

# Roots

## A Bible Study To Establish Spiritual Growth

Roots: A Bible Study To Establish Spiritual Growth.  
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### **Introduction**

"...rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness." Colossians 2:7

As Christians it's important that we take root spiritually. This begins by learning about God and His principles through the Bible. It deepens as we yield ourselves to Him in order to live out those principles.

This study was designed for you to read each set of Bible verses and to answer the questions that follow. You are encouraged to take extra time for further study, prayer and reflection.

At the end of each week's study you will find suggestions for making it practical. It will be to your greatest advantage to select at least one and put it into practice.

### **WEEK 1**

#### **Knowing for Sure**

Need some confidence that the new life you have found in Christ cannot be lost? Ever wonder if you can be sure you are a Christian? The Bible leaves no doubt that this is something you can know for sure.

Day 1 - 1 John 5:11-13  
Who gives eternal life?

Who does life come through?

How can you know you have eternal life?

Day 2 - John 5:24-27  
How do you get eternal life?

When you get eternal life, what do you avoid and what do you gain?

Day 3 - John 10:27-30  
Can you lose your salvation? Why or why not?

What does "I and the Father are one" mean?

Day 4 - 1 John 2:3-6  
What do we do if we know Christ?

If we claim to know Him what do we do?

Day 5 - 1 John 3:24; 4:13  
How do we know He lives in us?

What does God give us at salvation?

Day 6 - 1 John 3:14-15  
Day 7 - 1 John 5:1

Making It Practical  
(Choose one or more)

1. Write a note to a leader in your church explaining how you know you are a Christian.
2. Record from memory the outline of this week's study and share it

with someone.

3. Share with a friend that you have eternal life and why you are sure.

## **WEEK 2**

### **Pursuing God**

We were created to passionately pursue God. We want to accurately know God through the Bible and then worship Him through an emotional response from the heart. Someone has said, "God is most glorified in you when you are most satisfied in Him." 1

Day 1 - 1 Timothy 6:13-16

What is God like?

What names are given to help describe Him?

What does he deserve?

Day 2 - 1 Peter 1:13-16

How is God described here and what does it mean?

How does God's holiness effect us?

Day 3 - 1 John 4:7-11

What exactly does it mean to say God is love?

How did He show it?

What should we do because God "loved us"?

Day 4 - Ephesians 2:6-10; Revelation 19:11-12

What did God want to show us about Himself in Christ?

How does He judge and make war?

How do these two character traits of God fit together?

Day 5 - John 17:1-5

How is God different than other gods?

What is eternal life?

What does a personal relationship with God mean to you?

Day 6 - Revelation 4:8b-11

Day 7 - John 10:30; 1 Peter 1:1-2

Making It Practical

(Choose one or more)

1. Pray Psalm 145 as though they are your own words.
2. Write out a prayer of praise based upon what you learned about God from this study.
3. As you worship with other Christians on Sunday concentrate on what the words are saying and singing them from your heart.

### **Week 3**

#### **The Bible**

The Bible is how we come to know God and His guidelines for our lives. It is not a "set of rules" from a strict judge, but the instructions on how to have the very best life possible from a loving Heavenly Father. Here's how we know we can trust it.

Day 1 - 2 Timothy 3:16-17

What is Scripture good for?

What's the big "I" word that describes Scripture and what does it mean?

Why is this important in your life?

Day 2 - Mark 7:8-13

What phrases does Jesus use to describe Scripture?

What difference do these phrases make to us?

Day 3 - 2 Peter 1:19-21

Who did men speak for when they gave a prophecy?

The Bible is 66 books by 40 authors from many walks of life. It was written over 1500 years in 3 languages over 3 continents with one message and no contradictions.

Who carried men along to accomplish this feat?

Why is infallibility (cannot fail) important?

Day 4 - Acts 15:15-18

What does the Lord say here?

("Says the Lord" is used over 2700 times.)

How do you respond to the authority (the right to be obeyed) of Scripture?

Day 5 - 1 Corinthians 15:40-41

What does this passage tell about outer space?

When the Bible speaks about science, history, or prophecy it is accurate. It is indestructible, adaptable, and socially and personally influential.

Is the Bible inerrant (no errors in fact)?

Day 6 - John 17:15-19 (The Bible is truth.)

Day 7 - Galatians 1:11-12 (Revelation is what we know only through God.)

Making It Practical

(Choose one or more)

1. Explain to a relative or friend why you believe the Bible is the Word of God.
2. Write out your commitment to live by God's Book of what's best for your life.
3. Carry your Bible to work or school and read in it during break.

## **WEEK 4**

### **Time Alone with God**

One of the first disciplines we need to develop in our lives as Christians is to consistently have a "quiet time". It brings refreshment to our souls by giving us an opportunity to connect with God.

Day 1 - Quiet Time Mark 1:35

Where did Jesus spend time with his Father?

Why so?

What time of day was it?

What time of day is best for you to have a Quiet Time?

Day 2 - The Bible's Power Hebrews 4:12-13

What is the Word of God like?

What does it do for us?

Day 3 - Bible Study Acts 17:10-12

What was the attitude of the Bereans toward the message?

How often did they examine the Scriptures?

Day 4 - Confession & Thanksgiving 1 John 1:8-9;

1 Thessalonians 5:18

What happens when we confess our sins?

Why should confession be a part of a Quiet Time?

What should we take time to be thankful about?

Day 5 - Praise & Requests Revelation 5:11-14; Ephesians 6:18

Who was praising Jesus the Lamb? How were they worshiping?

For whom are you praying?

Day 6 - 2 Timothy 2:14-15

Day 7 - 1 Peter 2:1-3

Making It Practical  
(Choose one or more)

1. Determine a time and place when you can consistently meet with God and do it.
2. Incorporate Bible study, confession, thanksgiving, praise and requests into this time.
3. Journal your thoughts during and after your quiet time.

## **WEEK 5**

### **Conversation with God**

Someone has said that, "At the profoundest depths in life, men talk not about God but with Him." 2 What a privilege we have as Christians to enter the presence of the living God and talk with Him.

Day 1 - Luke 11:1-13

What stands out to you about this model prayer?

What does "ask and it will be given to you" mean?

What does the Father want to give us? Why?

Day 2 - Mark 6:45-46; Luke 5:16; 6:12

What was Jesus' commitment to prayer?

Why do you think it was important to Him ?

How do you think you should imitate this?

Day 3 - Ephesians 6:10-20  
How are we to pray?

What part does prayer play in spiritual warfare?

Day 4 - 1 Timothy 2:1-8  
What kinds of prayers should we be praying?

Why should we be praying for others?

Why is "holy hands" important?

Day 5 - Colossians 4:2-6  
What does it mean to "devote yourselves to prayer"?

What does it mean to you practically?

You can use the 4 A's as an outline for prayer:  
Admit - (confessing your sins) Psalm 66:18-19  
Appreciate - (giving thanks for blessings) Psalm 100:4  
Adore - (praising God for who He is and what He's done) Psalm 29:2  
Ask - (asking for others and yourself) Eph 6:18

Day 6 - Acts 12:1-18  
Day 7 - Philippians 4:4-7

Making It Practical  
(Choose one or more)

1. Begin a prayer journal listing your requests and God's answers.
2. Find time to pray this week when you are normally "killing time."  
(Driving to work, waiting, walking...)
3. Meet with someone this week and pray together.

## **WEEK 6**

### **Power to Obey**

The great thing about obeying God is that He did not leave it up to us to try our hardest. He instead gives us the mighty Holy Spirit to direct, motivate, guide, and dominate us as we submit to His leadership.

Day 1 - James 1:22-25

What does God want more than listening to His Word?

Why is this important in your life?

What is the comparison?

Day 2 - Romans 7:14-20

What is the struggle described here?

What is the answer?

Day 3 - John 14:15-21

How do we show our love for Jesus?

Who did God give us to empower us to obey?

Day 4 - Romans 8:5-8

We need to live according to whom?

What does life submitted to the Spirit bring?

How does this work practically?

How well do you submit?

Day 5 - Romans 12:1-2

How should we offer ourselves to God? Why?

What does this mean in your life?

Day 6 - Philippians 2:12-13

Day 7 - Acts 5:27-32

Making It Practical  
(Choose one or more)

1. Pray a prayer of commitment to obey God in any area that He brings to your attention.
2. Keep a journal of when and how God is enabling you bring your life into obedience to Him.
3. Read Romans 6-8 and discuss it with another Christian you respect.

## **WEEK 7**

### **Telling Others**

What is the gospel? 1) God is holy and loves you (Jn 3:16; 1 Pet 1:15-16) 2) You inherited a sin nature and have sinned (Eph 2:3; Rom 3:23) 3) Christ died for you (Rom 5:8) 4) You must personally respond in repentance/faith (Acts 20:21) 5) God gives forgiveness and makes you a new creation (Col 1:14; 2 Cor 5:17)  
This is the life giving message we need to tell others.

Day 1 - 2 Corinthians 5:20-21  
What are we for God?

What does that mean?

What do we do for Him?

Day 2 - Romans 1:14-17  
With whom should we share the gospel?

Why should we not be ashamed?

Day 3 - Ephesians 6:19-20  
How should we proclaim the gospel?

What is the key to having this attitude?

Day 4 - Colossians 4:3-6

For what two things did Paul request prayer?

Why is that important?

How do we "make the most of every opportunity?"

Day 5 - Philemon 1:4-7

What key word tells how we should be sharing our faith?

How does it help us to share it?

Are you sharing your faith?

Day 6 - 2 Thessalonians 1:8-10

Day 7 - 2 Corinthians 4:3-6

Making It Practical

(Choose one or more)

1. Ask someone, "Has anyone ever taken the Bible and shown you how you can have eternal life? May I?"
2. Ask someone, "Could we get together so I could share the Good News of Christ and what He has done in my life?"
3. Ask someone, "Do you have any needs in your life I could pray about? Have you prayed the prayer of eternal life? Could I share with you the eternal life God offers?"

## **WEEK 8**

### **Living by Faith**

The Bible tells us that "without faith it is impossible to please God." What exactly is faith? It is not a leap in the dark, blind trust, or a magic formula to get your wishes. It is accepting as fact the truths we cannot touch, feel, or see and then acting on them.

Day 1 - Romans 1:16-17

Where does right living come from?

How do the righteous live?

What does it mean to live by faith?

Day 2 - Hebrews 11:1-6

What were the ancients commended for?

What is faith?

Can you please God without faith? Why?

Day 3 - Luke 17:1-6

How powerful is faith?

How is it increased?

Day 4 - James 1:5-8

What is someone who doubts God compared to?

What do doubters receive from the Lord?

Day 5 - Hebrews 11:32-40

What examples of faith stand out to you?

Does faith always have immediate results?

If not, why have faith?

Day 6 - Luke 7:1-10

Day 7 - Galatians 2:20

Making It Practical

(Choose one or more)

1. Spend ten minutes in prayer committing yourself to live a life of faith.
2. Complete the sentence and share with someone at the church. "If I

could not fail as a Christian I would attempt to..."

3. Share with a close friend what you learned from this study and how you live by faith.

## **WEEK 9**

### **Meeting with the Church**

What are the characteristics of a good church?

1) Values the Word of God and prayer. 2) Provides meaningful worship centered around Jesus Christ. 3) Has leaders and people who are living a life dependent upon God. 4) Oriented toward the unsaved world and making disciples. 5) Stresses community and accountability. 6) Recognizes the difference between Biblical principles and cultural patterns.

Day 1 - Acts 2:42-47

Where did the church meet in the very beginning?

What did they devote themselves to?

What did they do when they met in homes?

Day 2 - Hebrews 10:23-25

What are we to never give up doing?

Why is that important?

What two things should you be doing for others while you meet?

Day 3 - Hebrews 13:15-17

What does meeting together give us opportunity to do?

How should you respond to church leaders? Why?

Day 4 - Ephesians 4:11-16

What does God do for us through the people of the church?

To what is the Church compared?

How does it build itself up in love?

Day 5 - 1 Corinthians 16: 1-4; 2 Corinthians 9:6-8 On what day did the early church meet?

Why is giving a part of meeting with the church?

How much should you give?

What kind of giver does God love?

Day 6 - 1 Corinthians 11:23-26 (Communion)

Day 7 - Matthew 28:16-20 (Baptism)

Making It Practical

(Complete all of the following)

1. Make a commitment to a local church based upon the principles of this study.
2. Meet faithfully with the church of your choice.
3. If you have not been baptized, make arrangements to do so.

## **WEEK 10**

### **Telling others what has happened in Your Life**

Telling the story of what God has done in your life can be used to encourage Christians as well as influence non-Christians. The more work you put into it, the more natural it will sound and the greater likelihood that it will communicate effectively.

Day 1 - Philippians 3:4b-9

Why is being a Christian exciting to you?

What was your life like before you received Christ?

Day 2 - Acts 16:25-34

What were the circumstances in your life when you believed?

What specifically did you pray at that time?

Day 3 - Acts 12:1-19

Like Peter how have you experienced God in a very personal way?

Here's some ideas to think about.

(1) Difficult circumstance(s) has God brought you through

(2) Specific prayer(s) has He answered

(3) Ways He is changing your life

(4) Circumstance(s) you trusting Him to work out

Day 4 - Ephesians 2:1-10

What benefits are given for being a Christian?

What are the benefits for you as a Christian?

Day 5 - Acts 8:26-35

What Scripture would you share with others that has been helpful to you?

Put your thoughts from these five days together to tell others what has happened in your life.

Day 6 - Acts 9:1-19

Day 7 - Acts 26:15-29

Making It Practical

(Choose one or more)

1. Write out your story using the outline of this study and practice telling it.
2. Tell what has happened in your life to an unsaved friend or relative.
3. Ask for the opportunity to tell your story to a group at church.

## **WEEK 11**

### **Victory Over Temptation**

Are you ever tempted to: lie, cheat, complain, steal, hate, abuse drugs/alcohol, purge yourself , be unforgiving, gamble, use pornography, use profanity, gossip, be sexually immoral, or worry? We are all tempted in some area in some way, but as a Christian you can overcome temptation.

Day 1 - James 1:13-15

Where doesn't temptation come from? Why?

Where does it come from?

What are the results of giving in to temptation?

Day 2 - 1 Corinthians 10:11-13

What promise does God give us when we are tempted?

What escapes has He provided you with in the past?

Day 3 - Matthew 4:1-11

What was Jesus' response to Satan when He was tempted?

How can you use this same approach?

Day 4 - Hebrews 4:14-16

How does Jesus relate to us in our temptation? Why?

How should we approach the throne of grace?

What does He give us?

Day 5 - Galatians 6:1-5

What should we do when others are tempted and fall into sin?

What should we watch out for? Why?

Day 6 - 1 Timothy 6:6-10

Day 7 - Luke 22:39-46

Making It Practical  
(Choose one or more)

1. Determine your greatest area of temptation and consider what God's way of escape might be for you.
2. Locate and meditate on Scripture that deals with an area in which you face temptation.
3. Find support and accountability with a trusted Christian friend and share areas in which you are struggling.

Remember: Temptation itself is not sin, giving into it is.  
We are often tempted in times of weakness.

## **WEEK 12**

### **All About Forgiveness**

Forgiveness in the Christian life comes in many forms. There is repentance that gives salvation from sin. There is confession that brings forgiveness from our continued sins. There is forgiving others by choosing to release them from hurts they have caused us. And there is asking forgiveness of those whom you have sinned against.

Day 1 - Colossians 1:19-23

Where does forgiveness of sins come from?

What did God do for us when he forgave us?

How much do you appreciate this forgiveness?

Day 2 - 1 John 1:8-10

Do you ever sin after you become a Christian?

What should you do when you sin? What does that mean?

Do Christians have a lifestyle of sinning? Why or why not?

Day 3 - Colossians 3:12-14

What should you do if you have a grievance against someone?

What would be a good example in your life?

Day 4 - Matthew 18:21-35

How many times did Jesus say to forgive?

What does this mean?

How would you summarize this parable?

Day 5 - Matthew 5:23-24

What should you do if someone has a grievance against you?

What is the goal in going to them?

Day 6 - Ephesians 1:3-10

Day 7 - Matthew 6:9-15

Making It Practical

(Choose one or more)

1. Confess to God any sin in your life that is keeping you from experiencing the joy of your relationship with Him.
2. Write down one situation that is hardest for you to forgive. Ask God to put a heart of forgiveness in you.
3. Go to any individual you have sinned against and ask for their forgiveness.

### **End Notes**

1. John Piper, *Desiring God* (Multnomah Press 1986)
2. Elton Trueblood, Original Source Unknown