

ROOTED

Week 1: Feed Your Soul

Objective: To challenge us to be intentional about engaging with the Bible this year..

1. **When you hear the phrase “You are what you eat,” how does that apply to your spiritual life?**
 - What are some examples of “spiritual food” and “spiritual junk” in everyday life?
2. **In the Parable of the Sower, Jesus describes people who receive the Word with joy but have no root.**
 - What do you think causes someone’s faith to remain shallow?
3. **Psalm 1 describes a person who delights in and meditates on God’s Word as “a tree planted by streams of water.”**
 - What stands out to you about that picture?
 - How is that different from how many Christians live today?
4. **The sermon said, “The Bible isn’t just information—it’s formation.”**
 - What’s the difference between reading the Bible for information versus reading it for transformation?
5. **2 Timothy 3:16–17 says Scripture teaches, rebukes, corrects, and trains us.**
 - Which of those do you find easiest to accept?
 - Which is hardest, and why?
6. **The sermon talked about how everything is shaping us—media, technology, conversations, habits.**
 - What do you think is shaping your soul the most right now?
7. **Jesus said, “Man shall not live on bread alone, but on every word that comes from the mouth of God” (Matthew 4:4).**
 - How have you seen God’s Word sustain you—or someone you know—during a hard season?
8. **Looking ahead to this new year, what is one realistic step you can take to begin feeding your soul more consistently?**
 - What might get in the way, and how can you plan for it?

Final Thought: God has given us the Bible for our good. It reveals His love, grace and mercy to us and helps us identify and follow His plan for our lives. When we choose to be intentional about engaging with the Bible through reading, study and obedience, it feeds our souls.

This Week: Choose a specific daily time and place to read Scripture this week. Use the Habits Guide reading plan, and before you read, pray: *“Jesus, help me understand this. Holy Spirit, shape me through it. Father, sustain me by it.”*

Don’t rush. Read for transformation, not completion.

