



Growing a healthy family tree.

Study Guide.

Growing a healthy family tree.

Session One - Rooted in Christ

Fill in the blanks.

What is it that you want for your family?

If your family were a tree, what type of fruit would you want it to bear?

1 - _____

2 - _____

3 - _____

4 - _____

5 - _____

6 - _____

7 - _____

If you are going to have a healthy family tree, you have to have the right _____ system.

Colossians 2:6-8 - 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. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces^[a] of this world rather than on Christ.

Our root system needs to be _____.

Our source is not work, family, or friends, our _____ is Christ.

How do we get rooted in Christ?

Romans 10:17 - Faith comes by hearing and hearing the word of God.

Two ways (roots) we typically hear the word of God

- Weekend _____.

- Midweek _____.

Out of strong roots in Christ our _____ will grow healthy.

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Study guide and questions.

Foundational Scriptures:

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Romans 10:17 - Faith comes by hearing and hearing the word of God.

2 Timothy 3:16-17 - All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God[a] may be thoroughly equipped for every good work.

Our root system needs to be Christ.

Many times our security, strength, and source is not Christ it is making memories with family, friendships, health, connections that we have, or other things the world offers.

Questions:

What are your current habits for attending and / or being a part of a community of faith?

Are you involved in a small group or midweek gatherings of some sort?

What does your personal time with God and his word currently look like?

What would you like it to be like?

What changes do you need to make to get into His word more?

Invitation:

Read through the "Tips for reading the Bible" and start getting more into His word this week.

Tips for reading the Bible.

1 - Read a User-friendly Bible Version

King James can be a little hard to understand. A couple of versions that are a little easier are New International Version (NIV) as well as the Eastern Standard Version (ESV). If you would like to carry around the Bible everywhere you go, download a Bible app on your smartphone. It's free and easy to use and has many different versions for you to choose from.

2 - Ask God to help you understand what you are reading.

Before you start reading, take a moment and ask God to help you understand what you are reading and how it may actually apply to you.

3 - Start reading in the Gospel of John.

The book of John is a book that talks in detail about Jesus. The more you learn about Jesus, who He is and how He interacted with people. The more you will know about God and how He wants to interact with you.

4 - Just start reading 5 minutes per day.

You don't have to read the Bible for long periods of time. Just grab your Bible and read for 5 minutes or so. A little bit of God's word, will go a long way!

5 - After reading, ask yourself three questions.

Take time after you read to either journal, or just think through three simple questions.

- 1 - What is God saying?
- 2 - What does this mean to me personally?
- 3 - How can I apply it to my life today?

6 - Read the Bible with other people

We were not meant to live life alone. One of the best ways to read the Bible is with other family members, or in a small group of people together. This will help you understand it more as well as get other people's thoughts on the text.

7 - Apply it to Your Life

One of the best things you can do with the Bible is apply it. It won't always be easy, because many of the teachings of Jesus in scripture go against our natural way of thinking and living. However, you will find that in the long run, the "Jesus way" is truly the best way.