

ROOTS

Rooted In Christ

A tree does not become strong simply because it is planted. It has to keep growing. A tree's roots spread deeper, its trunk becomes stronger, its branches stretch farther and over time, what was once a fragile sapling becomes something that can withstand wind, rain, heat, and changing seasons.

Our root is our foundation. It's what everything else is built on. Deep roots will give us a strong foundation to withstand the trials and challenges of life. A weak root will be pulled out when the simplest of problems arise. Our foundation is Christ. It's the finished work of Christ and the belief in what He did. Our life is rooted in him. This is our identity. Whatever we may encounter, whether good or bad, of this we can be certain:

We have been rooted in Christ!

This Week's Verse

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 2:7 NLT

Hidden Word

L Y R G D I H
A L Y L B B O H
T Y F W G S I T T
Y W T A Y W O W T

Truth to Carry This Week

Strong faith is built by staying rooted in Christ

READ IT SLOWLY

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.

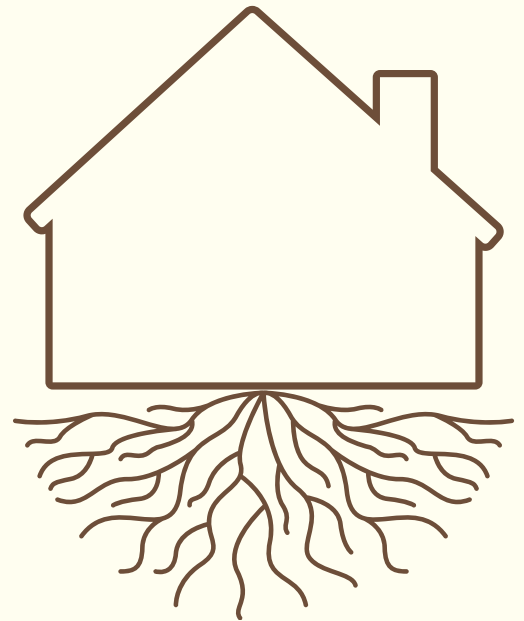
Colossians 2:7 NLT

WRITE IT OUT

Write the verse below



WHAT DOES THIS VERSE MEAN TO YOU RIGHT NOW?



WHAT THIS VERSE MEANS

In this passage, Paul describes the Christian growth process using metaphors of a tree and a building. Although different, both convey the same idea: spiritual stability.

Notice the progression in this verse. First, we are **rooted**. Then, we are **built up**. Finally, our **faith will grow strong**. Christians begin their spiritual journey by being planted in Christ, and like the seed sown on fertile soil, we need to develop deep roots in order to bear spiritual fruit.

We become rooted when we spend time in His Word. We are built up when we trust what He teaches us and begin to live it out. Our faith grows when those truths stop being things we only know in our heads and start becoming the foundation we stand on. Without strong roots and a firm foundation, we can easily be pulled toward sin, distracted by the things of this world, or shaken when life becomes difficult. That is why we must remain rooted in Christ, grounded in His Word, and built up in His truth. This process takes time. There will be seasons when growth feels obvious and seasons when it feels slow. There will be moments when you feel strong in your faith and others when you feel like you are barely holding on. But even in the slow seasons, God is still strengthening your roots and building your faith.

Paul ends this verse with an important reminder: “**overflow with thankfulness.**” Gratitude has a way of strengthening our faith because it shifts our attention from what is missing to what God has already provided. It reminds us of His faithfulness in the past and helps us trust Him with what comes next. A grateful heart remembers and remembered faithfulness gives us something solid to stand on.

Everything we do should flow from a life rooted in Christ. Just as the roots of a tree sink deep into rich soil and draw up the nourishment needed to grow, we draw everything we need from Jesus. And just as a building depends on a solid foundation, our lives must be built firmly upon Him.

So walk in him...rooted and built up.

Deep roots and a firm foundation make for a faith that will not easily be uprooted or blown over.

WEEK 4

Hide it in your heart.

VERSE

*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 2:7 NLT

*Cover the full verse. Use
only the letters.*

L Y R G D I H
A L Y L B B O H
T Y F W G S I T T
Y W T A Y W O W T

REFLECTION

Where am I currently drawing my strength and nourishment from?

What tends to shake my faith when life becomes difficult?

FILL IN THE MISSING WORDS

*Let your roots _____ down into him,
and let your lives be _____ on him.
Then your faith will grow strong in
the _____ you were taught, and you
will _____ with thankfulness.*

You can do this

Each time you practice
you are hiding God's
Word deeper in your
heart

WEEK 4

Activity.

What is your life being built on?

Inside each foundation stone, write a truth from God's Word that you want your life to be built upon.



Write 3 things God has already done that remind you of His faithfulness

WEEK 4

Talk to God.

A prayer to start

God,
Help me to root deeply in You and build my
life on the solid foundation of Your truth.
Strengthen my faith so that I will not be
shaken when life becomes difficult. Help me
draw my strength and nourishment from You
each day and trust You in every season.
Remind me of Your faithfulness and fill my
heart with gratitude for all You have done.

Amen.

END OF WEEK CHECK-IN

This week I practiced the verse:

☐

1 time

☐

3 times

☐

2 times

☐

More than 3 times!

Can I say the verse using only the Hidden
Word?

☐

Not yet

☐

Yes!

☐

Almost

This week, God reminded me:

MY PRAYER

God, today I feel:

God, I need help with:

God, thank You for:

MEMORY CHECK

Try to write this week's verse from
memory. Don't worry if you can't get every
word. God is still teaching your heart.

Use this space to slow down and reflect. Write what stood out to you, what God may be showing you, or a prayer you have.

Use this space to practice this week's Hidden Word.