



THE WEEKLY CHALLENGE: GO DEEPER – Don't measure spiritual growth only by what is visible. Ask yourself:

ROOTS — Am I growing deeper in Jesus?

FOUNDATION — Am I intentionally building my life on Jesus?

FRUIT — Is what God is doing within me becoming visible through me?

Then make this your prayer throughout the week: *"Lord, before You grow something greater through me, grow something deeper within me."*

GROUNDING: Grounded in PRAYER — I depend on Him. Grounded in HIS PRESENCE — I remain with Him.

Grounded in LOVE — I am secure in Him. *Deep roots. Strong foundation. A fruitful life.*

MONDAY — BENDING OUR KNEES – Grounded in Prayer: Ephesians 3:14–17

Reflection: Paul begins this incredible prayer with a posture of dependence: **"I kneel before the Father."** Before Paul talks about being rooted, strengthened, filled, or knowing Christ's love, he **prays**. Prayer is where our roots begin to go deeper. Being grounded in prayer means recognizing that spiritual growth doesn't come through our strength alone. We need the Holy Spirit to strengthen us from within. Prayer moves us from **self-dependence to God-dependence**. Sometimes our greatest problem isn't that we don't believe in prayer; it's that we try everything else before we pray. A grounded life begins on its knees.

Journaling Questions:

1. What does my current prayer life reveal about my dependence upon God?
2. What have I been trying to handle in my own strength?
3. Where do I need the Holy Spirit to strengthen me "in my inner being"?
4. What would becoming more grounded in prayer look like this week?

Prayer Prompt: *Father, teach me to live from a place of dependence upon You. Strengthen me through Your Spirit in my inner being. Help prayer become my first response rather than my last resort. Ground my life in daily conversation and communion with You. Amen.*

TUESDAY — A FOUNDATION THAT WILL NOT MOVE – Grounded in Prayer: Matt 7:24–27; 1 Peter 2:6–7

Reflection: Jesus describes two houses that experience the same storm. The difference isn't what happened **around** the houses. The difference is what had been established **beneath** them. Foundations are intentional. A builder doesn't accidentally end up with a strong foundation. The ground is prepared, the cornerstone is positioned, and everything else is built in relationship to it. Peter identifies Jesus as the **Cornerstone**. He isn't an addition to the life we're building.

Everything is built upon Him and aligned with Him. Prayer helps us continually realign our lives with our Cornerstone. Storms don't create our foundation, they **reveal it**.

Journaling Questions:

1. What am I actually building my life upon?
2. What have recent pressures or difficulties revealed about my foundation?
3. Is there an area of my life that isn't aligned with Jesus?
4. What intentional step could I take to build more deeply upon Christ?

Prayer Prompt: *Jesus, You are my Cornerstone. Forgive me for building on things that cannot sustain me. Align my priorities, relationships, decisions, and desires with You. Build something in me that will remain strong when the storms come. Amen.*

WEDNESDAY — PLANTED IN HIS PRESENCE – Grounded in His Presence: Eph 3:16–17; Psalm 42:1–2

Reflection: There is another picture in Paul's prayer: **"Rooted..."** Rooted is an **organic** word. You don't build roots—you **grow** them. A tree grows because its roots remain planted in soil that continually provides what it needs. In the same way, spiritual growth isn't simply about trying harder. It's about remaining planted in the presence of Jesus. The deeper our roots grow into Christ, the stronger our lives become. We often focus on what people can see—our activity, accomplishments, ministry, and outward fruit. But God is also concerned about what nobody sees, **the roots**. Before God grows something **through us**, He wants to deepen something **within us**.

Journaling Questions

1. How deep are my spiritual roots right now? (*Cont'd...*)

2. Am I spending time in God's presence or merely staying busy doing things for Him?
3. What practices help me become more aware of God's presence?
4. Where might God be asking me to slow down and put down deeper roots?

Prayer Prompt: *Lord, plant me deeply in Your presence. Give me a hunger for You that is greater than my desire for activity or accomplishment. Grow my roots deeper so my life can become stronger and increasingly fruitful for You. Amen.*

THURSDAY — GOD IS MY STRENGTH – Grounded in His Presence: Isaiah 12:2; Eph 3:16–19

Reflection: A deeply rooted tree draws its strength from a source beneath the surface. That's a beautiful picture of the Christian life. Our strength isn't ultimately found in circumstances, resources, abilities, or personalities. **Our strength comes from God.** Paul prays that believers would be strengthened **“with power through His Spirit in your inner being.”** God doesn't merely want to change what's happening around us. He wants to strengthen what's happening **within us.** When our lives are grounded in His presence, circumstances don't have to determine our stability. **Our surroundings may change while our Source remains the same.**

Journaling Questions:

1. Where am I feeling spiritually or emotionally depleted?
2. What source have I been depending upon for strength?
3. How would my response to today's circumstances change if I truly trusted God as my strength?
4. Where do I specifically need the Spirit's strengthening today?

Prayer Prompt: *Father, You are my strength. When I am weak, afraid, uncertain, or weary, draw me back into Your presence. Strengthen me through Your Spirit and teach me to trust You instead of depending upon myself. Amen.*

FRIDAY — ROOTED IN LOVE – Grounded in Love: Ephesians 3:17–19

Reflection: Notice the soil Paul wants our roots growing in **LOVE.** Not fear, Not guilt, Not performance, Not comparison but in **the love of Christ.** Paul actually prays that we would know a love that **“surpasses knowledge.”** In other words, Christ's love isn't merely something to understand intellectually. It's something we're invited to experience personally. Our spiritual lives change when we stop trying to earn God's love and begin living **from the security of already being loved by Him.** We don't obey so Jesus will love us. **We obey because Jesus loves us.** We don't serve to earn His acceptance. **We serve because we have already been accepted in Christ.** The richer the soil, the healthier the roots. And there is no richer soil than the love of Jesus.

Journaling Questions

1. Do I find it easier to believe God loves others than to believe He deeply loves me?
2. Am I living from God's love or trying to earn it?
3. How has experiencing Christ's love changed the way I relate to others?
4. What would change if I lived today completely secure in His love?

Prayer Prompt: *Jesus, help me comprehend more deeply the width, length, height, and depth of Your love. Root my identity in Your love rather than my performance. Let Your love fill me and then flow through me to the people around me. Amen.*

SATURDAY — ROOTED & FOUNDED – Grounded in Prayer • His Presence • His Love: Ephesians 3:14–19; Matthew 7:24–27; 1 Peter 2:6–7

Reflection: Paul gives us two pictures worth carrying with us: **ROOTED — like a tree.** **FOUNDED — like a building.** One speaks of **organic growth.** The other speaks of **intentional construction.** We need both. Our roots must continually grow deeper into the rich soil of **Christ's presence and love.** At the same time, we must intentionally build our lives upon **Jesus, our Cornerstone.** Being grounded doesn't mean storms won't come. Jesus made it clear that they will. But when our lives are **grounded in prayer, grounded in His presence, and grounded in His love,** the storms don't get the final word. **Deep roots help us grow. A strong foundation helps us stand. Jesus gives us both!**

Journaling Questions

1. Which needs the most attention right now: my prayer life, my awareness of God's presence, or my understanding of His love?
2. Where is God calling me to grow deeper roots?
3. Is there an area of my life that needs to be rebuilt upon Jesus as the Cornerstone?
4. What intentional practice will I begin this week to become more grounded in Christ?
5. What could God grow through my life if I allowed Him first to deepen my roots?

Prayer Prompt: *Father, ground my life in You. Deepen my roots through prayer. Teach me to remain in Your presence. Root and establish me in the love of Christ. Jesus, be the Cornerstone upon which every part of my life is built. Make me strong enough to stand, healthy enough to grow, and fruitful enough to advance Your mission. Amen.*