



*Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither — whatever they do prospers.*

Psalm 1:1-3 (NIV)

## Week #1 - Rooted in Transformation

*"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 (NIV)

### Benefits of a ROOTED life:

- It's a life that remains \_\_\_\_\_ during trials.
- It's a life that is consistently \_\_\_\_\_ and \_\_\_\_\_.
- It's a life that has less \_\_\_\_\_ and \_\_\_\_\_.
- It's a life that \_\_\_\_\_ and \_\_\_\_\_ up others.

*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 to obtain a ROOTED life:

- \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ some more!

### Discussion Questions

1. What benefit(s) of a ROOTED life are most appealing to you? Why?
2. How would the people in your life be encouraged and built up if your life was more ROOTED?
3. What is your personal plan for spending time with God through the scripture?

### Recommended Resources

- *Emotionally Healthy Spirituality*, by Peter Scazzero
- *The Deeply Formed Life*, by Rich Villodas
- *Upward, Inward, Outward*, by Daniel Fusco
- *An Unhurried Life*, by Alan Fadling