

# Building Life Structure – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

Write out an a separate piece of paper what you do specifically to nourish these areas, and what you want to start doing this week to nourish the areas you have been neglecting or where you see the need for growth:

Spiritually  
Emotionally  
Physically  
Intellectually

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## Day 2

Determining what we need to do in order to grow can be a frustrating experience. The first thing we need to come to grips with is understanding exactly what we want to look like. The best way to do this is to study the lives of those we hold in high regard. Obviously, everyone has weaknesses, and we don't want to emulate their weaknesses, but we can get a picture of what areas we want to grow in through watching godly people around us and studying the biographies of godly people.

Write out a list of areas in which you want to grow, and characteristics in which you want to be stronger.

**PSALM 37:37; HEBREWS 13:7; 1 CORINTHIANS 4:16**

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## Day 3

Memorize

**2 PETER 1:5-8 (NIV)**

<sup>5</sup>For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; <sup>6</sup>and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; <sup>7</sup>and to godliness, brotherly kindness; and to brotherly kindness, love. <sup>8</sup>For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

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## Day 4

You might come to a place where you know what areas (these should be character qualities, not giftings) you want to grow in, but you don't know how to grow in those areas.

The next step is to set up time to talk with godly people who have these qualities in their lives and ask what you can do to become stronger in those areas. Sometimes they will have very insightful things to say. Not everyone will be able to tell you something you can incorporate into your lifestyle to grow, keep searching until you are satisfied.

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## Day 5

Study **GALATIANS 5:22-23**

Write out each fruit of the spirit on a separate piece of paper. Next to each word, write out what it would look like in your life if you were to become stronger in that area.

Remember, Jesus is the template of what God looks like.

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