

GROW VS. GO LIST



Grow vs. Go List

When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things - 1 Corinthians 13:11

To grow means to undergo natural development by increasing in size to become larger or greater over a period of time, to increase.

Settle in your mind that it is God's desire for you to grow. From season to season we are to grow and advance as we gain more knowledge and increase in capacity. The thing about growth is that as natural as it may seem to advance, it doesn't just happen. As such, we must be intentional about our growth and about creating systems that support this. Additionally, just as a seed is sown and expected to grow, the conditions that surround that seed will impact how well it grows (or doesn't).

This list is intended to serve as a tool to help guide you into the process of identifying and simplifying your key areas for growth. It also gives the opportunity to think about the next steps required.

*If you need to learn or refine your ability to hear from God, we encourage you to leverage the following playlist curated with messages on this subject - [Hearing From God Playlist](#).

Grow vs. Go List

Jesus grew in wisdom and in stature and in favour with God and all the people - Luke 2:52

What is a Grow vs. Go List

A grow vs. go list is simply a list of things you decide you want to harness, develop and master vs. those things you want to let go of either permanently or for a specific season. For example, you may decide you want to let go of fear and gain more clarity in life. Fear will be your 'go' and clarity will be your 'grow'. Once you have these at a high level, you can dive deeper and get more specific about the steps to be taken to achieve this.

It may seem obvious but giving this some thought, making these decisions and writing these down go a long way not only to identify these but to help you think about the key action items.

What is a Grow vs. Go List

To get started, you will need to take some time out to do this so ensure you can give this at least a distraction free hour or two. Follow the instructions at the beginning of each section and fill in the required information. You may choose to write down your answers in a journal as well.

Reflection

To get started, spend a few minutes in prayer and thanksgiving. Reflect on the previous season and write down the key things you want to thank God for, along with the things you liked about the season and what did not work so well. Ensure you maintain a thankful heart posture through out this process

Reflection

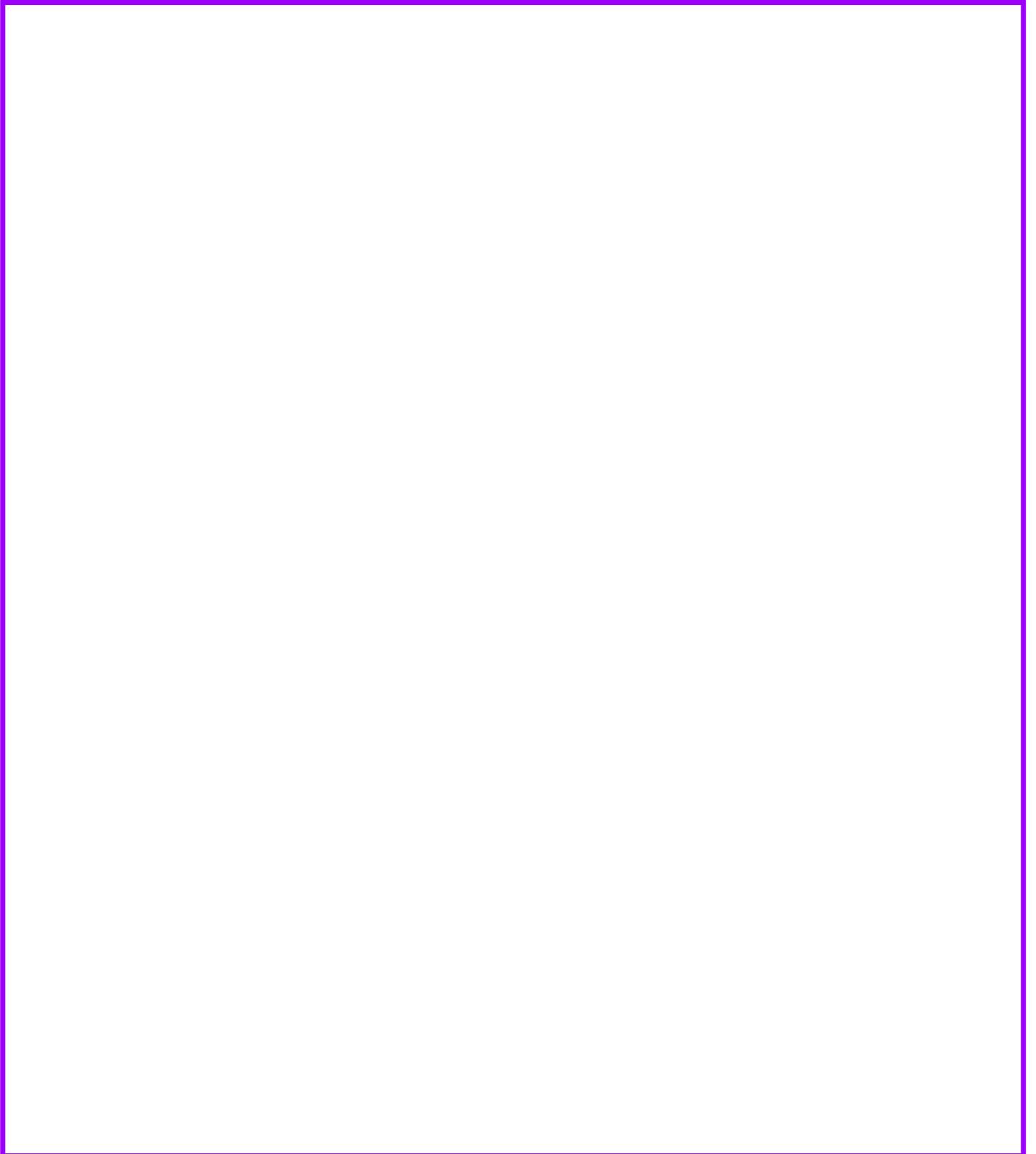
A large, empty rectangular box with a black border, intended for writing a reflection. The box occupies most of the page below the title.

Key Words

Next, as you continue in prayer, ask God to give you a glimpse into the season ahead. Take some time to be still before the Lord and write down the keywords God speaks to you and any images you receive



Key Words



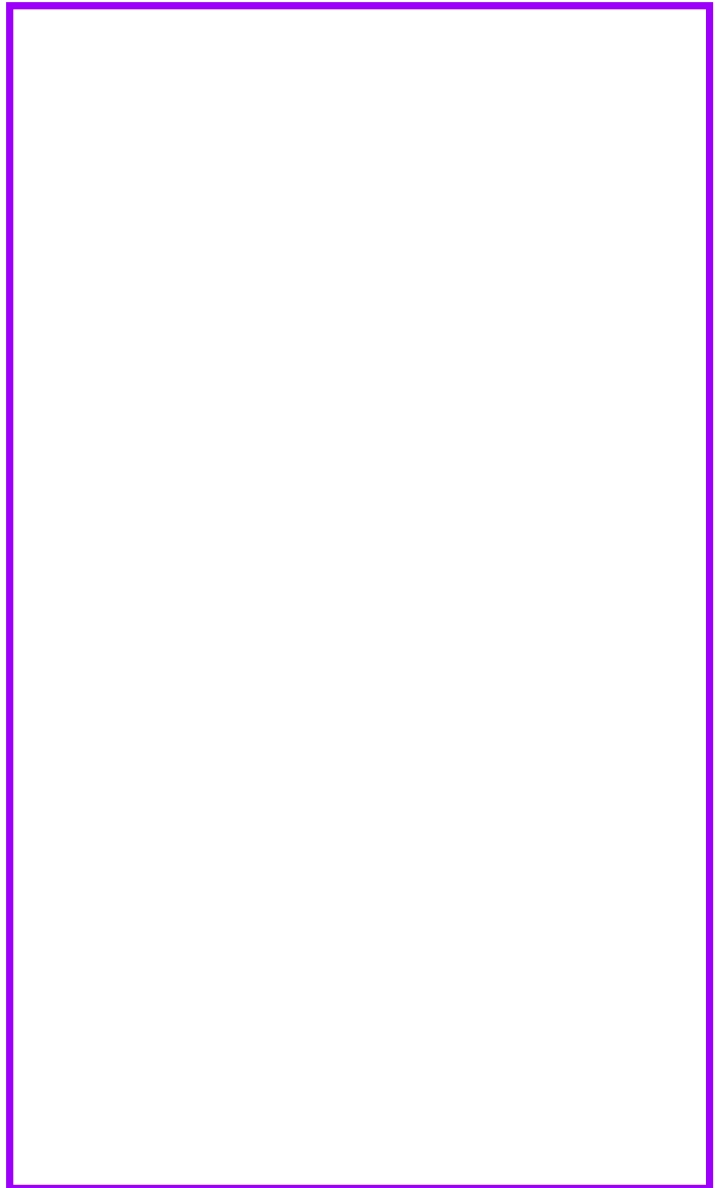
Grow

Now, spend some time thinking about what you want to really harness in the next season. You can define this as over the next month, quarter or year. Use what you have written down already to help prompt your thoughts. As much as possible identify the next steps you need to take towards this and write these down

What I want to Grow



Action Steps

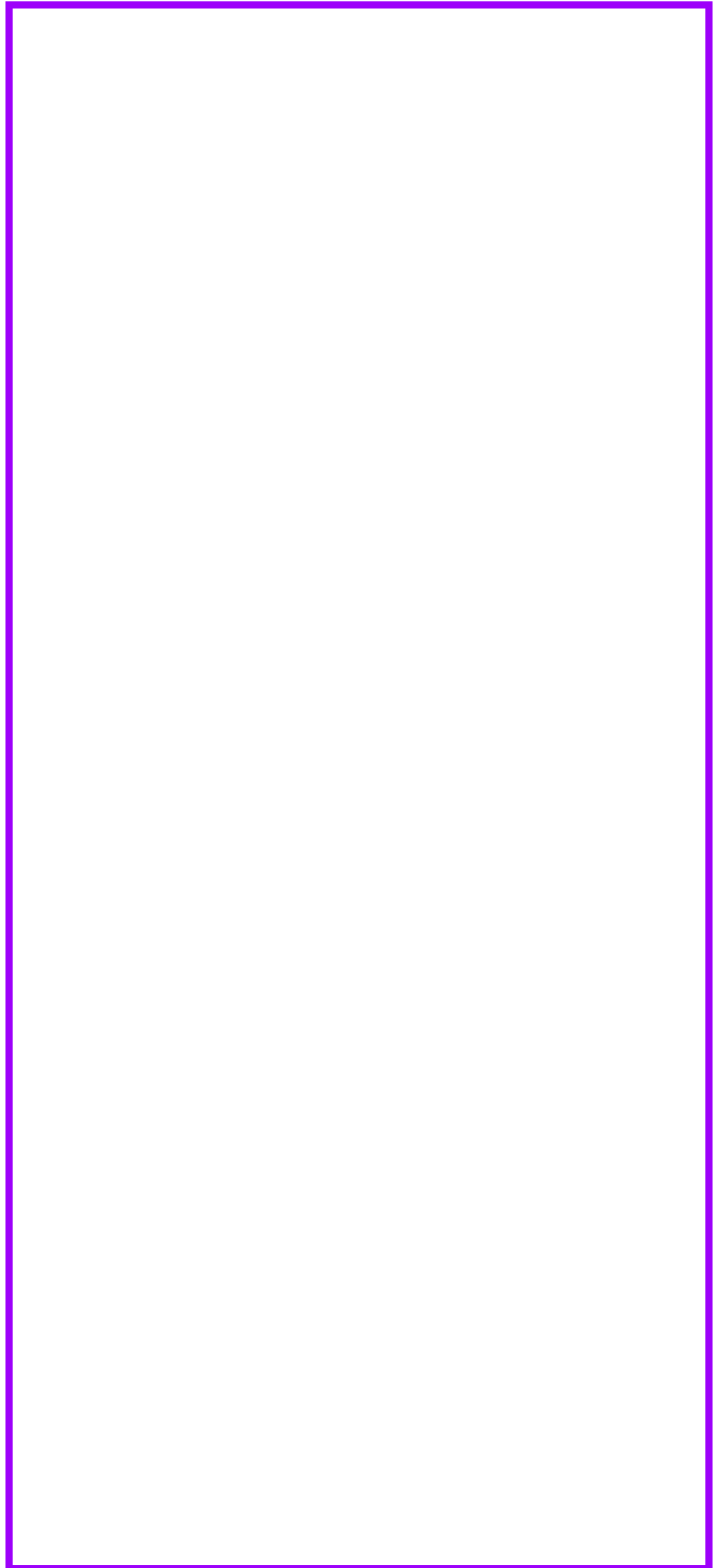


Grow

What I want to Grow



Action Steps

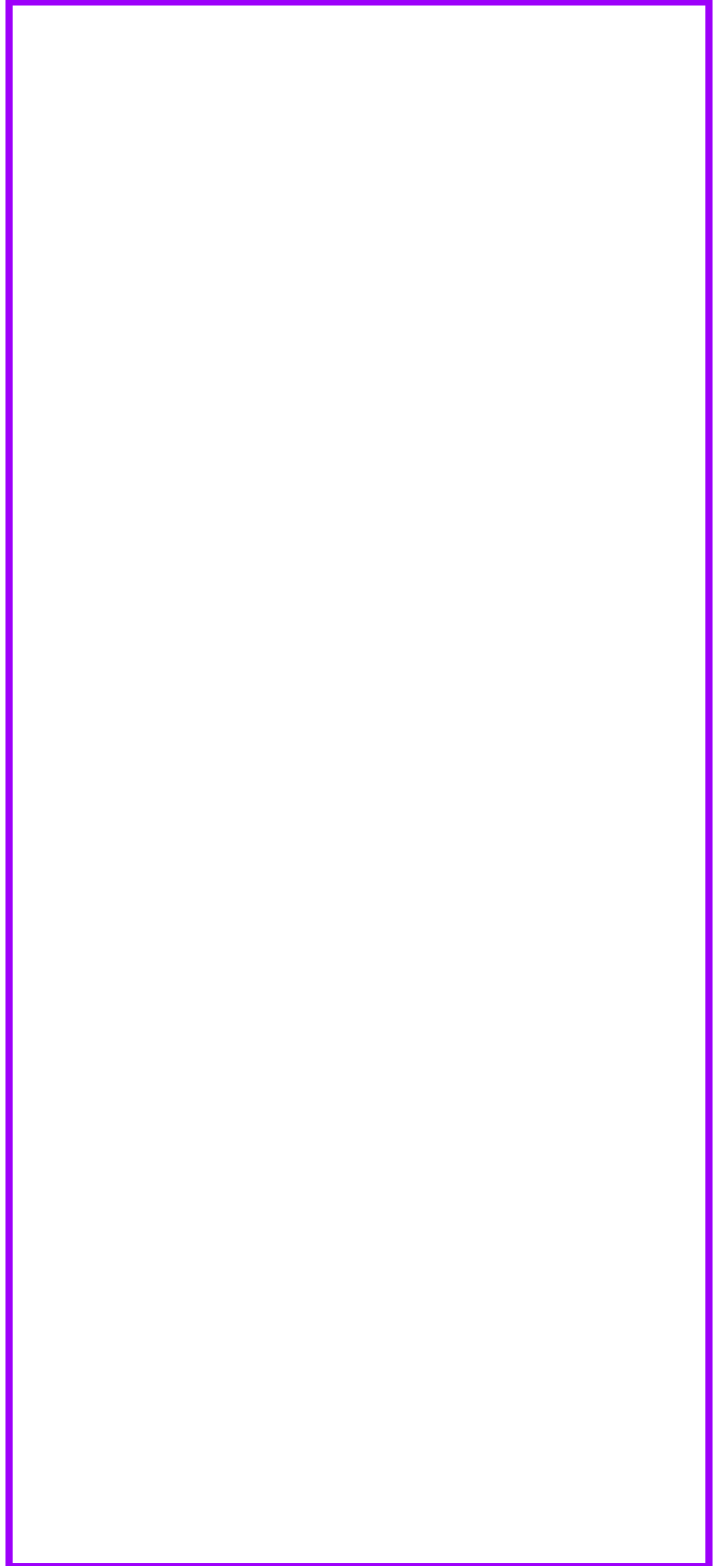


Grow

What I want to Grow




Action Steps



Go

In the same way, identify those things you want to actively let go of in the next season. These can be permanently things or for a season but it would likely be the former. Ensure you use the prior sections to help prompt your thoughts and identify the next steps you need to take towards this

What I want to Grow



Action Steps

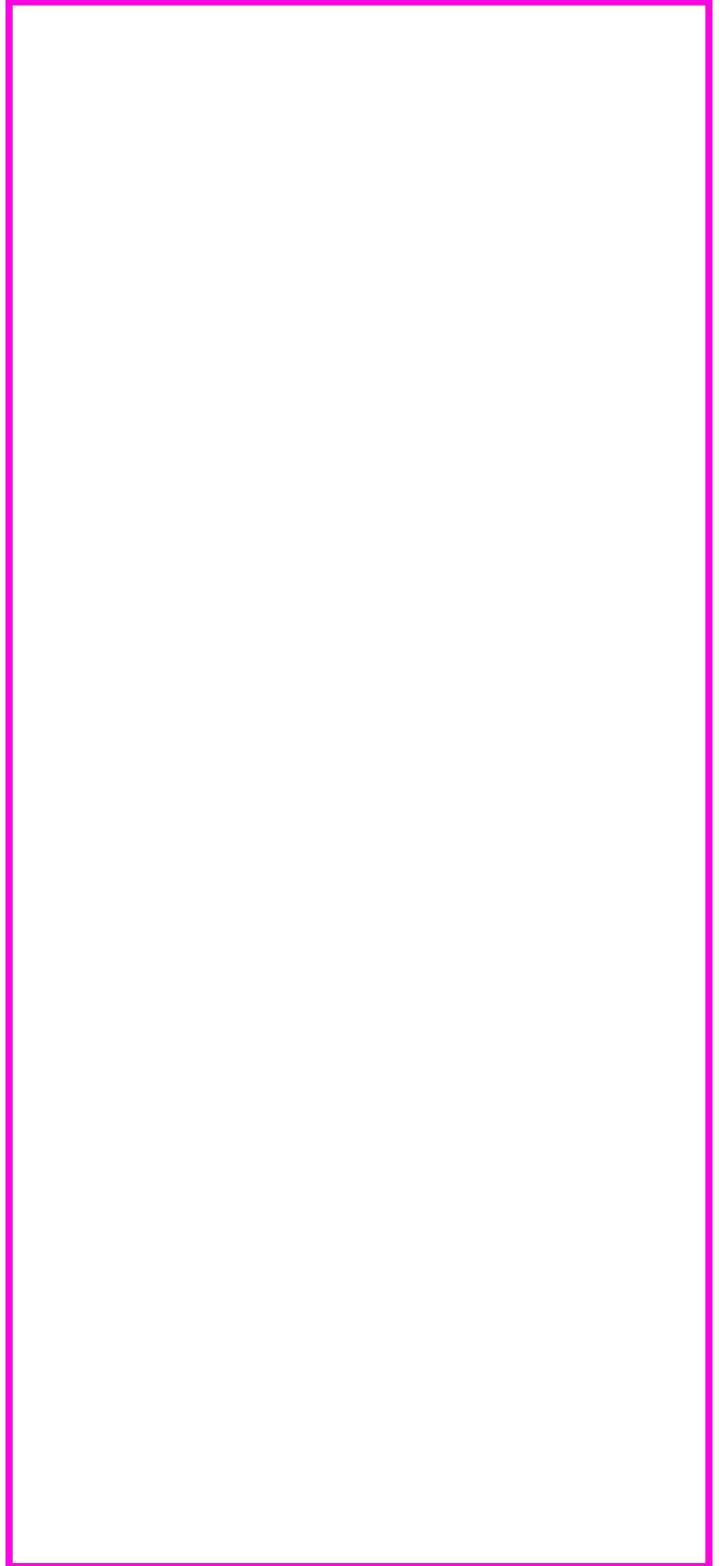


Go

What I want to Grow



Action Steps

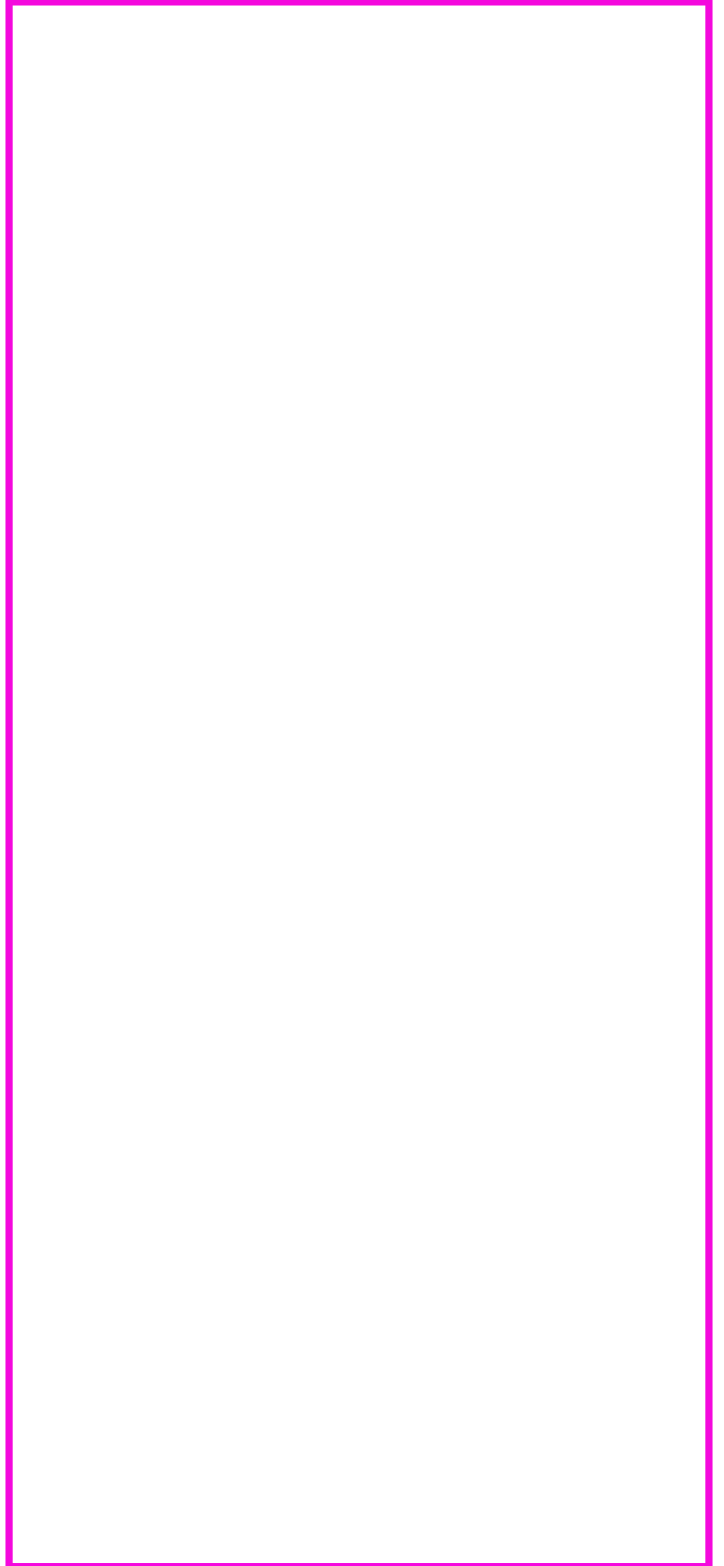


Go

What I want to Grow



Action Steps



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