



ROOTED

EMOTIONALLY
HEALTHY
FAITH THAT
LASTS



HOW ARE YOUR ROOTS?

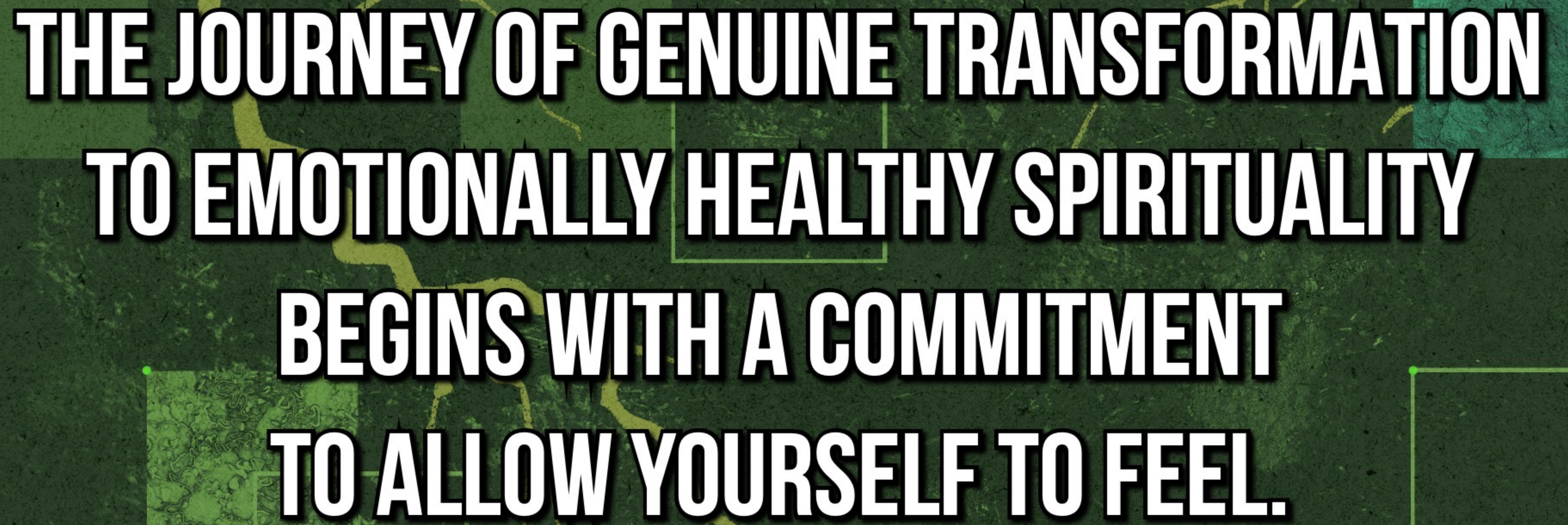


**THE GOOD NEWS:
WE HAVE THE OPPORTUNITY TO
CONTINUE TO DEEPEN OUR ROOT SYSTEM.**

The background is a dark green color with a grid of lighter green squares. Overlaid on this grid is a network of yellow, branching roots that spread across the entire image. The text is centered and has a white outline.

PASTOR MIKE

**“IF YOU WANT TO GROW DEEP ROOTS,
YOU HAVE TO GO TO DEEP PLACES!”**



**THE JOURNEY OF GENUINE TRANSFORMATION
TO EMOTIONALLY HEALTHY SPIRITUALITY
BEGINS WITH A COMMITMENT
TO ALLOW YOURSELF TO FEEL.**



**WE CANNOT KNOW GOD,
IF WE DON'T KNOW OURSELVES.**



**IN NEGLECTING OUR INTENSE EMOTIONS,
WE ARE FALSE TO OURSELVES AND LOSE A
WONDERFUL OPPORTUNITY TO KNOW GOD.**

MATTHEW 3:16-17 NIV

AS SOON AS JESUS WAS BAPTIZED, HE WENT UP OUT OF THE WATER. AT THAT MOMENT HEAVEN WAS OPENED, AND HE SAW THE SPIRIT OF GOD DESCENDING LIKE A DOVE AND RESTING ON HIM. AND A VOICE FROM HEAVEN SAID, “THIS IS MY SON, WHOM I LOVE; WITH HIM I AM WELL PLEASED.”

MATTHEW 4:1-3 NIV

THEN JESUS WAS LED BY THE SPIRIT INTO THE WILDERNESS TO BE TEMPTED BY THE DEVIL. ² AFTER FASTING FORTY DAYS AND FORTY NIGHTS, HE WAS HUNGRY. ³ THE TEMPTER CAME TO HIM AND SAID, "IF YOU ARE THE SON OF GOD, TELL THESE STONES TO BECOME BREAD."



TEMPTATION ONE:

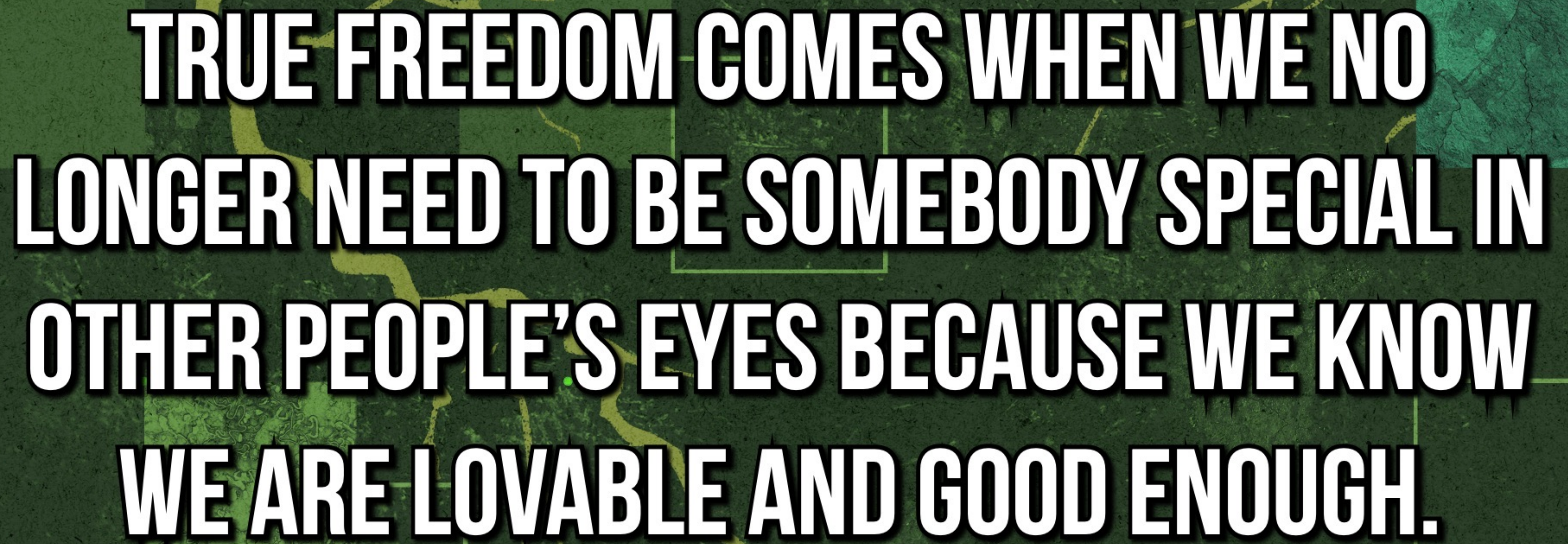
I AM WHAT I DO

MATTHEW 4:5-6 NIV

⁵ THEN THE DEVIL TOOK HIM TO THE HOLY CITY AND HAD HIM STAND ON THE HIGHEST POINT OF THE TEMPLE. ⁶ “IF YOU ARE THE SON OF GOD,” HE SAID, “THROW YOURSELF DOWN. FOR IT IS WRITTEN: “HE WILL COMMAND HIS ANGELS CONCERNING YOU, AND THEY WILL LIFT YOU UP IN THEIR HANDS, SO THAT YOU WILL NOT STRIKE YOUR FOOT AGAINST A STONE.””



TEMPTATION TWO:
I AM WHAT OTHERS THINK



**TRUE FREEDOM COMES WHEN WE NO
LONGER NEED TO BE SOMEBODY SPECIAL IN
OTHER PEOPLE'S EYES BECAUSE WE KNOW
WE ARE LOVABLE AND GOOD ENOUGH.**

MATTHEW 4:8-9 NIV

AGAIN, THE DEVIL TOOK HIM TO A VERY HIGH MOUNTAIN AND SHOWED HIM ALL THE KINGDOMS OF THE WORLD AND THEIR SPLendor. ⁹ "ALL THIS I WILL GIVE YOU," HE SAID, YOU WILL BOW DOWN AND WORSHIP ME."



TEMPTATION THREE:

I AM WHAT I HAVE



**WE WILL ALWAYS COME UP SHORT,
NEVER HAVE ENOUGH, AND WON'T BE
ABLE TO PLEASE EVERYONE!**



PETE SCAZERRO:

**“JESUS MAY LIVE IN YOUR HEART,
BUT GRANDPA LIVES IN YOUR BONES.”**



**IN ORDER TO LIVE FAITHFUL TO OUR
TRUE SELVES WE MUST LEARN
DIFFERENTIATION.**

**I MAY NOT AGREE WITH YOU OR YOU WITH ME.
YET I CAN REMAIN IN RELATIONSHIP WITH YOU. I
DON'T HAVE TO DETACH FROM YOU, REJECT YOU,
AVOID YOU, OR CRITICIZE YOU TO VALIDATE
MYSELF. I CAN BE MYSELF APART FROM YOU.**

The background is a dark green, textured surface. It features a grid of squares in various shades of green and teal. Overlaid on this grid are glowing yellow, root-like patterns that branch out across the frame. Small green dots are scattered at the intersections of the grid lines.

4 WAYS TO BEGIN TO LIVE OUR AUTHENTIC SELVES:

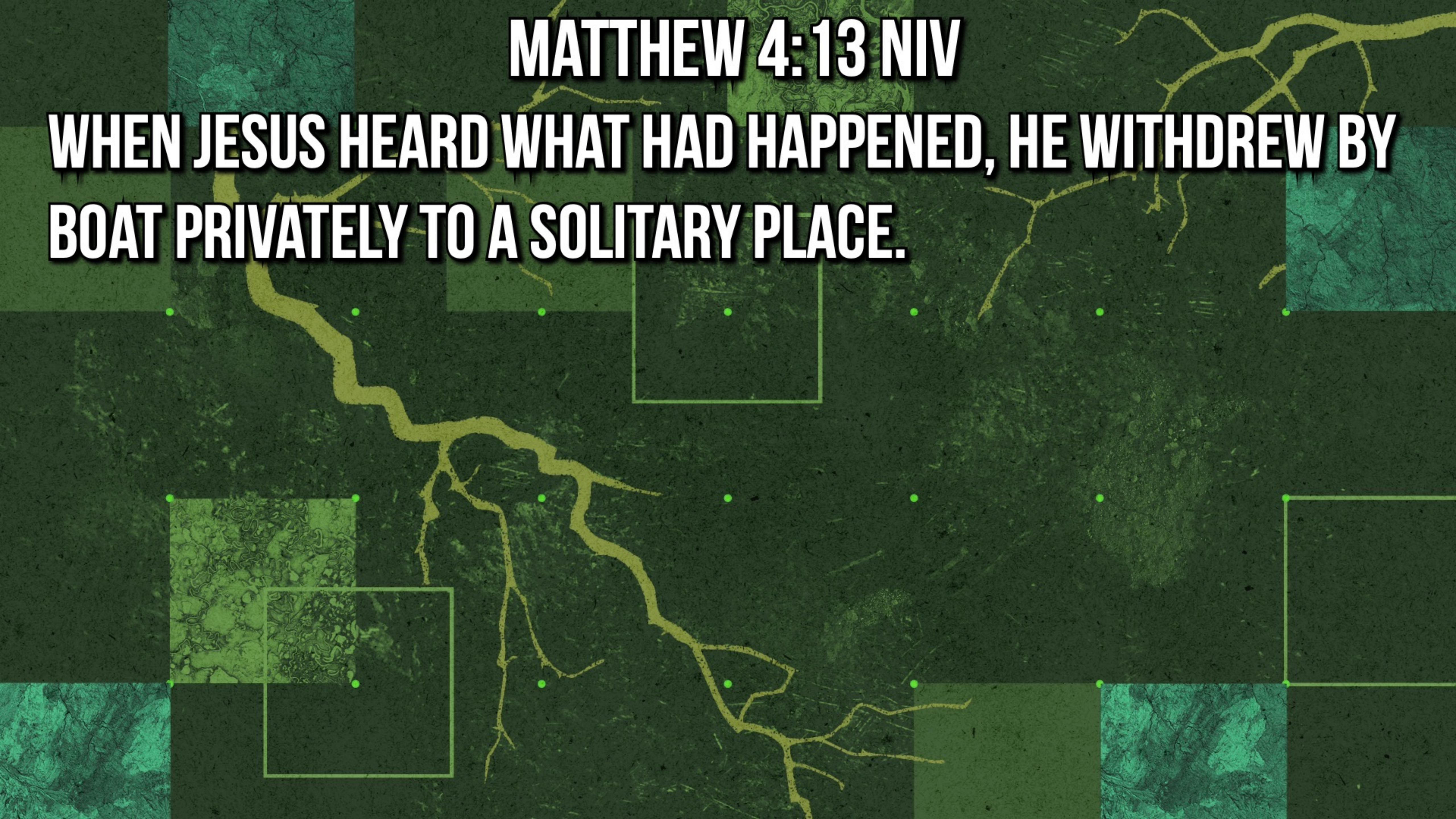
**1. PAY ATTENTION TO YOUR INTERIOR
IN SILENCE AND SOLITUDE**

MARK 1:35 NIV

**VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK,
JESUS GOT UP, LEFT THE HOUSE AND WENT OFF TO A SOLITARY
PLACE, WHERE HE PRAYED.**

MATTHEW 4:13 NIV

WHEN JESUS HEARD WHAT HAD HAPPENED, HE WITHDREW BY BOAT PRIVATELY TO A SOLITARY PLACE.





4 WAYS TO BEGIN TO LIVE OUR AUTHENTIC SELVES:

2. FIND TRUSTED COMPANIONS



**SAFE PEOPLE DON'T ALWAYS MAKE
YOU FEEL COMFORTABLE!**




4 WAYS TO BEGIN TO LIVE OUR AUTHENTIC SELVES:

3. MOVE OUT OF YOUR COMFORT ZONE

ROMANS 12: 2 NIV

DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND.



The background is a dark, textured green. A network of glowing yellow-green lines, resembling roots or veins, spreads across the frame. Several square panels with different textures are overlaid: some have a marbled pattern, others have a cracked paper texture, and some are solid dark green. Small green dots are scattered throughout the background.

**CHANGE
REQUIRES
CHANGE**

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4 WAYS TO BEGIN TO LIVE OUR AUTHENTIC SELVES:

4. PRAY FOR COURAGE



**HURT PEOPLE, HURT PEOPLE
STUCK PEOPLE WANT YOU TO STAY STUCK!**

RABBI ZUSYA

**“IN THE COMING WORLD, THEY WILL NOT
ASK ME: ‘WHY WERE YOU NOT
MOSES?’ THEY WILL ASK ME,
‘WHY WERE YOU NOT ZUSYA?’”**



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