

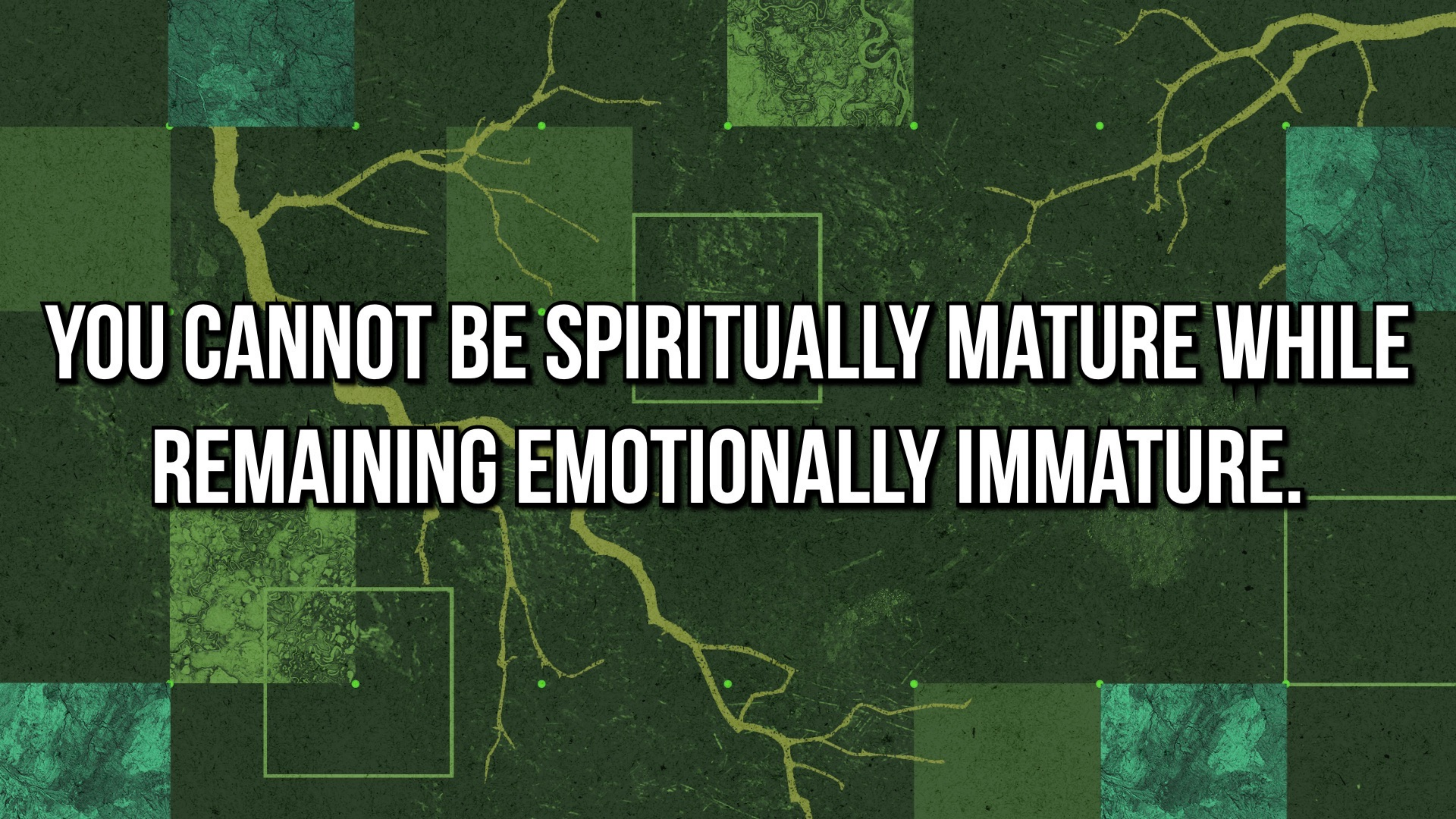


# ROOTED

EMOTIONALLY  
HEALTHY  
FAITH THAT  
LASTS



**“ROOTED” BUILT TO LAST**



**YOU CANNOT BE SPIRITUALLY MATURE WHILE  
REMAINING EMOTIONALLY IMMATURE.**



**I KNOW SCRIPTURE... BUT I'M REACTIVE.**

**I SERVE CONSTANTLY... BUT I'M EXHAUSTED.**

**I LOVE GOD... BUT AVOID DIFFICULT EMOTIONS.**

**I ATTEND CHURCH... BUT STRUGGLE DEEPLY IN**

**RELATIONSHIPS.**

The background is a dark green, textured surface. It features several rectangular panels of varying shades of green and yellow, some with intricate, organic patterns resembling roots or veins. A central, glowing yellow path winds through the composition. The text is centered and rendered in a bold, white, sans-serif font with a black outline.

**KNOWING INFORMATION ISN'T THE SAME AS  
WALKING IN TRANSFORMATION**

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.

**SOMETIMES THE RELATIONSHIPS INSIDE THE  
CHURCH ARE NOT DIFFERENT FROM THE  
WORLD AROUND US.**

**WE STILL:**

**GOSSIP**

**AVOID HARD CONVERSATIONS**

**BECOME DEFENSIVE**

**WITHDRAW EMOTIONALLY**

**ASSUME MOTIVES**

**HOLD RESENTMENT**

**REACT IMPULSIVELY**



**KNOWING SCRIPTURE IS NOT THE SAME AS  
KNOWING HOW TO PRACTICE IT.**

## **MATTHEW 22:37-40**

**JESUS REPLIED: “LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND. THIS IS THE FIRST AND GREATEST COMMANDMENT. AND THE SECOND IS LIKE IT: ‘LOVE YOUR NEIGHBOR AS YOURSELF. ALL THE LAW AND THE PROPHETS HANG ON THESE TWO COMMANDMENTS.’”**



**HEALTHY LOVE ONLY FLOWS FROM  
A HEALTHY CONNECTION.**

**WE NEED CONNECTION:**  
**WITH GOD**  
**WITH OURSELVES**  
**AND WITH OTHER PEOPLE**



**HEALTHY RESPONSES ONLY COME FROM  
HEALTHY COMMUNION WITH GOD.**

## **GALATIANS 2: 11-14**

**“WHEN CEPHAS (PETER) CAME TO ANTIOCH, I OPPOSED HIM TO HIS FACE, BECAUSE HE STOOD CONDEMNED.<sup>12</sup> FOR BEFORE CERTAIN MEN CAME FROM JAMES, HE USED TO EAT WITH THE GENTILES. BUT WHEN THEY ARRIVED, HE BEGAN TO DRAW BACK AND SEPARATE HIMSELF FROM THE GENTILES BECAUSE HE WAS AFRAID OF THOSE WHO BELONGED TO THE CIRCUMCISION GROUP.**

## **GALATIANS 2: 11-14**

**<sup>13</sup> THE OTHER JEWS JOINED HIM IN HIS HYPOCRISY, SO THAT BY THEIR HYPOCRISY EVEN BARNABAS WAS LED ASTRAY. <sup>14</sup>**

**WHEN I SAW THAT THEY WERE NOT ACTING IN LINE WITH THE TRUTH OF THE GOSPEL, I SAID TO CEPHAS IN FRONT OF THEM ALL, "YOU ARE A JEW, YET YOU LIVE LIKE A GENTILE AND NOT LIKE A JEW. HOW IS IT, THEN, THAT YOU FORCE GENTILES TO FOLLOW JEWISH CUSTOMS?"**

# JOHN - 21:20-21

<sup>20</sup> PETER TURNED AND SAW THAT THE DISCIPLE WHOM JESUS LOVED WAS FOLLOWING THEM.... <sup>21</sup> WHEN PETER SAW HIM, HE ASKED, "LORD, WHAT ABOUT HIM?"

## MINI - EQ TEST

**CAN I RECEIVE CRITICISM WITHOUT  
COLLAPSING OR SHIFTING THE BLAME?  
CAN I DISAGREE WITHOUT WITHDRAWING  
EMOTIONALLY OR ATTACKING?**

# MINI - EQ TEST

**CAN I SAY, "I WAS WRONG," WITHOUT  
DEFENSIVENESS?**

**CAN I LISTEN TO SOMEONE'S PAIN WITHOUT  
TRYING TO FIX THEM IMMEDIATELY?**

# MINI - EQ TEST

**CAN I SIT WITH DISCOMFORT WITHOUT  
ESCAPING INTO DISTRACTION OR CONTROL?  
CAN I SET HEALTHY BOUNDARIES WITHOUT  
GUILT?**

# MINI - EQ TEST

**CAN I CELEBRATE SOMEONE ELSE'S SUCCESS  
WITHOUT COMPARISON?**

**CAN THE PEOPLE CLOSEST TO ME  
EXPERIENCE THE REAL ME, NOT JUST THE  
CHURCH VERSION OF ME?**



**THE GOAL IS NOT TO PERFORM FOR JESUS,  
BUT TO REMAIN CONNECTED TO HIM.**

## JOHN 15:4-5

**<sup>4</sup> REMAIN IN ME, AS I ALSO REMAIN IN YOU. NO BRANCH CAN BEAR FRUIT BY ITSELF; IT MUST REMAIN IN THE VINE. NEITHER CAN YOU BEAR FRUIT UNLESS YOU REMAIN IN ME.**

**<sup>5</sup> "I AM THE VINE; YOU ARE THE BRANCHES. IF YOU REMAIN IN ME AND I IN YOU, YOU WILL BEAR MUCH FRUIT; APART FROM ME YOU CAN DO NOTHING.**



**WHAT IS FORMING YOU?**

**JOHN 15:8**

**THIS IS TO MY FATHER'S GLORY, THAT YOU BEAR MUCH  
FRUIT, SHOWING YOURSELVES TO BE MY DISCIPLES.**



**WHAT IS GOD SAYING TO START TODAY?**

---

**DAILY IN THE WORD  
SILENCE AND SOLITUDE**

**SABBATH**

**WORSHIP**

**COUNSELING**

**WHAT IS GOD SAYING TO START TODAY?**

---

**EMOTIONAL HONESTY**

**FAMILY DINNERS**

**BOUNDARIES WITH TECHNOLOGY**

**PLAY AND RECREATION**

**WHAT IS GOD SAYING TO START TODAY?**

---

**CARING FOR YOUR PHYSICAL BODY**

**SERVING**

**GET CONNECTED TO COMMUNITY**

**MAKING CHURCH A COMMITMENT**

## EPHESIANS 4:15-16

**“...SPEAKING THE TRUTH IN LOVE, MAY GROW UP IN ALL THINGS INTO HIM WHO IS THE HEAD—CHRIST—<sup>16</sup> FROM WHOM THE WHOLE BODY, JOINED AND KNIT TOGETHER BY WHAT EVERY JOINT SUPPLIES, ACCORDING TO THE EFFECTIVE WORKING BY WHICH EVERY PART DOES ITS SHARE, CAUSES GROWTH OF THE BODY FOR THE EDIFYING OF ITSELF IN LOVE.”**

# HEBREWS 10:24-25A

<sup>24</sup> LET US CONSIDER HOW WE MAY SPUR ONE ANOTHER ON  
TOWARD LOVE AND GOOD DEEDS, <sup>25A</sup> NOT GIVING UP  
MEETING TOGETHER... BUT ENCOURAGING ONE ANOTHER.



# ROOTED

EMOTIONALLY  
HEALTHY  
FAITH THAT  
LASTS