

MESSAGE NOTES



Series: Rooted
Message: Slowing Our Roll
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⁶ And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. ⁷ Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. ⁸ Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ.

Colossians 2:6–8 (NLT)

³² That evening after sunset, many sick and demon-possessed people were brought to Jesus. ³³ The whole town gathered at the door to watch. ³⁴ So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak. ³⁵ Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. ³⁶ Later Simon and the others went out to find him. ³⁷ When they found him, they said, "Everyone is looking for you." ³⁸ But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came." ³⁹ So he traveled throughout the region

of Galilee, preaching in the synagogues and casting out demons.

Mark 1:32–39 (NLT)

Anything that becomes more important than getting and staying connected with God is out of place.

Two practices that are key in becoming deeply rooted with Jesus:

1. Slowly and deliberately learning the Bible – soaking, not splashing.

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"

Matthew 4:4 (NLT)

I have thought much about your words and stored them in my heart so that they would hold me back from sin.

Psalms 119:11 (TLB)

2. Silent prayer – listening, not lobbying.

⁷ Don't recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again.

⁸ Remember, your Father knows exactly what you need even before you ask him! ⁹ "Pray along these lines: 'Our Father in heaven, we honor your holy name. ¹⁰ We ask that your kingdom will come now. May your will be done here on earth, just as it is in heaven.'"

Matthew 6:7–10 (TLB)

Be still and know that I am God!

Psalms 46:10 (NLT)