



# DISCUSSION GUIDE

January 4/7, 2018

A Rooted Life

**BIG IDEA:** If we will get rooted in Jesus we will flourish in life.

## GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

**My Story.** An encounter with Jesus leaves a story to tell. Share yours at [valleycreek.org/MyStory](http://valleycreek.org/MyStory).

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Find resources at [valleycreek.org/vccsocial](http://valleycreek.org/vccsocial)

## KEY VERSE

So then, just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6-7

## POTENTIAL NEXT STEP

Join us on Mondays, at 7am, for our Rooted Experience. We will gather at each campus to read Scripture and pray together, focusing our hearts and minds on Jesus. Bring your Bible, journal, pen and an expectant heart to hear from Jesus.

## MAIN POINTS & SCRIPTURES

This year is going to be a good and abundant year because of Jesus. **(Psalm 65:11 NKJV)** As a church family, we are going to kick off the year with prayer and fasting (January 14 – February 3). Fasting is disconnecting from the world and prayer is connecting with God; giving something up we depend on and replacing it with God. **(Romans 6:16, 1 Samuel 3:10)** Our theme for 2018 is **Rooted In Jesus – flourish in life.** **(Colossians 2:6-7, Ephesians 3:14-19)** This theme is an invitation to go back to the basics of a relationship with Jesus and build our lives in Him.

1. Get rooted in Jesus and we'll flourish in life. Deep roots lead to a wide life. Often, we spend our lives getting rooted in the wrong things and our root structure can't support the weight of our lives, leaving us weary and barren. To be rooted in Jesus means to:
  - a) Rest on Him. **(Matthew 11:28-30 MSG)**
  - b) Receive from Him. **(Philippians 4:19, Romans 5:17)**
  - c) Trust in Him. **(Jeremiah 17:5-8, John 15:4-5)**
2. Many of us receive Jesus as Lord but we never get rooted in Him so we don't flourish in life. Here are five roots of connection/intimacy to become rooted in Jesus and flourish in life:
  - a) Engage the Scriptures. **(John 5:39-40)**
  - b) Talk with God. **(Hebrews 4:16)**
  - c) Build godly relationships. **(Matthew 18:20)**
  - d) Meet the needs you see. **(Matthew 25:40)**
  - e) Invest your time. **(Acts 2:42, Colossians 3:3)**
3. We have goals, resolutions and hopes for our lives but we need a vision. **(Proverbs 29:18 KJV)** Direction, not intention, determines our destiny. Being rooted in Jesus is about moving from religion into relationship. It's easy to identify with Jesus without connecting to Him. Let's go back to the basics and turn the affection of our heart to Jesus. **(Psalm 37:4, Revelation 2:4-5)** What we are rooted in will be reflected in the fruit of our lives; money, work, hobbies, family. When we get rooted in Jesus, the fruit of Jesus effortlessly shows up in our lives. **(Revelation 22:16)** We don't have to try harder, behave better or do more, we simply need to rest on Him, receive from Him and trust in Him. **(John 4:30)**

## DISCUSSION

1. Fasting is giving up something we depend on and replacing it with God. One suggestion for our VCC family is to fast from social media and disconnect from the voices of the world. If not social media, what is something you depend on that God is inviting you to give up?
2. Of the five roots of connection, which one captures your heart with excitement and which one with apprehension? What is the invitation God is giving you in that area?
3. Direction determines our destiny. What are some active steps you can take this week to begin the process of becoming rooted in Jesus while resting on, receiving from and trusting in Him?
4. **What is the Holy Spirit saying to you?**