



Life Group Discussion Guide  
Deep Roots  
February 26, 2017

Open in prayer

Read Psalm 1

- What significance do you see in the progression from walk to stand to sit?
- The “law of the Lord” is contrasted with the words counsel, way and seat. What does this contrast bring out?
- How could you begin (or continue) to delight or meditate on the law of the Lord?
- This passage has two different pictures of life – a tree/righteous way or a chaff/wicked way. Contrast these two ways of life. How do these verses redefine what it means to be blessed?
- In his sermon, Pastor Loren said to “never reduce Christianity to a matter of demands and resolutions and willpower.” How do we move from “duty to delight” when it comes to studying God’s Word?

**The Big Idea:** To be rooted in Christ means that believers have been firmly connected to Jesus. Spiritual maturity is not about becoming more independent, it is becoming more dependent. With roots anchored deep in Christ we will find spiritual strength and vitality. With this foundation we are able to withstand the storms of life.

- Why are roots important?
- Have you ever thought something looked good based on the outside but discovered it wasn’t on the inside?
- How does God’s Word give us roots?

Pastor Loren said *“Everyone wants the spiritual fruit, but no one wants the spiritual root.”*

- What things get in the way of our developing spiritual roots?
- What are things outside of God that we sometimes try to root ourselves in?
- What has helped you to grow your spiritual roots?
- What do you think you need to do to grow your spiritual roots?



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1 Corinthians 15:58 - "Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

Read Matthew 13:1-8, 18-23

- In the story, what does the seed represent?
- Which of the following are you most like, and why?
  - The one who receives the seed on the path
  - The one who receives the seed on the rocky place
  - The one who receives the seed that fell among the thorns
  - The one who receives the seed on the good soil
  - The one who received the seed on the hard path allowed it to be trampled upon and stolen away.
- In what ways are you hardened to the truth God is trying to plant in you?
- In your life, how are you allowing God's word to be trampled upon or stolen away from you?
- The one who received the seed on the rocky place experienced trouble and persecution because of God's word. How have you experienced this in your own life?
- In the story, this person fell away because of shallow roots. How do strong roots help us to withstand trouble and persecution?
- The one who received the seed that fell among the thorns didn't fall away, but never matured in his faith and his life didn't produce fruit. This was due to the thorns in his life – worries of life, deceitfulness of wealth, and desires for things other than God. What are the thorns in your life and how do these pose a threat to you maturing in your faith and producing fruit?
- What can you intentionally do to join with God in removing the thorns that exist in your life?

**How can we grow deep roots?**

- **Prepare the soil** - Cultivate the right environment for spiritual growth.  
"Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown." (Matthew 13:8)



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- **Plant the seed** - Meditate on the Word of God.  
“...but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree...” (Psalm 1:2-3)
- **Provide the right amount of sunlight and water** - Take advantage of spiritual opportunities that nurture spiritual development. Be consistent in spiritual disciplines.  
“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 2:7)
- **Remove the weeds** - Be aware of anything that would hinder spiritual growth. Pull the weeds.  
“Other seed fell among thorns, which grew up and choked the plants.” (Matthew 13:7)
- **Wait for the harvest** - Be patient. There is no spiritual fruit without a spiritual root.  
“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.” (John 15:3-4)