

Week #2 - Rooted in Intentionality

- Will we choose to be deeply formed in _____ or will we be shallowly shaped by _____?

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6-7 (NIV)

How do we live this deeply formed life?

Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

John 15:4-5 (NLT)

The principle:

- Stay _____ in Christ.

The practices:

- _____
- _____

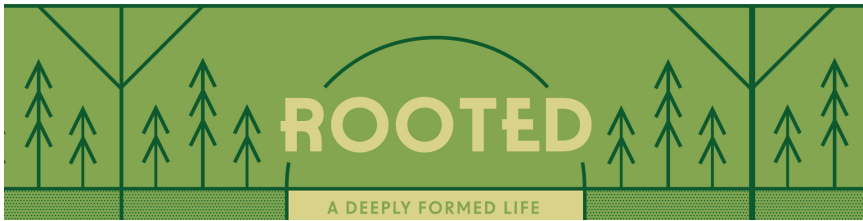
- _____
- _____
- _____ through community.

Discussion Questions

1. As you begin this year, share some practices or habits you intend to continue, to begin, or to revisit, that will help you become more rooted in your faith in Jesus.
2. As you scan your calendar this month, what does it say about the pace of your life? Are you heading into the new year with the intention of slowing down to make more space for you to grow in faith and love of Jesus?
3. How and where can you make room for a weekly Sabbath, daily prayer, and scripture reading? And/or connecting with family and friends in life-giving ways?

Recommended Resources

- *The Deeply Formed Life*, by Rich Villodas
- *At Your Best*, by Carey Nieuwhof
- *Emotionally Healthy Spirituality*, by Peter Scazzero
- *The Ruthless Elimination of Hurry*, by John Mark Comer
- *An Unhurried Life*, by Alan Fadling



Week #2 - Rooted in Intentionality

- Will we choose to be deeply formed in CHRIST or will we be shallowly shaped by CULTURE?

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

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John 15:4-5 (NLT)

The principle:

- Stay ROOTED in Christ.

The practices:

- SLOW DOWN.
- SABBATH DAY.

- SILENT PRAYER.
- SCRIPTURE READING.
- STABILITY through community.

Discussion Questions

1. As you begin this year, share some practices or habits you intend to continue, to begin, or to revisit, that will help you become more rooted in your faith in Jesus.
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