

## **You Are Rooted**

### **Ready:**

“And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.” -- Colossians 2:6-7

### **Set**

When we know the playbook forward and backward, we're confident in whatever play our coach calls. When it's called in the huddle, we don't even have to think; our mind goes to the route and our body automatically makes the movements. We're certain of what we're running as a team and we're certain of our part to play.

With our freedom and salvation through Jesus, we can stand confident about our role in God's family. How do we stay rooted in the new life we have through Christ? If we are fully invested in having a Christ-like attitude, we must surround ourselves with people and tools imperative to our spiritual well-being.

### **Study God's Word**

The Bible is God's Word. It is alive and active, and it is where we can hear His voice and heart. He has the ultimate wisdom, and when we ask for understanding or to know what He wants to say, we expect to hear from Him. The more we memorize Scripture, the more we can stand against the enemy's attacks. And the more we can fight back, the more we stand victorious through the promises of God and the work Jesus has already done.

### **Be in Prayer**

Prayer is sometimes seen as a last resort when it should be our first action. Prayer is powerful — we get to come before the God of the universe as His son or daughter, free to tell Him anything, and He will hear us because of the righteousness of His Son. Prayer changes things, and it draws us into closer conversation with our Creator. We get to know His heart and His will, and it refines us as well. There is nothing better than getting to know God better and seeing Him answer prayer.

### **Meet with People**

This is a harsh world full of tragedy, temptation, disappointments and heartache. But it's better when we're together. God created us for community, and He knows how we can encourage one another, disciple and grow together. When we are united in Christ, we are His hands and feet, charged with lending a helping hand to someone in need, offering a place of refuge and

sharing the love of Christ with a world in need of His light. The more we grow together, the greater the Kingdom impact.

Let's build our lives on Him who is our cornerstone. Let His strong roots entwine with yours for Kingdom service. Pour out your heart for Him, so when challenges come, you won't only be ready, but you will have a solid foundation from which to face them.

## **Go**

? How can you strengthen an area of your faith where you'd like to be more firmly rooted?

? What would be the benefits of strengthening this area, for yourself and for others?

? Invite your team to go through The CORE together for further spiritual strengthening.

## **Workout**

Philippians 2:3-4; Hebrews 4:12; James 5:16

## **Overtime**

"Father, thank You that You don't just leave me where I am, but You want me to be rooted firmly in Christ. Thank You that You have given me Jesus as an example of Your heart. Please help me to love You and seek Your will, and I ask that in the places where I struggle, You would strengthen me for Your glory and for the good of others around me. You are trustworthy, and I thank You for Your truth that holds me up. In Jesus' name, Amen."



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