

SESSION 1

DISCUSSION GUIDE

ROOTED

THE BIBLE

Luke 4:1–13; Psalm 1:1–3a

THE BIG IDEA

We grow when we know who we are.

WHAT? *What are we talking about?*

NOW WHAT? *What do we do about it?*

ACTIVITY | Repotting a Plan

Give everyone 60 seconds to write down the steps they would take to move a houseplant from one pot to another. When the time is up, compare your instructions – and look up the correct ones.

QUESTIONS

- Have you ever tried to keep a plant alive? What happened and what did you learn?
- How are people like plants – sort of?

SAY . . .

This isn't a new series on horticulture, but we are going to talk about what it takes to cultivate growth – but not tomatoes or herb gardens. We're talking about our own growth.

SO WHAT? *Why does it matter?*

VIDEO | Session 1

Play the video for this session.

DISCUSSION

- What are some reasons a plant might struggle to grow? What are some similar reasons you or I might struggle to grow?
- How can you tell when a person has "strong roots"? Do you know anyone like that?
- Re-read Luke 4:1-13. What kept Jesus rooted when he was faced with temptation?
- What are some of the things God says are true about who we are?
- When is it most difficult for you to accept the things God says are true about you?
- How do you think you might grow if you focused more on what God says is true about you?

PRAYER

REFLECTION | Psalm 139:13-16

Take some time this week to read this passage and consider how it's possible that God made us so wonderfully – even before we accomplished a single thing.