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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.

Faith is like a tender plant, rooted in Christ alone, watered by the Spirit and the Word, strengthened by the winds of adversity and the sunshine of blessing.

Our life is all grounded and rooted in love, and without love we may not live.

Practice this exercise this week -

The purpose of Spiritual practices isn't to say I accomplished something. It's not even something that is to help you feel more spiritual, but it's about forming you in Christ.

James Bryan Smith write, "The Christian faith is not primarily about belief and practices; it is primarily about what kind of people Christians become."

As we focus on being Rooted in Christ this week, I invite you to practice one or two of these practices that will help you be rooted in Christ.

Notice, there isn't a how to list to do these practices, they are simply suggestions to take time to live out joy while you practice them.

Take a walk for fifteen minutes, taking care to experience everything around you. Touch the plants. Gaze at the earth and notice all the shades of color. Take whiffs of the air and notice how it changes as you walk along. Use all five senses as much as you can.

Before getting out of bed in the morning, put in your mind a biblical image of God such as God swooping down to rescue you (Psalm 18: 4-19 or singing over you (Zephaniah 3:17). Before going to sleep, review your day and ask yourself, *Where did I most sense God's presence?*

Choose three or four songs that you could hum to help you practice God's presence.

From "Spiritual Disciplines Companion: Bible Studies and Practices to Transform Your Soul" by Jan Johnson