

#GROWYOURFAITH

Spiritual Workbook

by Tanesha Parker

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#GrowYourFaith

You've just taken a fantastic step in your walk with Christ.

Welcome - I'm so glad you're here! I'm even more ecstatic that you've chosen to actively #GrowYourFaith.

Faith is such a critical concept and one that can be hard to wrap your mind around. Scripture tells us that faith is the confidence of things hoped for and the evidence of things not yet seen (Hebrews 11:1). The Bible also tells us that it is impossible to please God without faith (Hebrews 11:6). I don't know about you, but that sounds like a seriously profound statement to me. Scriptures like this can be puzzling, even a bit overwhelming, but they (as well as the rest of the word of God) are meant to build us up so that we can step into all God has for us in life.

So, how exactly do you grow your faith? I'm so glad you asked! Just like our physical muscles, our faith needs to be worked and will increase over time - if we truly put in the effort. I created this workbook based on what I've learned during my walk with Christ and ways I've increased my faith throughout my journey of following Jesus. Just like your relationship with God, faith is personal. I created #GrowYourFaith as a resource to help you, not a rulebook that you must follow to get results. Please take the nuggets that encourage you, but don't be so focused on following this book to a T that you miss the miraculous ways that God moves in your life.



About me

WELCOME

I feel it's essential you learn about me and my testimony before you start diving into my words of encouragement for how to increase your faith. As the word of God says, we must test every spirit (1 John 4:1).

I have always believed in God, but I wouldn't necessarily call myself a life-long Christ follower. I didn't know or understand that God wanted a relationship with me; I was raised on religion alone. In 2015, I experienced a traumatic event that shook my entire world. I had a warped mindset that God was punishing me, but that same mindset is what led me into a beautiful relationship with Jesus.

Since I genuinely came to Christ, He has renewed my mind and I have grown in ways I never thought possible. I have been ignited for the Kingdom and want to share His goodness, healing, mercy, and grace with others. I need the world to know that God's love and a relationship with Him are available to all of us.

To give you an idea of where faith has led me, here's a quick summary of major events I've experienced since I started truly walking with Christ. In 2016, I found myself laid off and unemployed for months - but I still paid every bill on time, without touching my savings. In 2018, I purchased my first house - six months after asking God for a home. In 2020, I finally published Letters to the Lord: A 21-Day Devotional - fulfilling my lifelong dream to be an author. In 2021, I moved across the country with nothing but a call from God - I've seen supernatural increase in every area because of it. These events seem to have no correlation, but they all took one thing - faith. Each of these events built my faith, little by little, and got me to where I am today.

Faith is something we all can build, and it can take us to places and spaces we've only ever dreamed of. Throughout this workbook, I'll share tips and activities that have helped me on my faith journey, and I pray they encourage you.

Now that you know a little about me let's get ready to #GrowYourFaith.

Taneesha Parker

author



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What to Expect



ABOUT THIS WORKBOOK

I created the #GrowYourFaith Workbook first and foremost as an assignment from God. This workbook will help you reflect on your faith journey up until this point and help you visualize and take action to get to the faith of your future.

WHO IS IT FOR?

This workbook looks at faith from a Christian lens and focuses on growing your faith regarding your walk with Christ. If you are not a Christ-follower, you can still benefit from this workbook. Just know the purpose of the workbook is rooted in having a relationship with Jesus.

WORKBOOK GOALS

By the time you finish this workbook, you will 1) have an understanding of where you started with your faith, 2) grown in relationship with God, 3) become more aware of what you consume with your eyes and ears, and 4) have a plan of attack for putting your faith into action.

HOW TO USE THIS WORKBOOK

- This workbook includes four modules. You do not have to complete all modules within a specific timeframe, but I recommend completing the modules in order.
- This workbook is designed as an e-book for you to complete the activities on an electronic device. The workbook is also printer-friendly for those that enjoy putting pen to paper.
- There is a Notes page at the end of each module for additional ideas and thoughts.
- Most important, invite God in to join you as you progress through this workbook. #GrowYourFaith is meant to be a tool to assist you, not a replacement for God's voice or instruction.



Four Steps to Growth

1

FAITH CHECK

Find out where you currently place your faith and how you rate your current level of faith.

GET CONNECTED

Assess your current relationship with God, the ultimate foundation of faith, then take it to the next level.

2

FILL YOURSELF

Intentionally focus on things that edify you, coupled with the word of God, and watch your faith grow.

3

WORK YOUR FAITH

Get active with your faith and demonstrate to God and others in your life that your faith can and will move mountains.

4



FAITH CHECK

How can you get somewhere new if you don't know where you're starting from?

Before we embark on the journey to #GrowYourFaith, it's important to know where you are and where you've been.



Module Overview

01

About You

Take time to reflect on your current faith before you dive into #growth.

02

Faith Assessment

Where do you currently place your faith - in God or something/someone else?

03

Your Testimony

Remind yourself of where God has brought you and what you've already overcome.

Self-awareness is an underrated life skill. Many people dive in headfirst, trying to get to a place they've never been without evaluating where they currently are. You do not have to stay at your current level, but you need to know your starting position to get the most out of #GrowYourFaith. Take time to reflect during this module and be honest with yourself. There is no shame in recognizing where you are.



About You

Now that you've learned a bit about me, I want you to reflect on who and where you are. Review the questions below and answer them from your current position - be authentic with where and who you are in this moment. You can refer back to this sheet throughout the workbook.

What brought you to this workbook? What made you decide to take action in growing your faith?

What area(s) are you believing God to move in?

On a scale of 0-5, with 0 being "This will NEVER happen" and 5 being "There is no doubt in my mind this WILL happen," what is your current level of faith for the above item(s)? Add additional notes in the box below.

FAITH LEVEL

0

1

2

3

4

5



Faith Assessment

Let's assess where you currently place your faith. Again, it's essential to be authentic about where you are in this moment. This exercise will get you thinking about where you put your faith and if it's in places you didn't realize. There are no right or wrong answers; just be honest with yourself.

QUESTION ONE

Thinking about your **HEALTH**, where do you place your faith? (Select all that apply.)

A Doctors/Medical Professionals

B Medicines & Pharmaceuticals

C Self

D God

E Other (list out): _____

QUESTION TWO

Thinking about your **FINANCES**, where do you place your faith? (Select all that apply.)

A Job/Employer

B Spouse/Parents/Other Person

C Self

D God

E Other (list out): _____



Faith Assessment

QUESTION THREE

Thinking about your RELATIONSHIPS, where do you place your faith? (Select all that apply.)

A Self-Help Books/Articles

B Advice from Other People

C Self

D God

E Other (list out): _____

QUESTION FOUR

Thinking about your FUTURE, where do you place your faith? (Select all that apply.)

A Global Events (Elections, Economies)

B Horoscope

C Self

D God

E Other (list out): _____

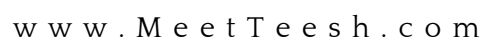
Review your answers. Do you see any surprises? Putting our faith into things and people besides God can happen more than we realize. We may have strong faith in God in one area of our life but not in another. At the end of the day, if our faith is in something or someone other than God, we will experience heartbreak or loss when that person or thing fails us. Refer back to this page as you #GrowYourFaith and see how your answers change (or stay the same).

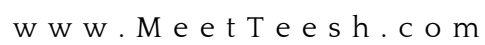


Young Testimony

Use this space to record your current testimony - what has God done for you so far in life? You'll refer back to this regularly, especially in times when you need a boost on your faith journey, so leave it all on these pages.

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GET CONNECTED

**How can you grow if you don't have
roots in a firm foundation?**

Faith is fundamental to walking out the life
God has called us to live. If we are to keep
on the path He has set out for us, we need to
get and stay connected to the Creator of our
destiny.



Module Overview

01

It's All About Relationship

God is so much more than religion. Let's dive into the details of relationship with Him.

02

Prayer, Praise, and Worship

A relationship goes both ways. Explore how you can grow in God and, simultaneously, grow your faith.

03

Stay Connected

Getting connected is the first step, but how do you, personally, stay connected? Remind yourself of ways that have helped you stay connected to God in the past.

God is at the center of faith. We do not need faith if we know what we are doing. We do not need faith if we are going off our own volition and with our plans. We do not need faith to be pleased; God does. Hebrews 11 recounts some of the most remarkable people of faith we have ever seen, from Abel to Noah to Abraham to Joseph to even the Judges like Gideon and Sampson. This same chapter tells us that it is by faith we understand that God created the universe, and it is by faith we believe in Him (Hebrews 11:1 and 11:6, respectively). God is at the center of it all, and without Him, we cannot have (and do not even need) faith.



Get Connected

IT'S ALL ABOUT RELATIONSHIP

What is the difference between a stranger and an acquaintance, or an acquaintance and a friend? The level of relationship the two people have together. If you never build a relationship with someone, they can stay a stranger forever. Our relationship with God is no different. A relationship consists of how we connect, talk to, and interact with another person. God knows us better than we could ever know ourselves, but He still desires a relationship with us. Contrary to what you may have heard, God does not care about religion; it's all about relationship.

Religion is a checklist of items that have no meaning; you do them out of obligation. A relationship involves doing things out of love for the other person, out of a desire to get to know and grow with them. Having an authentic relationship with God - one where you talk with Him, walk with Him, spend time with Him, get to know Him more and more - is key to growing your faith. Again, if God is at the center of faith, we need to be with Him, interact with Him, and know Him to grow our faith.

How do we build a relationship with God? The same way you would with anyone else - spend time with Him through prayer, praise, and worship.

DESCRIBE YOUR CURRENT RELATIONSHIP WITH GOD. WHAT ARE WAYS YOU LIKE TO SPEND TIME WITH HIM?

WHEN DO YOU FEEL CLOSEST TO GOD? WHAT STEPS CAN YOU TAKE TO EXPAND ON THIS AND GROW EVEN CLOSER TO HIM?



Get Connected

PRAYER, PRAISE, AND WORSHIP

Prayer is one of our most significant advantages in life because it's how we communicate directly with God. At its core, prayer is simply a conversation with God. The key here is that a conversation goes both ways, and prayer should do the same. Prayer is a time for us to talk to God and give Him our worries, requests, and expressions of what we're experiencing. Prayer is also God's time to speak to us - to provide us with wisdom, instruction, encouragement, and whatever else we may need. What better way to get exactly what we need than going straight to the source?

Praise and worship are two other ways that are vital to connecting with God. We grow with God when we praise Him - when we express our love for Him, glorify Him by speaking about who He is, and lift His name. When we worship God - when we humble ourselves and focus on Him - we make it known that He is exalted and we are subservient to Him and His will.

Prayer is a two-way street that often results in us getting something we need, while praise and worship are solely for God and not focused on us. We may still benefit from the impact of praise and worship, but the focus should always be on God. All three of these things are valuable, and growing in all three will strengthen your relationship with God and take it to new levels.

DESCRIBE YOUR IDEAL PRAYER LIFE - HOW OFTEN WOULD YOU PRAY, WHAT WOULD YOU TAKE TO GOD IN PRAYER, HOW WOULD YOU PRAY?

WHAT STEPS CAN YOU TAKE TO ACHIEVE THE IDEAL PRAYER LIFE YOU DESCRIBED ABOVE?



Get Connected

PRAYER, PRAISE, AND WORSHIP

WHAT ARE THINGS THAT ARE TRUE ABOUT GOD? WHAT PRAISES CAN YOU POUR OUT TO HIM RIGHT NOW?

WHAT IS YOUR FAVORITE WAY TO WORSHIP GOD?

WHAT WORSHIP SONG REMINDS YOU OF YOUR SPECIFIC RELATIONSHIP WITH GOD?

WHAT WORSHIP SONG REMINDS YOU OF GOD'S FAITHFULNESS, WHO GOD IS, WHO YOU ARE IN CHRIST?



Stay Connected

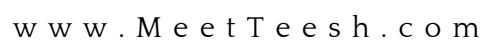
Getting connected to God is just the first step. Our walk as Christians takes place every day throughout our lives - that's a long time! It's naive to think that we will never experience hardships or situations that may make us doubt our faith. Trials are a part of life, and since we are only human, it's normal to react to them differently. Staying connected to God, even in trialing times, is a significant key to continue growing our faith.

HAS THERE EVER BEEN A TIME WHEN YOU'VE FELT FAR FROM GOD? HOW DID YOU GET BACK TO A PLACE WHERE YOU FELT ON TRACK?

WHAT REMINDERS CAN YOU GIVE YOURSELF TODAY TO HELP YOU DURING A FUTURE TRIAL?



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FILL YOURSELF

**Does what you consume with your eyes
and ears positively or negatively impact
your faith?**

What we take in directly impacts our minds, the way we see things, and how we feel. It's paramount to consistently consume things that edify our spirit and increase our faith.



Module Overview

01

Fill Yourself with Truth

God's word is the truest thing on the planet. Fill yourself with it and see how your faith grows.

02

What's filling your cup?

Evaluate what's filling your cup and how it impacts you; you may be surprised.

03

Intentionality Challenge

Challenge yourself to switch up what you're consuming and evaluate how it changes how you see and speak about things.

Do you notice how songs or scenes from movies and television shows can provoke certain emotions, memories, or desires in you? What we consume is directly tied to how we think, feel, speak, see ourselves, and see the world around us. Filling ourselves with things that edify our spirit and increase our faith is essential. Jesus tells us in Matthew 12 that the mouth speaks what the heart is full of, and we bring about what is stored up inside of us (Matthew 12:34-35). What we fill ourselves with impacts what is stored inside us and what we pour out into the world.



Fill Yourself

SCRIPTURE

Romans 10:17 tells us, "So then faith comes by hearing, and hearing by the word of God" (NKJV). The Bible is the only living, breathing book on this planet. No matter your circumstance or what you have faith for, the Bible has something to say to you about it.

01

02

SERMONS

Hearing the word through pastors and leaders in the body of Christ is a great way to grow your understanding of scripture. God often uses pastors, teachers, and other speakers to deliver a specific word to those listening.

OTHER RESOURCES

You can also fill yourself with books, podcasts, devotionals, videos, community groups, music, and Christian movies & television shows. Media, in general, isn't a bad thing; it's the type of media that's important.

03



Fill Yourself

01

SCRIPTURE

We learn in 2 Timothy 3:16 that "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right" (NLT). Filling ourselves with the word of God not only encourages us but benefits us in more ways than one. If the word is truly stored in our hearts, we can recall it in times of need (for ourselves and others) and be encouraged when we see it come to pass.

What scripture(s) has a significant, personal meaning to you?

What scripture(s) encourages you the most?

What scripture(s) gives you peace in any situation?

What is one scripture you want to memorize by the end of the month?



Fill Yourself

Ephesians 4:11-13 tells us that "Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we reach unity in the faith and in the knowledge of the Son of God...." The word of God preached by someone else can give us a new revelation of the scripture. Sermons and other spoken messages can be a great way to grow in faith, but always test the spirit of who is delivering the message.

02

SERMONS

What is the most impactful sermon/message you've ever heard, and why?

Has God ever spoken to you through a sermon/message? How, what, and when?



Fill Yourself



OTHER RESOURCES

God speaks in many ways, not just through the Bible or spoken messages and sermons. Many anointed people in the body of Christ release podcasts, books, mobile apps, devotionals, TV shows, movies, and other resources (like this workbook) that can help grow your faith. Switching up how you fill yourself keeps your walk fresh and allows your faith to expand in new ways. Let the Lord lead you if you need help finding other resources that edify your spirit and grow your faith.

What are Christian podcasts you listen to or want to try?

What is a Christian book you want to read or re-read within the next year?

What is a Christian movie you want to watch (ex. The Shack, War Room)?

What is another resource you want to add to things you've already listed?



What is filling your cup?

Our eyes and ears are how things get into our minds and spirits. What we see and hear will stick with us, whether or not we realize it. Don't believe me? Have you ever had a song you can't get out of your head or a phrase from a movie, TV show, or TikTok that you keep randomly repeating? Being aware of what we see and hear is crucial to evaluating what we are filling ourselves with and if it's helpful or harmful to our faith. Take some time to reflect on what fills your cup, following the prompts below.

WHAT HAVE YOU BEEN LETTING THROUGH YOUR EYE & EAR GATES LATELY? LIST EVERYTHING, INCLUDING SOCIAL MEDIA, NEWS BROADCASTS, THE WORD OF GOD, BOOKS, PODCASTS, SERMONS, MUSIC, TV SHOWS & MOVIES, GOSSIP, ETC.

HOW ARE THESE THINGS IMPACTING YOUR FAITH, YOUR OUTLOOK, ETC.? ARE THESE THINGS BUILDING YOU AND YOUR FAITH UP OR TEARING IT DOWN? EXPLAIN BELOW.



Intentionality Challenge

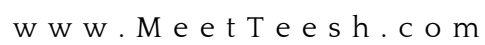
Over the next seven days, be intentional about your gates - actively consume things that build your faith, and cut out things that tear it down. Add two more Faith Building Tasks you want to include for the week below. Track your progress and record your observations of how being intentional with what you've consumed has impacted you.

FAITH BUILDING TASK	M	T	W	TH	F	S	SU
Read the Word of God							
Listen to a Sermon/Message							

NOTES



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WORK YOUR FAITH

**Do your actions line up with your
beliefs?**

Assessing where we are with our faith, connecting to God, and filling ourselves with things that edify our spirit are fantastic, but we can't stop there. We need to demonstrate our faith by putting it into action to continue growing.



Module Overview

01

Write the Vision

Have you ever thought about the vision for your faith? Now is the time to make it plain.

02

Speak On It

There is so much power in our spoken words. We can use what we say to increase our faith by speaking life into our situation.

03

Faith in Action

Create actionable steps to demonstrate your faith, then follow through by completing them.

James 2:17 makes it abundantly clear that faith without works (action) is dead or ineffective. You cannot sit back, do nothing, and expect your life to change. Growing your faith is no different than working out to change your physical body or studying to develop your intellect. Working your faith is all about combining faith with actions that align with your beliefs. There are many ways to put your faith into action, but the most important thing is that you take action - don't sit by idly and then get upset that you do not see changes. Show God how serious you are about your faith - literally.



Work Your Faith

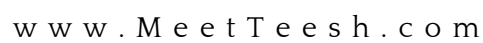
WRITE THE VISION

In Habakkuk, the prophet brings a complaint to the Lord and waits for His response. The Lord then tells Habakkuk to "Write down the revelation and make it plain on tablets" (Habakkuk 2:2). Paul discusses faith and how God created the universe and told us that "What is seen was not made out of what was visible" (Hebrews 11:3). Having a vision, something you can see even if it's just in your imagination, is vital for all aspects of your life, including your faith. Do you have a vision for your faith? Is it steadfast, continuously increasing, powerful? Think about how you want your faith to be (not how it is now). Take your vision to God, seek His wisdom and the vision He has for your faith, then record it below.

THE VISION FOR MY FAITH

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Work Your Faith

SPEAK ON IT

The words we speak genuinely influence the reality we see. We know this from Proverbs, which tells us that life and death are in the power of the tongue (Proverbs 18:21). We also see words at work at the beginning of the Bible when God spoke everything into existence. The power of His spoken word still holds true thousands of years later (we still have the earth, the sky, the light, etc.). When we take our spoken words and combine them with the power of God's word by anchoring them in scripture, miracles happen.

WHAT IS SOMETHING SPECIFIC YOU ARE BELIEVING GOD FOR RIGHT NOW?

NOTE: Have you submitted this desire to God? Is this something that aligns with what He has revealed to you? Be sure to ask Him if it's something He would have for you and edit the answer above if needed.

What scriptures align with what you are believing for? List them below. (For example, if you're believing for debt freedom, you can reference Deuteronomy 28:12.)



Work Your Faith

Anchoring your prayer in God's word, following the truth and context of the scripture, is powerful. This allows Isaiah 55:11 to be activated - God watches over His word to perform it, and it will not return to Him void. In Matthew 21:22, Jesus himself says, "If you believe, you will receive whatever you ask for in prayer." Remember always to submit your requests to God; His will should be your ultimate desire.

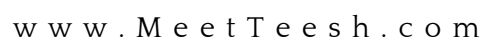
In the space below, write out a prayer that combines what you are believing for (that you've submitted to God) with a relevant anchor scripture you wrote down. Once finished, pray it out loud. Try to write the prayer as if it is already completed/you're already living in the blessing. It may sound silly, but a part of working your faith is truly believing in what you have faith to see, even when there is no physical evidence yet.

Need a little help? Following our example of debt freedom, you could write, "Thank you, Father, that I am a lender to many nations, but borrow from none according to Deuteronomy 28:12. Thank you for a Matthew 6:33 blessing, Lord, where You meet all of my needs as I seek You first, Lord."

MY PRAYER IN FAITH



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Work Your Faith

FAITH IN ACTION

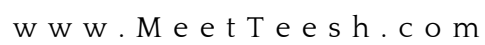
Having a vision, speaking life, and declaring God's word in your prayers is extremely powerful, but the work doesn't stop there. For many things we are believing for, there are actionable steps we can take to demonstrate our faith and prepare us for the answered prayer. Continuing with our debt freedom example, do you know the exact amount of debt you have? If someone came up to you right now with a blank check ready to pay it all, but only if you knew the exact amount, would you be ready? Totaling your debt is a simple action that prepares you for what you're asking for and shows God you are serious with your faith.

What steps can you take right now to prepare you for your answered prayer? It can be taking your dream car for a test drive, creating (and sticking to) a budget, touring your dream home, starting a workout program, adjusting your diet, writing the acceptance speech, etc. **Seek the counsel of the Lord** for His specific instruction and record your action steps below. Whenever you complete one of the actions, record the date and mark it off the list.

MY FAITH IN ACTION

	COMPLETION DATE
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



[illegible]

CONCLUSION

We all know growth doesn't end, right?

The workbook may be wrapping up, but your faith journey continues. In the pages to come, you'll find additional resources to help you #GrowYourFaith beyond what you've seen in this workbook.



Final Thoughts

Congratulations on completing the #GrowYourFaith Workbook!

Throughout this workbook, you've reflected on where you are, your relationship with God, what you fill yourself with, and how you can put your faith into action. Reevaluate these things often because no one stays the same forever. If you haven't already, I encourage you to revisit the Faith Assessment and see how your answers have changed or stayed the same.

The tools you learned throughout this workbook are meant to encourage you and help you continuously grow. As you move forward in your journey, remember that your faith is your own - do what works for you and what God leads you to in this season. Lastly, don't forget to share your experience of growing your faith with others! Your growth can, and will, inspire others, even if you think no one is watching.

I pray that this workbook gave you a fresh perspective and helped you #GrowYourFaith in new ways. In the remaining pages, I've added some additional resources and activities that may be helpful in your faith journey.



Watch Your Works

Growing your faith is a continuous process and involves everything we have talked about in this workbook. The habits listed below are steps you can take to increase your faith throughout a given month. Use the tracker to keep a record of how often you complete a faith-building habit throughout the month. Review the completed tracker at the end of the month and reflect on how your habits (or lack thereof) contributed to your mood, outlook, interactions, etc.

HABIT

MONTH

Read the Bible

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

MONTH

Spend time in prayer
& worship

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

MONTH

Listen to a
sermon/podcast or
read a faith-filling book

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

MONTH

Speak my faith out
loud and declare
God's word

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT

MONTH

Complete an action
to demonstrate my
faith

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



Watch Your Works

Want to track your own faith-building actions throughout a month? Fill in the HABIT column and use the tracker below.

HABIT	MONTH															
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT	MONTH															
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT	MONTH															
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT	MONTH															
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT	MONTH															
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT	MONTH															
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



Accountability Partners

Accomplishing a goal, sticking to a new habit, or even completing an activity on your to-do list can be daunting, especially if it involves an area of growth. Having an accountability partner, or what I like to call an "accountabilibuddy," can help you stay on track. What are some things you want to ensure you accomplish? List them below, then choose someone you can rely on to complete regular check-ins and keep you accountable.

GOAL, HABIT, OR ACTIVITY

ACCOUNTABILITY PARTNER

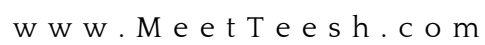


Prayer Tracker

Remembering that God has answered specific prayers is a huge faith builder.
Write down specific prayer requests below and record when they come to pass.

✓	PRAYER REQUEST	COMPLETION DATE
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		



[illegible]

”

NONE OF US ARE PERFECT, NONE
OF US ARE QUALIFIED, BUT ALL
OF US ARE CALLED.

Taneesha Parker

*Available on
Amazon*





THANK YOU!

Let's get social



www.MeetTeesh.com