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Unity Church

ORPINGTON

Grow your faith

SEEK & FIND · A FOUR-WEEK GUIDE

Faith grows like a garden: slowly, with simple daily care, and with others alongside. Here are four rhythms to root you deeper.

"But grow in the grace and knowledge of our Lord and Saviour Jesus Christ."

2 Peter 3:18 (NIV)

Name _____ Start date _____

BEFORE YOU START

How to use this guide

Set aside about ten minutes, five days a week. Find a quiet spot, a Bible (or a Bible app), and a pen.

1. **Read** the day's short passage, slowly. Tick the box when you're done.
2. **Try** the week's simple practice in everyday life.
3. **Reflect** at the end of the week, and jot down what you noticed.
4. **Pray**, even if it's just: "God, help me to know you more."

Missed a day? No guilt. Just pick up where you left off. This isn't a test; it's an invitation.

THIS GUIDE IS FOR YOU IF YOU'RE…

New to faith and wanting solid foundations

Feeling stuck, dry or going through the motions

Ready to go deeper and use your gifts

YOUR FOUR WEEKS

WEEK 1
Rooted in the Word

WEEK 2
Worship in all of life

WEEK 3
Learn with others

WEEK 4
Serve

You don't have to walk it alone

Find a friend to do this with you, or ask someone at Unity Church to check in with you each week. Call the office on 07723 291151.

WEEK 1 OF 4

Rooted in the Word

The Bible is how God speaks to us. Read slowly this week. Quality matters more than quantity.

READ: ONE A DAY

- [ ] DAY 1 — Psalm 1 _____
- [ ] DAY 2 — Psalm 19 _____
- [ ] DAY 3 — Psalm 119:97–112 _____
- [ ] DAY 4 — 2 Timothy 3:14–17 _____
- [ ] DAY 5 — James 1:19–25 _____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY Read one passage a day, slowly, and underline one line to carry with you.

REFLECT

Which verse stayed with you this week?

What helps you read the Bible well?

A PRAYER FOR THIS WEEK

WEEK 2 OF 4

Worship in all of life

Worship is more than singing on Sunday. It is offering every part of ordinary life back to God.

READ: ONE A DAY

- ☐ DAY 1 — Romans 12:1–2 _____
- ☐ DAY 2 — Psalm 100 _____
- ☐ DAY 3 — Psalm 103:1–14 _____
- ☐ DAY 4 — Colossians 3:16–17 _____
- ☐ DAY 5 — 1 Thessalonians 5:16–18 _____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY Pause once each day to thank God for three specific things.

REFLECT

Where did you notice God this week?

What part of your life is hardest to offer to him?

A PRAYER FOR THIS WEEK

WEEK 3 OF 4

Learn with others

We grow faster together. Other people help us see what we would miss alone.

READ: ONE A DAY

☐	DAY 1	Hebrews 10:19–25	
☐	DAY 2	Acts 17:10–12	
☐	DAY 3	Acts 8:26–40	
☐	DAY 4	Luke 24:13–35	
☐	DAY 5	Proverbs 27:17	

Use the line for one word or phrase that stood out.

THIS WEEK, TRY — Share a question or a verse with a friend or your Growth Group.

REFLECT

What did someone else help you see?

Who could you invite to read with you?

A PRAYER FOR THIS WEEK

WEEK 4 OF 4

Serve

Jesus came not to be served but to serve. Serving others is where faith becomes visible.

READ: ONE A DAY

- ☐ DAY 1 — Mark 10:35–45 _____
- ☐ DAY 2 — Romans 12:3–8 _____
- ☐ DAY 3 — 1 Peter 4:7–11 _____
- ☐ DAY 4 — Matthew 25:31–40 _____
- ☐ DAY 5 — Galatians 5:13–14 _____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Serve once this week: at the Community Fridge, the cafe, the welcome team or for a neighbour.

REFLECT

What gifts has God given you?

What did serving teach you?

A PRAYER FOR THIS WEEK

AFTER FOUR WEEKS

Keep going

Well done for taking these steps. Looking back over the last four weeks, what has changed?

YOUR NEXT STEP COULD BE TO…

- Join a Growth Group
- Catch up on recent sermon series
- Find a place to serve in our community projects

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

COME AS YOU ARE

There's a seat saved for you this Sunday.

SUNDAYS
10:30am
Unity Church, Rye Crescent
Orpington BR5 4NH

CONTACT
Office 07723 291151
Monday & Wednesday mornings

ONLINE
unitychurch.uk
Seek & Find pathways

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