

# ROOTED: Week One Devotional & Spiritual Challenges

*A Sanctuary Church Discipleship Resource*

## **DAY 1: ROOTED IN CHRIST**

**Colossians 2:6–7** “As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him...”

Everything begins with Jesus. Not with effort, or emotion, or even spiritual performance. It all begins with a relationship with Jesus. Being rooted in Christ means letting Him be the center of your identity, your decisions, and your direction. It's choosing to walk with Him daily, not just acknowledge Him occasionally. Remember: the goal of discipleship is to align the spiritual and physical together in your life.

Ask yourself: *Where am I walking with Jesus, and where am I walking alone?*

**Spiritual Challenge:** Take 10 quiet minutes today. Sit with Jesus. No agenda. No requests. Just presence. Say, “Lord, root me deeper in You.” Let Him steady your heart.

## **DAY 2: ROOTED IN THE WORD**

**John 8:31** “If you continue in My Word, then you are truly My disciples.”

The Word is not just information, it's nourishment. It is both correction and clarity. It's life. Disciples don't just read Scripture; they continue in it. They let it shape their thinking, their responses, their habits, their actions and their attitudes.

Roots grow where Scripture is planted.

**Spiritual Challenge:** Read **Psalms 1** slowly. Write down one phrase or verse that stands out. Carry it with you today in your pocket, your phone, or your mind and be intentional and revisit it three times today.

## **DAY 3: ROOTED IN THE SPIRIT**

**Galatians 5:16** “Walk in the Spirit, and you shall not fulfill the lust of the flesh.”

Walking in the Spirit is not mystical or magical.... It's real and it's relational. It's listening... and responding. It's letting the Holy Spirit nudge you, convict you, encourage you, and empower you. The Spirit produces fruit in us that we cannot produce on our own.

If you've been trying to “be better,” the Spirit invites you to “be surrendered.” Remember, discipleship isn't about modification, it's about transformation.

**Spiritual Challenge:** Pray this simple prayer three times today:

*“Holy Spirit, lead me. I will follow.”* Then pay attention to the small nudges in your mind and heart... kindness, patience, restraint, boldness. Follow them. We call this being “Spirit-Led”.

#### **DAY 4: ROOTED IN COMMUNITY**

**Hebrews 10:24–25** “Let us consider one another to stir up love and good works... encouraging one another.”

You were never meant to grow alone. Roots of trees that are close together will intertwine. Faith strengthens when shared with others. Healing deepens when supported by others. Discipleship flourishes in community... in conversations, prayer, accountability, and serving together.

Isolation weakens roots. Community strengthens them.

**Spiritual Challenge:** Reach out to one believer today. At Sanctuary we C.A.R.E. for one another. That means we CALL, ASK, RESPOND, and ENCOURAGE. Pray for them. Tell them about something good God is doing in your life. Strengthen your roots together.

#### **DAY 5: ROOTED TO GROW**

**John 15:8** “By this My Father is glorified, that you bear much fruit...”

Fruit is not the goal... it's the result. When your roots go deep, fruit shows up naturally. Love grows. Peace grows. Joy grows. Self-control grows. God is glorified not by our busyness, but by our fruitfulness.

Growth is not instant. It's consistent. It's quiet. It's steady. It's rooted.

**Spiritual Challenge:** Choose one fruit of the Spirit you need most right now. Write it down. Pray over it. Ask the Spirit to grow it in you this week. Then take one intentional action that reflects that fruit.

#### **GOING EVEN DEEPER CHALLENGE...**

Take 15–20 minutes this weekend and journal or just reflect on these questions:

1. Where did I feel most rooted this week?
2. Where did I feel shaken?
3. What is God inviting me to deepen?
4. Who is God calling me to walk with?
5. What fruit is beginning to show?

End with this prayer:

*“Lord, deepen my roots. Grow my life. Make me a disciple who bears fruit that remains.”*