

# ROOTED



A 6 - W E E K D E V O T I O N A L

# WHAT DOES IT MEAN TO BE ROOTED?

If someone were to ask you if you were “rooted” in your faith, what would you say? How would you know if you were? I think it’s easy to tell when things are “uprooted” - everything feels unsure, unsettled, up in the air, kind of like our world right now. But rooted? Rooted can feel so abstract, so far, or so out of our reach.

When a plant is uprooted it’s removed from the protective surrounding of the soil that keeps it warm and protects it from the elements, unable to receive the water and nutrients it needs. It stops growing. We’re not so unlike the rest of nature. I think it’s safe to speak on behalf of, well, everyone, when I say that the last few months have been a time of uprooting. Nothing is normal and few things are certain. We’ve collectively been ripped out of the comfort of the soil around us. And though our lives may feel or actually be physically uprooted right now, we can find peace and rest in being spiritually rooted.

Being spiritually rooted is becoming aware of the presence of God. It’s walking in a posture of humility, surrender, silence, stillness, and self-control. It’s standing in the face of great storms not in your own strength, but in the strength of God and on the promises of God. Being rooted results in a life marked by peace while in the midst of the storms, simultaneously holding joy and sorrow in each hand without wavering.

If you’re anything like me I’m sure you’re thinking something like, “That sounds great, but how on earth do I do that?” For that, we look to Jesus. Jesus lived a life rooted in spiritual practices and solitude. We often see in the gospels that while he spent much time in community, he would also sneak away to what he called “the quiet place” to spend much-needed time in prayer, silence, and solitude, waiting patiently to hear from his Father. Deep roots are only established when we slow down enough to create a rhythm of daily spiritual practices including intentional quiet time to hear from God. It’s the space we make for God to love us and to transform us into people of love and peace.

Jesus is inviting us into a deep, abiding relationship with Him that transcends religion. You’ll see what I mean as you read the recorded words of Jesus in the book of Matthew.

## Matt 11:28-30 (The Message)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me {let your roots grow deep} and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Being rooted in Christ means recovering your life. It means resting in His love for you. It means learning the unforced rhythms of grace and knowing deep in your soul that when the storms of life come, when it feels like the weight of the world is on your shoulders, you are able to stand firm because you know that He is with you. Being rooted means learning to live FREELY AND LIGHTLY with the supernatural power of the Holy Spirit to sustain you!

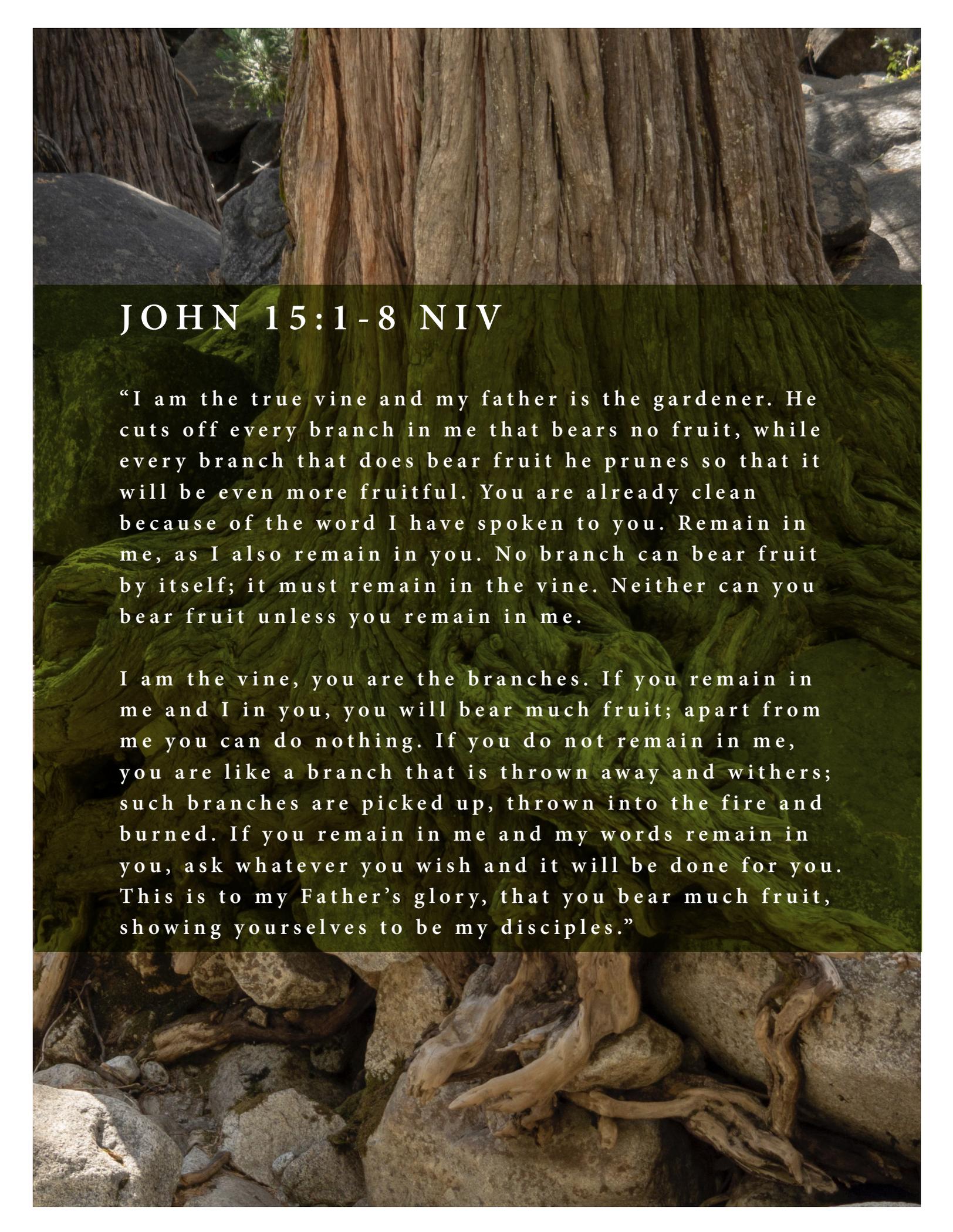
How does that sound? I dare you to journey with us to find rest for your soul as we learn to become deeply rooted in Jesus.

Pastor Christine Kreisher



WEEK ONE

THE PROOF IS IN  
THE ROOTS



## JOHN 15:1-8 NIV

“I am the true vine and my father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

I am the vine, you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.”

## BIG IDEA

**W h a t y o u a b i d e i n  
w i l l d e t e r m i n e w h a t  
y o u a b o u n d i n .**

Jesus makes very clear the importance of staying connected to him. He gives a powerful picture of The Father as the Gardener, himself (the Son) as the True Vine and his followers as the branches. The fruit that is produced from staying connected to the Vine is the working of the Holy Spirit. It is this fruit that serves as proof of where our roots really are. The branches that don't produce fruit are cut off while the branches that do produce fruit are pruned in order that they bear more. We are given the choice as to what kind of branch we will be, and the only thing required of us is to abide in Jesus.

## QUESTIONS

1. What does "abiding in Jesus" look like in your life?
2. Take inventory of your life right now. Does the fruit you're producing prove that you're a follower of Jesus? (See Galatians 5:13-26) What's one thing you can do this week to "get back to your roots?"









WEEK TWO

**WRONGLY  
ROOTED**



DEUTERONOMY 29:18 NLT

"I am making this covenant with you so that no one among you—no man, woman, clan, or tribe—will turn away from the Lord our God to worship these gods of other nations, and so that no root among you bears bitter and poisonous fruit."

## BIG IDEA

**I t i s a l w a y s a  
d a n g e r o u s t h i n g  
t o t u r n a w a y f r o m  
f o l l o w i n g J e s u s .**

The Lord is calling us to serve Him, and Him alone. He warns us that in turning away from Him, we open the door for the enemy to cause havoc with roots that will bear bitter and poisonous fruit. Today we will look at some specific roots that can come about when we turn from the Lord, and steps we can take to make sure we are “rightly rooted.”

## QUESTIONS

1. In looking at 1 Timothy 4 and 2 Timothy 3, what are some things Paul shares about people in the last days?
2. What are some modern day “gods” that some people worship today?
3. What are some practical steps you can take to be sure you do not become wrongly rooted, but instead live a spiritually healthy life?





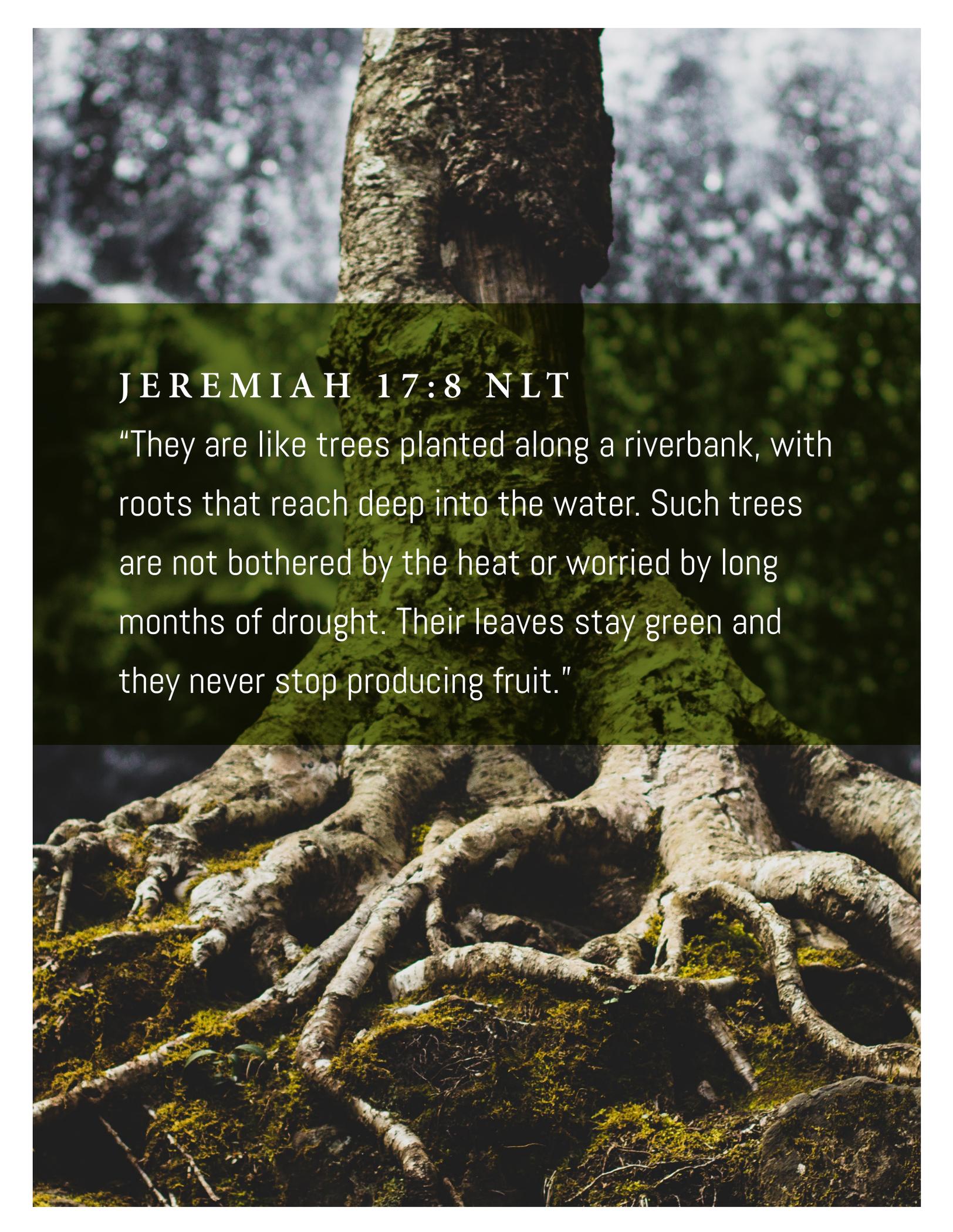




WEEK THREE

DEEPLY

ROOTED

A photograph of a large, ancient tree trunk with thick, gnarled roots extending into the ground. The roots are covered in moss and lichen, suggesting a moist, shaded environment. The background is a soft-focus green forest.

## JEREMIAH 17:8 NLT

“They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green and they never stop producing fruit.”

## BIG IDEA

# Grow deep, live strong!

When you read Jeremiah 17:5-8, the prophet Jeremiah's response to the political and international situation of his day was, "This is what the LORD says" (Jeremiah 17:5). And what does the LORD say? He says, in effect, that there are two states of being, and two ways of life. These verses outline two ways of living - only two - and there is no middle ground. According to our relationship to either of these, we shall be counted "cursed" (Jeremiah 17:5) or we shall be counted "blessed." (Jeremiah 17:7)

## QUESTIONS

1. Was there a time when you were "being a tree" in a difficult season of your life and yet you were "growing in Christ?"
2. Do you have a life verse, a Bible verse or passage that has been meaningful in your life and relationship with Christ? If so, write it down. If not, take some time to consider what yours might be.



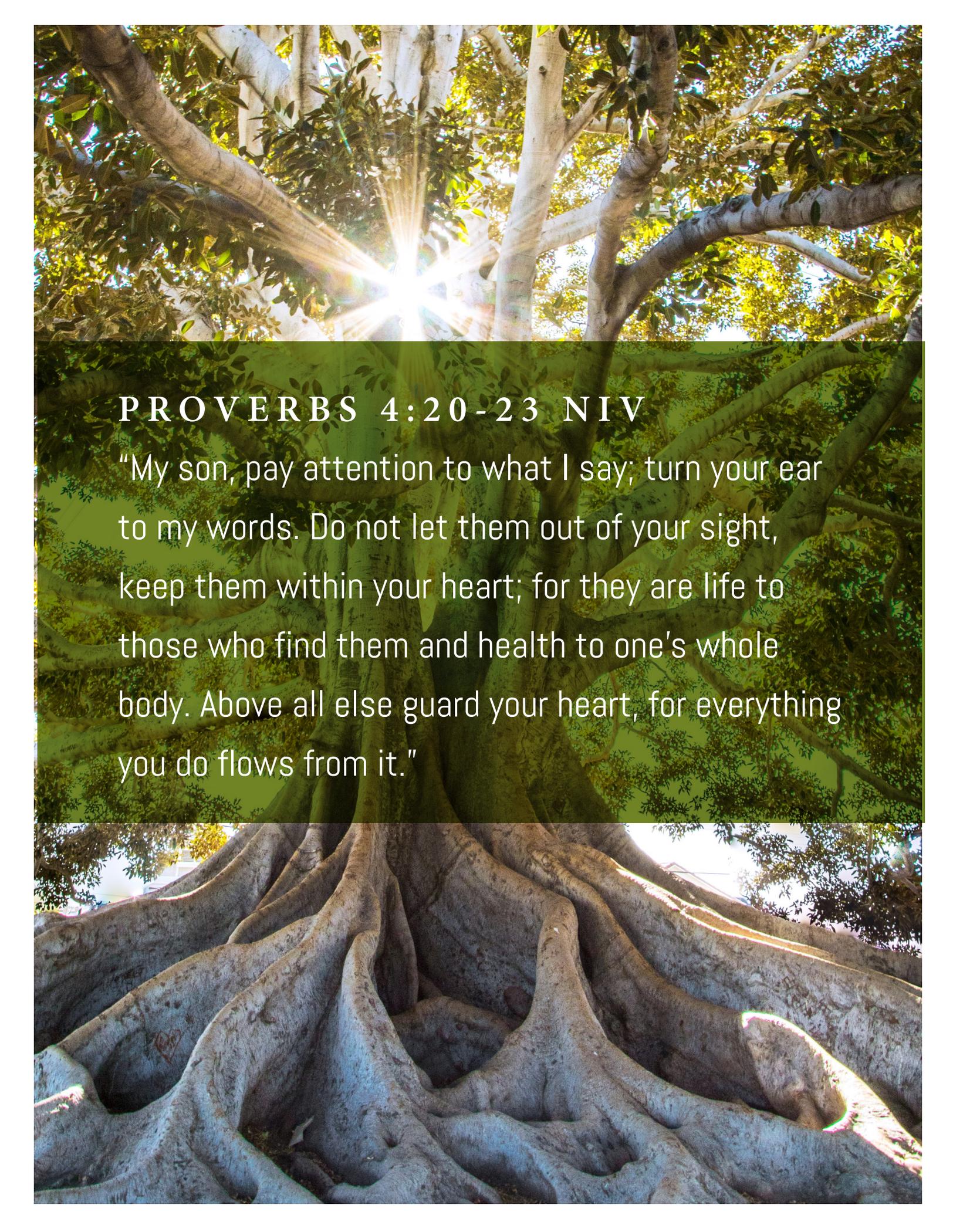






WEEK FOUR

**EXPOSED**  
**ROOTS**



**PROVERBS 4:20-23 NIV**

"My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else guard your heart, for everything you do flows from it."

## BIG IDEA

**We should give careful consideration to God's Word.**

God's truth transforms our lives from the inside out. He will shape our hearts into what He wants. These four verses in Proverbs 4 are a hallmark of living a life that honors God. They are an incredible reminder and invitation to keep God's Word where it belongs: in our hearts!

## QUESTIONS

1. What is one area the Lord is prompting you to work on as a result of this passage?
2. What has your regular habit been for consuming God's Word?
3. Do you have daily quiet time with God?
  - If yes, what does it look like?
  - If no, what must you do to carve that time out?





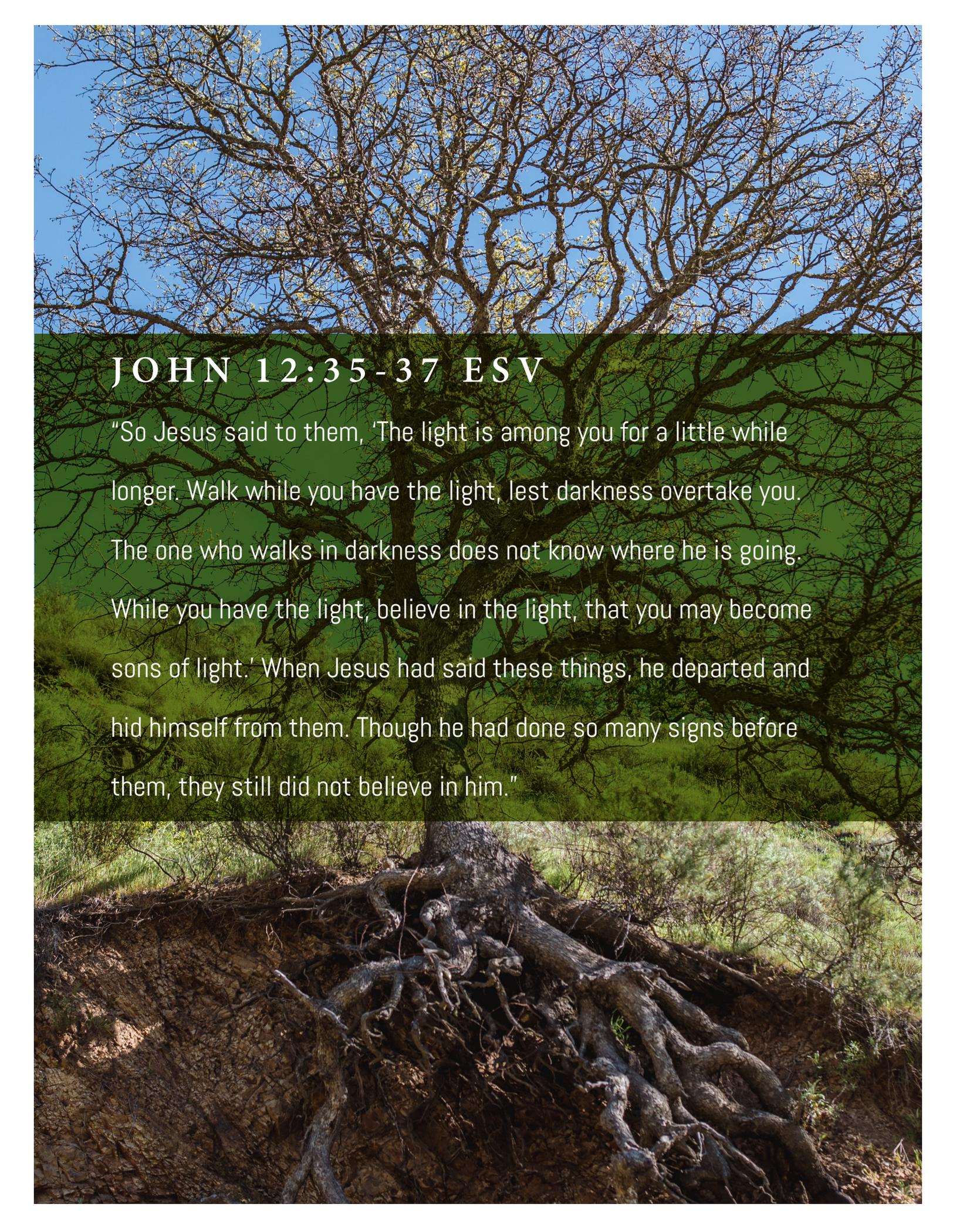




WEEK FIVE

ALMOST

ROOTED



## JOHN 12:35-37 ESV

"So Jesus said to them, 'The light is among you for a little while longer. Walk while you have the light, lest darkness overtake you.

The one who walks in darkness does not know where he is going.

While you have the light, believe in the light, that you may become sons of light.' When Jesus had said these things, he departed and hid himself from them. Though he had done so many signs before them, they still did not believe in him."

## BIG IDEA

# A l m o s t i s n o t e n o u g h .

When following Jesus, we must stop living in the “almost” and start living in the fullness that God has for each of us. Jesus didn’t die on the cross so we can “almost” be forgiven of our sins. We need to be completely rooted to Jesus and stop being satisfied with living in the “almost” of the world. If we want to go all the way with Jesus we need to leave some unhealthy habits and attitudes behind and develop a genuine faith.

John 10:10 - “The thief comes to steal, kill, and destroy. I came that they may have life and have it abundantly.”

## QUESTIONS

1. What do you need to leave behind that is keeping you from “almost” being completely rooted to Jesus? Name those specific things.
2. How can you start to develop a genuine faith in Jesus today? Start a Bible reading plan? Start praying every day? Connect to other Christians?



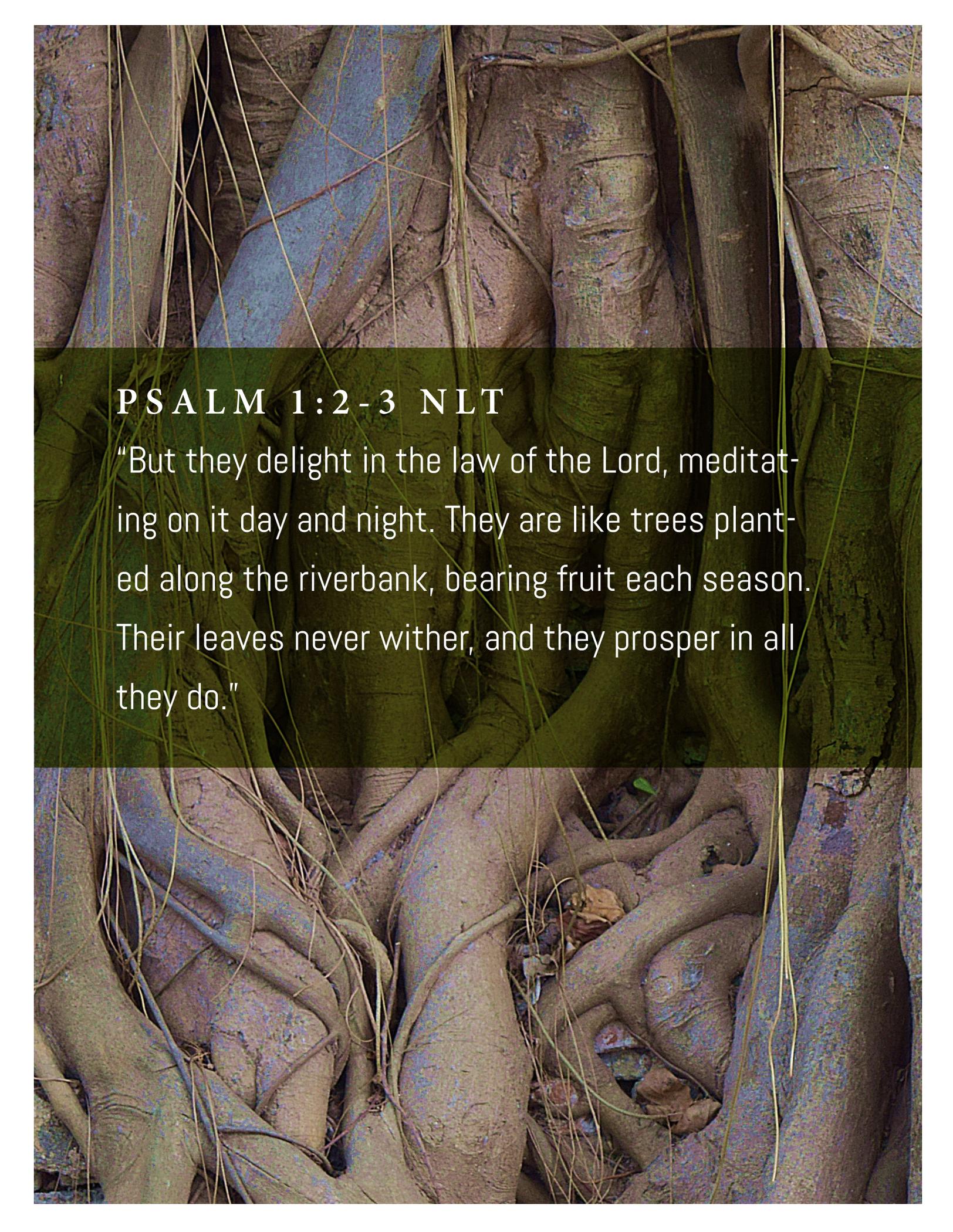






WEEK SIX

REFLECTIVELY  
ROOTED



PSALM 1:2-3 NLT

"But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do."

# BIG IDEA

**P r a y e r   i s   w h e n   y o u   t a l k  
t o   G o d .   M e d i t a t i o n   i s  
w h e n   y o u   l i s t e n   t o   G o d .**

J.I. Packer says that meditation is the practice of turning each truth we learn about God into matter for reflection before God, leading to prayer and praise to God. How do we meditate on scripture? One of the best ways is to ask questions of a verse or passage that particularly impacts you as you read. Linger over that passage, ask God questions, listen for His answers, and record what He says in a journal. Here are five questions to get you started:

## QUESTIONS

1. Pray - How can I use this scripture to pray for myself or others?
2. Repent - What sin or area of disobedience does this scripture call to mind of which I need to repent?
3. Obey - Does this scripture point out decisions I need to make? Directions I need to follow? Commandments I need to obey?
4. Believe - What does this scripture teach about God's character, nature, or ways? About the nature of man? The way of salvation?
5. Express - In what ways does this scripture prompt praise or thanksgiving?











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