

ROOTED: Week Two Devotional & Spiritual Challenges

A Sanctuary Church Discipleship Resource

DAY 1: ROOTED IN OBEDIENCE

John 14:15

"If you love Me, keep My commandments."

Obedience is not about pressure, it's about love.

When your life is rooted in Christ, obedience stops feeling like obligation and starts flowing as a response. It becomes the natural outgrowth of a heart that trusts Him. Jesus never asked for perfection... but He does call for surrender.

Small acts of obedience build deep roots.

It's often not the big moments that shape us most; it's the quiet, consistent "yes" to God in everyday life.

Ask yourself: Where is God asking for my obedience right now and what have I been delaying?

Spiritual Challenge:

Identify one area where you know God is prompting you to obey and take that step today. Don't overthink it, just respond. Let obedience deepen your roots.

DAY 2: ROOTED IN TRUST

Proverbs 3:5-6

"Trust in the Lord with all your heart, and lean not on your own understanding..."

Trust is what holds you steady when life doesn't make sense.

It's easy to trust God when the path is clear but real trust is revealed when the path is uncertain. Being rooted means you don't have to have all the answers because you know the One who does.

God is not asking you to figure everything out. He's asking you to trust.

Trust grows when control is released.

Ask yourself: Where am I leaning on my own understanding instead of trusting God?

Spiritual Challenge:

Write down one situation that feels uncertain or heavy.

Pray over it... and intentionally release it to God.

Say: *"Lord, I will trust you even when I don't understand."*

DAY 3: ROOTED IN PRAYER

1 Thessalonians 5:17

"Pray without ceasing."

Prayer is not just a moment, it's a lifestyle.

It's not about having the perfect words but rather about having a consistent connection. Prayer keeps your roots anchored in God's presence throughout the day.

You don't have to wait for a quiet room. You can pray while you drive, while you work and while you walk through your day.

Prayer is where strength is renewed and clarity is given. For me, God doesn't always speak to me in an audible voice but rather He uses peace to guide my decision making.

Spiritual Challenge:

Set three specific moments today to pause and pray... even if it's just for one minute each.

Morning... midday... evening.

Keep it simple... keep it real... just stay connected.

DAY 4: ROOTED IN HUMILITY

James 4:6

"God resists the proud, but gives grace to the humble."

Humility positions you for growth.

Pride says, "I've got this" but humility says, "I need Him."

And the truth is that deep roots are formed in hearts that stay dependent on God.

Humility isn't weakness, it's strength under surrender.

It allows God to correct you, shape you and lead you without resistance.

Ask yourself: Is there an area where pride has taken root in my life?

Spiritual Challenge:

Ask God to search your heart and reveal anything that needs to be surrendered.

Then take one step of humility today. If you need to apologize or repent, take the opportunity.

Let grace grow where pride once stood.

DAY 5: ROOTED IN PERSEVERANCE

Galatians 6:9

“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”

Deep roots are not formed overnight.

There will be days when growth feels slow and when prayers feel unanswered. Days when effort feels unnoticed. But perseverance is what keeps you planted when everything in you wants to quit.

Consistency in the unseen produces fruit in the seen. God is working even when you don't feel it.

Ask yourself: Where have I been tempted to give up?

Spiritual Challenge:

Encourage yourself in the Lord today.

Go back to something God has called you to... and recommit to it.

Stay planted. Stay faithful. Your season is coming.

GOING EVEN DEEPER CHALLENGE...

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

1. Where did I choose obedience this week... and where did I resist?
2. What areas required trust... and how did I respond?
3. How consistent was my prayer life throughout the day?
4. What did God reveal to me about humility?
5. Where do I need to persevere instead of pulling back?

Close with this prayer:

“Lord... strengthen my roots through obedience... deepen my trust... teach me to pray... keep me humble... and give me the strength to persevere. Grow me into a disciple who remains faithful in every season.”