

# Grace Guide



**MARCH 2-8**

## **“Between Rest and Growth”**

**MONDAY**  
**3/2**

**MICAH 6:14-19**

The prophet Micah speaks to a people who have adopted corrupt practices and hollow religion. They were active, but not faithful, they were busy, but not rooted in justice or mercy. The result was spiritual barrenness. In this season of Lent, we live in a space between rest and growth by allowing God to expose what is fruitless in us. True rest is not denial, it is the quiet courage to let God search our hearts. Growth begins when we stop defending ourselves and start listening. The fallow ground of our souls must be named before it can be healed. In this season of Lent we are invited to pause long enough to recognize what patterns we have inherited or tolerated that keep us from bearing good fruit.

1. Are there any spiritual habits or attitudes in your life may look acceptable outwardly but are quietly unfruitful?
2. How does God call you to both honest self-evaluation and activities that encourage spiritual growth? What is the difference between resting in the Lord and spiritual busyness?

**TUESDAY**  
3/3

## **2 CHRONICLES 7:11-22**

After the temple dedication, God speaks a promise and a warning to (and, ultimately, through) King Solomon. The promise is familiar: if my people humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear and heal their land. Notice the rhythm: humility, prayer, seeking, turning. These are not frantic actions but intentional disciplines. Between rest and growth is repentance, and repentance is not panic, it is a steady return to God. Rest comes as we place ourselves before God in prayer. Growth follows as we turn from what diminishes life. Lent reminds us that renewal is communal as well as personal. When we humble ourselves, God reshapes us together into a people who bear witness to his mercy.

1. We often only read verse 14. How does the context of that one verse affect how you understand what God is calling the people of Israel, and calling you, to do?
2. Which of the four movements in verse 14 (humble yourself, pray, seek God, turn from sin) needs the most attention in your life right now?

**WEDNESDAY**  
3/4

## **MATTHEW 3:1-12**

The prophet's words often cut sharply, John the Baptist's are no different: "Bear fruit worthy of repentance." Repentance is not a feeling, it is a changed life, a life that is moving in a new direction. John challenges the crowd not to rely on heritage or appearance but to live differently. In this Lenten space between rest and growth, we remember that fruit does not appear overnight. Trees require pruning, nourishment, and time, and so do souls. We rest by confessing honestly before God, and we grow by aligning our daily choices with that confession. The call is urgent, yet it is also hopeful: the gardener is near, and new fruit is possible.

1. If someone looked only at your daily actions, what fruit would they see?
2. How does repentance move from words you say to patterns you change?

## THURSDAY

3/5

## ROMANS 2:1-4

Paul warns against judging others while ignoring our own need for repentance. It is easy to measure someone else's fruit while overlooking the condition of our own soil. Yet Paul reminds us that God's kindness is meant to lead us to repentance. Between rest and growth, we must resist the restless habit of comparison. Rest allows us to stand honestly before God without distraction. Growth begins when we recognize that his patience toward us is not approval of stagnation but an invitation to change. Lent is a season to receive God's kindness not as comfort alone, but as cultivation, to experience God's gentle hand turning our hearts back toward him.

1. When are you more likely or more tempted to focus on someone else's shortcomings rather than your own need for repentance?
2. How have you experienced God's kindness leading you to repentance?

## FRIDAY

3/6

## PSALM 1

Psalm 1 paints the picture of a tree planted by streams of water, yielding fruit in its season. The tree does not strain or rush, it grows slowly and steadily because it is rooted. The tree is the image of the faithful believer whose nourishment comes from delighting in the law of the Lord day and night. This is the balance between rest and growth. The tree rests by staying planted, and it grows by drawing deeply from living water. Lent invites us to examine where we are rooted. Are we planted near God's word, or are we scattered by distraction? Fruit comes in season, but rootedness is daily. Quiet faithfulness often precedes visible growth.

1. Where in your daily rhythm can you (or do you) create intentional space to meditate on Scripture?
2. Are you expecting fruit in a season when God may be strengthening your roots instead, or vice versa? How does that look in your life right now?

