

## **Rooted in Christ: Where Are You Planted?**

### **Ready:**

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” Jeremiah 17:7-8

### **Set**

It's fascinating watching a plant grow. It starts with a seed, planted in soil. Roots are established first, underground and invisible. Then the plant breaks the surface and heads towards the sun. Life springs forth in many visible ways with color, shape, and often some type of fruit. Many important elements come into play for a healthy plant; the type of soil, the amount of water and care, and the right light and temperature. If any of these variables are not in the right balance, the plant is not healthy, and its survival is questionable.

As Christian coaches and athletes, 100% of our roots and our identity should be in our faith in Jesus Christ and Christ alone. If our spiritual roots are not firmly planted in fertile soil with a good source of water and light (spiritual disciplines), we simply cannot bear fruit for God's Kingdom. If our roots and identity are in anything other than Christ, we will fall short and fail when life's droughts and challenging times come. We can be planted and find our identity in either the world or the Word but not both.

We must consider our position, posture, and proximity to God the Father just like the tree planted by the water that sends its roots to the stream. Being rooted in Jesus Christ and being led by His Holy Spirit affirms our identity in Him. We must cultivate the soil daily by staying close to Him in prayer, quiet time, worship, and fellowship. As we strive, we will not just survive but thrive, living a Christ-centered life, and bearing His fruit.

### **Go**

1. Take a few minutes to consider where you are planted.
2. What other areas of your life do you tend to place your identity?
3. How much time do you spend cultivating the soil of spiritual disciplines?

### **Workout**

Psalm 1:3; Colossians 2:6-7; Matthew 15:13

### **Overtime**

“Father, let me place my confidence in You and trust in You with 100% of my heart so that

everything that I am and everything I do brings You glory. Thank You for Your Son, Jesus Christ, and the price that He paid so that my full identity may be rooted in You.”

**Bible Reference:**

Jeremiah 17:7-8

Psalms 1:3

Colossians 2:6-7

Matthew 15:13



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