

## Day 1: Rooted in Christ

### Opening Scripture

*“Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith.” – Colossians 2:6-7a*

Being rooted in Christ means anchoring our lives in His truth, love, and purpose. Just as a tree draws strength from its roots, or a skyscraper is firmly held to the ground by a strong foundation, we find stability and growth by staying connected to Jesus. Today, we begin by exploring what it means to be rooted in Him.

*“To be rooted in Christ is to be anchored in His Word, drawing every ounce of strength from His truth and letting His love stabilize us through every storm.”- Beth Moore*

#### Rooted in Christ’s Love

God’s love is the foundation of our faith. In Christ, we see this love perfectly displayed—He gave His life for us, not because we earned it, but because it’s who He is. “We love because he first loved us” (1 John 4:19). This love isn’t fleeting; it’s an unshakable root that holds us secure through life’s storms.

#### Rooted in Christ’s Truth

Jesus said, “I am the way, and the truth, and the life” (John 14:6). To be rooted in Christ is to trust His truth over the world’s noise. His teachings guide us, His promises sustain us, and His Word shapes our perspective. When we root ourselves in Him, we grow in wisdom and discernment.

### Reflection Questions

1. What does being “rooted in Christ” mean to you in your daily life?
2. How can you deepen your connection to Jesus this week?
3. Where in your life do you need to trust Christ’s love or truth more fully?

### Prayer Focus

*Lord Jesus, thank You for being my firm foundation. Help me to root my heart and mind in Your love and truth. When I feel unsteady, remind me to turn to You. Grow my faith as I walk with You each day. In Your name, Amen.*

## **Today's Challenge**

Spend 5 minutes reflecting on one way Christ's love or truth has impacted your life. Write it down and thank Him for it. Carry this thought with you today as a reminder to stay rooted in Him.

## Day 2: Renewed by the Word

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”* Romans 12:2

God’s word impacts us, His people, by renewing our minds and reshaping our values, so we live according to His purpose. This is a very important way that spiritual growth happens.

### God’s Word Transforms Us

Paul says in Romans 12:1 that God’s mercy is the reason for his appeal to *offer your bodies as a living sacrifices*, instead of offering animal sacrifices.

How does God transform us? God speaks truth to us, in His word. The Spirit helps us to understand His word, and live this way, with changed hearts and minds.

We have all God’s help to resist being conformed and shaped by the world. Instead, God transforms and shapes us. How does He do this?

### We Test and Approve God’s Will

Paul explains: God’s will is good, pleasing and perfect. God *transforms* and renews our hearts, minds and our actions. When we seek to live pleasing to God, and not conforming to the world, then we are living God’s way, and doing God’s will. God refreshes and challenges our minds, hearts and actions. This is what growing to maturity in Jesus looks like.

Pastor Ray’s recent sermon on *Guidance and the Voice of God*, reminded us that God’s purposes are perfect. Yet - we will encounter struggle, suffering and confusion as we seek it. Though God may not reveal this to us when or how we want it, He will do it.

## Reflection Questions

- What worldly patterns do you currently feel pressure to conform to? Eg social media, friends’ opinions.
- Identify one area where God’s word recently challenged or refreshed your thinking (mind), your emotions (heart) and your actions (behaviour) ?
- What specific habits help us prioritise what goes into our brain, so we remain anchored in God?

If you want to read more about being changed and transformed by God’s word, please see:

- 2 Timothy 3:10- 16
- Psalm 119 (yes - it is 176 verses)
- 2 Corinthians 3:18

## Prayer Focus

*Father please help us to feed on your word, to be transformed to be more like Jesus each day. We confess the ways we have been conformed to this world. Please forgive us, and help us to live your way. We ask this in Jesus powerful name. Amen*

## Today's Challenge

God is at work through the spirit to transform us to be more like Jesus each day. We participate in this, by allowing God to change us. As you go through this day, bring your mind regularly back to Romans 12:2, asking God to renew your mind and transform you into Christlikeness.

## Day 3: Growing Through Prayer

### Opening Scripture

*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:16-18*

Prayer is the lifeline that connects us to God, fostering growth in our faith. Just as a plant draws nourishment through its roots to flourish, prayer roots us deeper in Christ, helping us grow in trust and intimacy with Him. Today, we explore how prayer strengthens our relationship with God.

*Prayer is the key to staying connected to Jesus. It’s how we sink our roots deep into His love and draw on His power to live for Him. -Rick Warren*

#### Prayer As Connection

Prayer is more than a ritual; it’s a conversation with our Creator. In prayer, we share our joys, fears, and needs, and we listen for His guidance. Jesus modeled this in His life, often retreating to pray (Luke 5:16). Like a friend who listens and responds, God meets us in prayer, drawing us closer to His heart.

#### Prayer As Transformation

Through prayer, God shapes us. When we pray, we align our hearts with His will, growing in faith and resilience. Philippians 4:6-7 reminds us that prayer brings peace that guards our hearts and minds. As we bring our concerns to God, He transforms our perspective, helping us face life’s challenges with His strength.

### Reflection Questions

1. How does prayer help you feel connected to God in your daily life?
2. What is one area of your life where you can pray more consistently?
3. How has prayer changed your perspective or strengthened you in the past?

### Prayer Focus

*Heavenly Father, thank You for the gift of prayer, which draws me closer to You. Teach me to pray continually, trusting You with my joys and struggles. Transform my heart through our conversations, and help me grow in faith and peace. In Jesus’ name, Amen.*

### Today’s Challenge

Set aside 10 minutes today for intentional prayer. Speak honestly with God about one joy and one concern. Write down any insights or peace you experience, and reflect on how prayer strengthens your faith.

## Day 4: Strengthened in Trials

### Opening Scripture

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” – James 1:2-3*

Trials are an inevitable part of life, but in Christ, they become opportunities for growth and strength. Just as steel is forged in fire to become stronger, our faith is refined through challenges when we lean on Jesus. Today, we explore how trials, though difficult, can strengthen us as we trust in God’s presence and purpose.

*Trials test our faith, but in Christ, they become stepping stones to maturity. Rooted in Him, we find joy, knowing each challenge builds perseverance for His glory. -Oscar Muriu*

### Finding Strength in God’s Presence

In trials, we are never alone—God is with us. Psalm 46:1 declares, “God is our refuge and strength, an ever-present help in trouble.” When we face hardships—whether personal struggles, loss, or uncertainty—God’s presence sustains us. Turning to Him in prayer and trust anchors us, giving us strength to endure.

### Growing Through Perseverance

Trials test our faith, but they also build resilience. Romans 5:3-4 teaches that suffering produces perseverance, character, and hope. Each challenge we face with faith strengthens our spiritual foundation, preparing us for future trials and deepening our reliance on God’s promises.

### Reflection Questions

1. What trial are you facing now, and how can you invite God’s presence into it?
2. How has a past challenge strengthened your faith or character?
3. What promise from God’s Word can you hold onto to find strength today?

### Prayer Focus

*Lord Jesus, thank You for being my strength in trials. Help me to see challenges as opportunities to grow closer to You. Fill me with Your peace and resilience, and remind me of Your presence when I feel weak. Strengthen my faith through every trial. In Your name, Amen.*

## **Today's Challenge**

Identify one trial you're facing. Spend 5 minutes praying about it, asking God for strength and wisdom. Write down one Bible verse (e.g., Psalm 46:1 or Romans 5:3-4) to meditate on today as a reminder of His faithfulness.

## Day 5: Serving with the Heart of Christ

### Opening Scripture

*"If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you." -John 13:14-15*

Serving others reflects the heart of Christ, who lived a life of selfless love. Just as a river flows to nourish the land around it, our acts of service flow from Christ's love within us, blessing others and deepening our faith. Today, we explore how serving with Christ's heart transforms us and those around us.

*To serve like Christ is to pour out your life for others, not to gain glory for yourself, but to point them to the One who gave His life as a ransom. -John Piper*

#### Serving With Humility

Jesus modeled true servanthood, washing His disciples' feet (John 13:5). In a world that often values status, serving with humility shows Christ's love in action. Whether it's listening to a friend, helping a neighbor, or volunteering, small acts done with love reflect His heart and draw us closer to Him.

#### Serving With Purpose

Our service isn't just about tasks—it's about sharing God's love. Galatians 5:13 urges us to "serve one another humbly in love." When we serve with Christ's heart, we point others to Him, and our faith grows as we see His work through us. Every act of service, no matter how small, has eternal impact.

### Reflection Questions

1. How can you serve someone in your life with Christ's humility this week?
2. What is one way serving others has strengthened your faith in the past?
3. How can you make serving a regular part of your walk with Christ?

### Prayer Focus

*Lord Jesus, thank You for Your example of selfless service. Fill me with Your love and humility to serve others as You do. Show me opportunities to reflect Your heart in my actions, and let my service draw others closer to You. In Your name, Amen.*

## **Today's Challenge**

Identify one specific way to serve someone today—a kind word, a helping hand, or a thoughtful gesture. Do it with Christ's love in mind, and before bed, write down how it impacted you or the other person.

## Day 6: Pressing Toward Maturity

### Opening Scripture

*“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.” – Philippians 3:12*

Spiritual maturity is a journey of growing closer to Christ, becoming more like Him in character and purpose. Like an athlete training for a race, we press forward with intention, relying on God’s grace to shape us. Today, we explore how to pursue maturity by trusting Christ and staying committed to growth.

*The Christian life is a pilgrimage, not a destination. We are called to follow Christ, growing in faith and obedience, trusting His grace to lead us toward the goal of His kingdom. - Graeme Goldsworthy*

### Growing in Christlikeness

Maturity in faith means reflecting Jesus’ love, humility, and wisdom in our daily lives. Ephesians 4:15 encourages us to “grow up in every way into him who is the head, into Christ.” This happens through prayer, studying God’s Word, and choosing obedience, even when it’s challenging. Each step toward Christlikeness deepens our relationship with Him.

### Persevering Through Challenges

The path to maturity isn’t always smooth—it requires perseverance. Hebrews 12:1 urges us to “run with perseverance the race marked out for us.” Obstacles like doubt or temptation test us, but they also strengthen our faith when we rely on God’s guidance. Pressing toward maturity means trusting Him to lead us through every season.

### Reflection Questions

1. What is one area of your life where you want to grow more like Jesus?
2. How can you rely on God’s strength to overcome a current challenge to your spiritual growth?
3. What practical step can you take this week to press toward spiritual maturity?

## Prayer Focus

*Lord Jesus, thank You for calling me to grow in You. Help me press toward maturity with faith and perseverance. Shape my heart to reflect Your character, and guide me through challenges with Your strength. May my life honor You more each day. In Your name, Amen.*

## Today's Challenge

Choose one practice to foster spiritual growth today—spend 5 minutes in prayer, read a short passage from the Bible, or act intentionally in love. Write down one insight you gain and how it helps you grow closer to Christ.