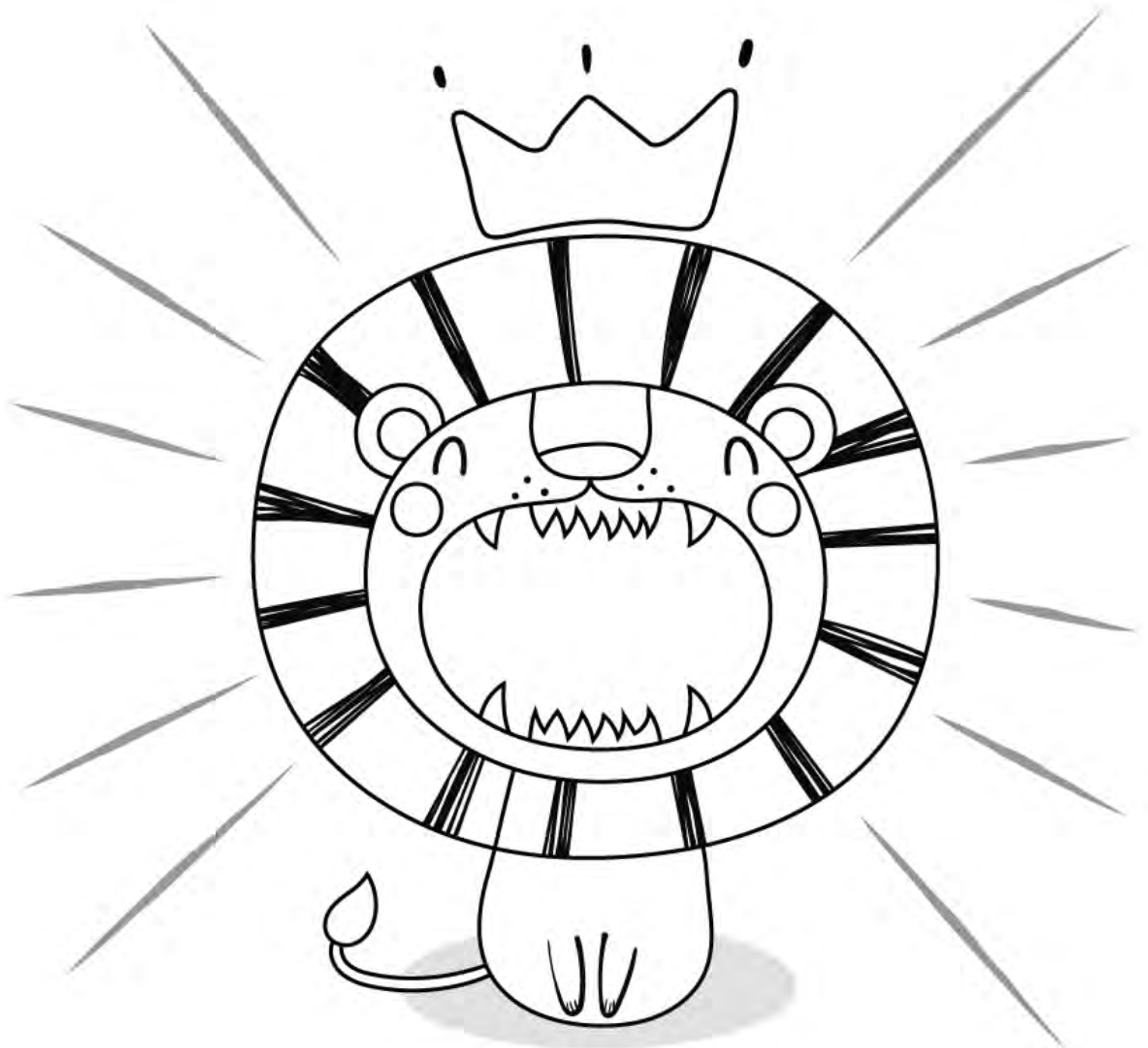
What is your favorite sound? Why are you grateful for the sense of hearing?

What do you like about your town? Why are you grateful to live there?



Fill this page with the words that describe you: your talents, interests, personality, and most importantly, what God sees in you.

Oh, and don't forget to col[r]oar the picture!



I can tell you their middle name.

I know what they wanted to be when they grew up.

I know when their birthday is (month and day).

I know what they were scared of when they were my age.

I can tell you the color of their eyes.

I know what gift they most like to receive

I can tell you what their favorite ice cream is.

I can tell you what their first paying job was.

I can tell you what pets they had when they were children.



Three in a row

Just how well do you know your parents?

Can you connect any of the three fields? Try it, and then ask them if you got it right.

GET TO KNOW YOUR PARENTS



This month, take time to talk to your parents and/or grandparents. You may be pleasantly surprised by what you discover about them.

Use the questions below to learn more about their younger days. You may even want to capture their answers with a voice recorder, so you can listen to them again later...when you're writing a book about them. :)

- What was the best thing about your childhood?
- What wasn't so great?
- How was day to day life different?
- What were you good at?
- What did you want to be good at?
- What are some funny memories?
- What did you want to be when you grew up? Why?
- What did you do for the holidays?
- What were some family rituals?
- What was bedtime like for you?
- What was your favorite story?
- What trouble did you get into?
- What did you do for fun?
- What were some of the important rules in your family?
- How was play different?
- Can you tell me about some of your mistakes and mess-ups?
- When did God become real to you?
- What people have had the biggest impact on your life?



CHILDREN + PARENTS



*Here are some fun ways to have fun with your parents!
Circle the ones you want to do.*

- Sleep in a backyard tent as a family.
- Watch the sunrise together.
- Have dinner *under* the dining room table.
- Make your own family movie with a smartphone.
- Wade through the puddles after a rain.
- Go on a flashlight pajama walk around the block.
- Let out lanterns in the night sky.
- Have a bedtime snack by candlelight on the porch.
- Go fish.
- Go to a drive-in movie.
- Make a playlist with songs that have family members' names in them.
- Learn something from your parents (how to bake, play tennis, balance checkbook, etc.)
- Go Geocaching.
- Volunteer/serve together.
- Look through family photos.
- Cook or bake together.
- Go rock climbing.
- Read a classic story together.
- Complete a 1000 piece puzzle.
- Have a campfire in the backyard. Share family stories and make toasted marshmallows.

