

Summer Spiritual Growth

Lectio 365 App (free)

- morning & evening reflections
- can read or listen

YouVersion App/website (free)

- Bible on your phone/device
- multiple translations
- reading plans available
- can read or listen

RightNow Media

- free access to media library with content for the whole family!
- [click here](#) to sign up

Looking for a good book?

Check out these suggestions:

- Live In Grace, Walk in Love by Bob Goff
- The Ultimate Exodus by Danielle Strickland
- The Eternal Current by Aaron Niequist
- Garden City by John Mark Comer
- The Holy Wild by Mark Buchanan

Summer Memory Verse Mania

Evergreen Kids are memorizing scripture each week this summer. [Check out this link](#) to see if you know all of these verses too. Memorize them on your own or with your family.

Reading Plans/Bible Studies

Check out the links below for access:

- [Reading plan for families](#)
- [Reading plan for older kids \(or anyone!\)](#)
- [From Fear to Love video series](#)

Scripture Reading and Reflections

Read: Psalm 143:8 & Lamentations 3:21-26

Practice: Take your morning tea or coffee outside. Be still. Notice what you might not have noticed before. What do you see, hear, smell, and feel? Thank God for the day and all the opportunities it will bring.

Read: Matthew 6:25-34

Practice: As you walk around your property or through your neighbourhood, notice the flowers, trees, and birds you see. Reflect on the many types - colour, size, shape - of each. Keeping in mind the passage from Matthew, pray about what you're worrying about and ask God to help you let go of those worries.

Read: Psalm 23

Practice: Take a drive to your favourite spot by the lake, or another body of water you enjoy. Spend some time enjoying the water and its ability to sooth, calm and make us feel rested. Reflect on what you're preoccupied with and striving for that may be making it difficult to rest in the abundance and wholeness God has for us. Ask God to shift your focus to him and the gifts He is pouring into your life.

Read: Psalm 121

Practice: Head outside in the evening and spend some time in stillness before God. Thank God for the day. Review your day and the events that occurred - where were you aware of God's presence? Was there a time you focused on yourself and missed an opportunity to be used by God? Where were you at your best and worst? Name the feelings that come up as you review your day. Chose a couple of those feelings to pray about, taking time to listen to God. Look ahead to tomorrow - what did God reveal to you that you want to bring into tomorrow?