



A 21-DAY JOURNEY TO DEEPER ROOTS

CHRISTIAN LIFE CHURCH

MEQUON, WI



“ROOTED”

COMMITTED TO DEEPER GOD-CONNECTION

“AS YE HAVE THEREFORE RECEIVED CHRIST JESUS THE LORD, SO WALK YE IN HIM: ROOTED AND BUILT UP IN HIM,
AND STABLISHED IN THE FAITH, AS YE HAVE BEEN TAUGHT, ABOUNDING THEREIN WITH THANKSGIVING.”

COLOSSIANS 2:6—7

Roots are vital to the life of any tree. Roots draw nutrients from the environment and send those nutrients through the trunk into the branches. The kind of soil a tree is rooted in will affect the flavor of its fruit. Good soil will lead to good fruit. The Scriptures are filled with correlations drawn between the people of God and trees. Like a fruit-bearing tree, our root will determine our fruit. It is unrealistic to believe that our lives can be characterized by spiritual fruit if we are not intentional about where we take root.

We are focusing this year on getting Rooted in a deeper, daily connection with God. When the life and nature of God is flowing through us, it changes everything! Education, social engagement, and inspiring environments are all great, but they are not the essence of a successful Christian life. All relationships, pursuits, ministries, mindsets, and priorities must grow out of a deeply rooted relationship with God. If we are going to be fulfilled in living for God, experience the fruit of the Spirit, have successful families, produce effective ministries, and mature spiritually, it will be because our hearts and minds are deeply Rooted in a personal God-connection.

It is my sincere prayer that this effort will not be just another initiative in your life, but that it will be an on-ramp to a more committed and successful walk with God. Rooted is about changing the culture of our lives, homes, and church. I hope and pray that your thinking will be both challenged and changed in the coming weeks.

For the Journey,

Pastor Hanthorn



FOUR COMPONENTS OF DEEPER GOD-CONNECTION

There are four essential components to establishing a strong, life-giving connection with God.

1. GOD-CONNECTION BEGINS WITH DEFINITIONS:

We must have the right definition of success. Unless we understand what success looks like, we will never know what to pursue. We must ask ourselves, “What does Biblical success look like for me personally, for my marriage, for my children, and for my church?” We cannot merely accept religious and societal definitions of success. We need Kingdom definitions!

2. GOD-CONNECTION WILL REQUIRE A FRESH VISION:

A God-given vision seldom has dates, times, places, and faces associated with it. God does not necessarily call us to a person, a place, or even a date – He calls us to a path. I am convinced that God wants to give each of us a fresh vision of the path He is calling us down. Imagine how different your life would look if you were privately sold out for Jesus. Ask God to help you see a new you in your future. This vision will give you the passion and discipline you need to take this journey.

3. GOD-CONNECTION WILL INVOLVE EVALUATING PRIORITIES:

The Scriptures speak of people who “oppose themselves” (2 Timothy 2:25) and also of those who live with a “divided heart” (Hosea 10:2). Too many Christians live in ways that simply do not match their stated priorities. Rooted is about bringing our lives back into harmony with kingdom priorities. This involves evaluating how we invest our time, energy, and how we direct our families. More than ever, Christian homes must be Rooted in God-centered values and priorities.

4. GOD-CONNECTION IS MAINTAINED BY DEVELOPING SPIRITUAL DISCIPLINES:

Spiritual disciplines are the pathway to God-connection. It is imperative that we develop and strengthen our spiritual habits. Habit will always carry us further than our desire. Our root system is comprised of our spiritual disciplines. Where we lack spiritual discipline, God-connection will be diminished. The goal of Rooted is to help each of us establish habits of prayer, fasting, study, and journaling that will become the conduit of His Spirit into our lives.



. READING AND JOURNAL PLAN .

READING PLAN:

- Set aside 30 minutes each day to read and pray. Morning is best, but not essential. It may be easier in the mornings to hear from God with an uncluttered mind.
- Pray before you read. Ask God to speak to you through His Word as you read.
- Pray specifically that God would give you a desire to grow spiritually and that He would help you do a thorough and honest self-examination of your heart during the next 3 weeks.
- Read the Scriptures that are recommended on each journal page.
- Read the passages slowly or reread them several times.
- There is a great difference between reading the Scriptures mechanically and reading them relationally. Ask questions of the text while you read. This opens up the Word and turns Bible reading into a conversation.

SUGGESTED RESEARCH TOOLS:

1. Strong's Concordance
2. Blue Letter Bible
3. Olive Tree Bible App
4. PC Study Bible
5. Dictionary
6. Vine's Expository Dictionary

JOURNALING PLAN:

In this journal, each page includes the following:

- A verse to read and meditate on throughout the day
- A short devotional thought
- Journal prompt questions
- Space to write
- Suggested word studies or other study prompts for additional devotion

Journaling is a great way of unpacking thoughts and preserving the things God reveals to you as you read His Word. There is no right or wrong way to journal. Simply answer the journal prompt questions as honestly and completely as you can. The entire point of this initiative is to help us become more rooted in a deep, growing, God-connection. This happens as we seek Him through the daily spiritual disciplines of Bible reading and prayer. Together, these habits are the basis of forming a relationship with Jesus. Apart from these things, spiritual growth is not possible.



. PRAYER AND FASTING PLAN .

PRAYER PLAN:

A prayer life consists of two types of praying: dedicated time alone with God and God consciousness throughout the day. Both are essential. One is what we call “closet prayer,” based on Matthew 6:6. The other is called “prayer without ceasing,” as seen in 1 Thessalonians 5:17. Many people pray throughout the day, but fewer people have the prayer closet experience that Jesus described in the Sermon on the Mount.

For this initiative, we are asking you to set a target time to be in a dedicated place and posture for prayer. If you do not have a dedicated time and place for prayer, please commit to 5 or 10 minutes in the same time and same place every day for the next 21 days. If you already spend dedicated, alone time with God every day, please set a target to increase your daily devotional time.

I will commit to _____ minutes of dedicated prayer every day for the next 21 days. (Dedicated prayer is defined as a specific time, place, and posture connecting with God.)

FASTING PLAN:

Fasting is an essential part of Christian disciplines and plays an important role in strengthening our God-connection.

We invite you to join us on a
21-Day Daniel Fast and a 21-Day Media Fast

If, for health reasons, you are unable to participate in the Daniel Fast, please choose an appropriate, sacrificial fast that will help you discipline your flesh and connect to God in a greater way.

POSSIBLE OPTIONS WOULD BE:

- Abstain from caffeine or sugar
- Abstain from favorite foods
- Modify the Daniel Fast in some way to fit your dietary requirements

For those who cannot participate in a prolonged Daniel Fast, due to vacation plans or work requirements, we would encourage you to choose two or three days each week to do a water only fast.

“I AM THE VINE, YOU ARE THE BRANCHES. HE WHO ABIDES IN ME, AND I IN HIM, BEARS MUCH FRUIT;
FOR WITHOUT ME YOU CAN DO NOTHING.” JOHN 15:5



. THE MODEL PRAYER .

In Luke chapter 11 we read that the disciples came to Jesus and asked Him to teach them how to pray. This was the only thing they had ever asked Him to teach them. It must have been evident to them that His power, miracles, spiritual insight, and integrity all flowed from His prayer life and private God-connection. Jesus' response to His disciples can be found in what is commonly called the Lord's Prayer.

“...OUR FATHER WHICH ART IN HEAVEN, HALLOWED BE THY NAME.
THY KINGDOM COME. THY WILL BE DONE IN EARTH, AS IT IS IN HEAVEN.
GIVE US THIS DAY OUR DAILY BREAD.
AND FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS.
AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL:
FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY, FOR EVER.
AMEN.”
MATTHEW 6:9 – 13

Recorded in both the Gospel of Matthew and Luke, this prayer is a model for us to follow. It was never intended to be used simply for recitation. It was given as a pattern for prayer; a road map to guide us into an effective prayer life. Each of the six statements from Jesus represent a facet our private prayer time.

1. RELATIONSHIP & WORSHIP

“Our Father which art in heaven, Hallowed be thy name.” – V. 9

We should begin praying by acknowledging God as our father. We ought to pause to appreciate the fact that He has adopted us as His own. We should also “enter into His courts with praise” by choosing to focus on Him; who He is and what He has done for us.



2. SURRENDER & INVITATION

"Thy kingdom come. Thy will be done in earth, as it is in heaven." – V. 10

This is where we recommit ourselves to living for Him and surrender our lives afresh. We should daily invite His kingdom and lordship into our lives and bring our will into submission to His will for us.

3. PETITION & INTERCESSION

"Give us this day our daily bread." – V. 11

In this portion of our prayer time we should "cast all our care upon Him" and "let our requests be made known unto Him." We should talk with God about our personal desires and needs. We should also spend time praying for the needs of our friends, family, and church.

4. CONFESSION AND FORGIVENESS

"And forgive us our debts; as we forgive our debtors." – V. 12

We should humbly confess our sins and honestly invite God to search our hearts, revealing actions and attitudes that are inconsistent with His will for our life. Furthermore, we should take some time to pray for, forgive, and release those who may have harmed or offended us.

5. DIRECTION AND PROTECTION

"And lead us not into temptation, but deliver us from evil." – V. 13

We should pray that God will lead us by His Spirit, keep us sensitive to sin, and help us against temptation. Pray for wisdom in areas where you may be confused and in need of His leadership. This is also where we should engage in spiritual warfare.

6. WORSHIP & THANKSGIVING

"For thine is the kingdom, and the power, and the glory, for ever. Amen." – V. 13

We should end our prayer time with worship and in a spirit of gratitude. Listing the things we are grateful for and once again honoring the glory and the majesty of our great God and King.



. PRIORITIES WORKSHEET .

FROM A CHRISTIAN PERSPECTIVE, RATE THE AREAS IN WHICH WE SPEND OUR TIME:

- | | |
|-------------------------------|-------------------------|
| 1. WORK | 5. PRIVATE DEVOTION |
| 2. FAMILY TIME | 6. EDUCATION |
| 3. CHURCH SERVICES | 7. HOBBIES AND FITNESS |
| 4. ENTERTAINMENT/SOCIAL MEDIA | 8. VOLUNTEER ACTIVITIES |

PLEASE CIRCLE THE MOST IMPORTANT AREA IN EACH HEAD-TO-HEAD COMPARISON:
(For example: Which is more important? Work or family time? Work or church services?)

1 or 2

1 or 3

2 or 3

1 or 4

2 or 4

3 or 4

1 or 5

2 or 5

3 or 5

4 or 5

1 or 6

2 or 6

3 or 6

4 or 6

5 or 6

1 or 7

2 or 7

3 or 7

4 or 7

5 or 7

6 or 7

1 or 8

2 or 8

3 or 8

4 or 8

5 or 8

6 or 8

7 or 8

. PRIORITIES .

ADD UP THE NUMBER OF TIMES EACH AREA WAS CIRCLED:

- | | |
|-------------------------------------|-------------------------------|
| 1. WORK _____ | 5. PRIVATE DEVOTION _____ |
| 2. FAMILY TIME _____ | 6. EDUCATION _____ |
| 3. CHURCH SERVICES _____ | 7. HOBBIES AND FITNESS _____ |
| 4. ENTERTAINMENT/SOCIAL MEDIA _____ | 8. VOLUNTEER ACTIVITIES _____ |



"BLESSED IS THE MAN THAT WALKETH NOT IN THE COUNSEL OF THE UNGODLY, NOR
STANDETH IN THE WAY OF SINNERS, NOR SITTETH IN THE SEAT OF THE SCORNFUL. BUT
HIS DELIGHT IS IN THE LAW OF THE LORD; AND IN HIS LAW DOETH HE MEDITATE DAY
AND NIGHT. AND HE SHALL BE LIKE A TREE PLANTED BY THE RIVERS OF WATER, THAT
BRINGETH FORTH HIS FRUIT IN HIS SEASON; HIS LEAF ALSO SHALL NOT WITHER; AND
WHATSOEVER HE DOETH SHALL PROSPER."

PSALM 1:1-3



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