

Rooted & Grounded (Book 1)

Grace Reformed Baptist Church

Mebane, NC

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Introduction

Purpose and Audience

This study is intended for use as a syllabus consisting of 9 thematic lessons that examine Scripture and Biblical Doctrine. Activities comprising the lessons are arranged and structured as practical aides to the systematic growth of new, young, or less mature Christians.

How to Use This Guide

Although use of the guide as a physical or virtual resource may be self-directed, it is optimized by traditional use in smaller-group settings or one-on-one with a dedicated, knowledgeable, and prepared leader. The guide is composed of sequential topical readings, pertinent questions requiring thoughtful written responses, directed classroom discussion, and after-class assignments, including Scripture memorization. Each of these aspects is to be modeled by the leader. It is highly recommended that participants and leaders use the same version of Scripture.

You will find that each question in this study has one of three symbols indicating its type.

- ⊙ - **Observation:** Indicates a question that is directly answered in the text
- ✚ - **Interpretation:** Indicates a question that unearths the original meaning of the text
- ⇒ - **Application:** Indicates a question that encourages personal reflection and obedience

How Sessions Are Conducted

Ideally, participants will answer the questions of each session on their own within one week. Leaders and participants will then meet to review the material learned. During this review, leaders will creatively reinforce the material and introduce the next week's material. This cycle should continue until the final session is complete. A second study is available for those who wish to continue this model with further topics.

Note for leaders with unchurched or new believers: We suggest that the leader complete the first session with the participant(s). This gives the leader an opportunity to model how to complete each session, assess the participant's level of familiarity with the Bible, and provide additional basic instruction if needed (i.e. how to find Psalms, the difference between the Old Testament and New Testament, etc.)

As guides, leaders are encouraged to follow the syllabus closely and conduct each session using the mnemonic acronym WATER, as follows:

- **Worship** - Begin with praise and prayer. Praise God for His work in each others' lives and pray for His help.
- **Accountability** - Ask how session participants are doing. Inquire about their progress in completing last week's assignments. Encourage their progress.
- **Teaching** - Go over the week's session.
- **Equipping** - Practically and personally apply the session's content. Explain session assignments. Model and complete some assignments with participants.
- **Requesting** - End with praise and prayer, asking God for help to grow.

God alone gives and grows spiritual life by the power of His Word. Once the seed of faith is planted in good soil, personal Bible study, Godly instruction, and good models of Christian living, "WATER" the believer's life to encourage growth (see 1 Corinthians 3:5-7).

The acronym "WATER" is used throughout each meeting as a reminder to nurture what has been planted by God while trusting in Him alone to give spiritual growth.

1: Ground Your Life in the Gospel

Begin with prayer. Praise and thank God for His saving work in your life and ask God to help you grow in your relationship with Him throughout the study.

Objectives

By the end of the study, participants will be able to...

- Know and articulate the gospel
- Understand the relationship between faith & works with respect to our salvation
 - Explain that we are saved by faith alone
 - Understand that works are evidence of our faith but have no power to justify us before God

What is the Gospel?

The word “gospel” means good news. It is the good news of what God has done to save us from sin and bring us to Himself. Its message may be outlined by four headings: God, Man, Christ, Response. You will write a summary sentence of each category once you have explored them in more detail.

Read Romans 1:16 - 3:30. (To use a reference to find a passage of scripture, first find the name of the book in your Bible’s table of contents. Then, use the first number to locate the correct chapter and the second number to identify the specified verse.) For each of the following questions, specific verse references are given to help you identify key points of the Scripture. Please read the entire passage before looking at specific verses to find the answers.

God

1. ✚ **Romans 1:20, 23, & 25** highlight the following attributes of God. Write what each character trait means or look up a definition if you are unsure.
 - Eternal -
 - Wise -
 - Glorious -
 - Sovereign -
 - Creator -

2. ◎ According to verses 1:18-20 and 3:19, to whom will we all give an account?

3. ◎ What does God require of humanity? (1:21-25)

4. ◎ How will God respond to our rebellion? (1:18, 2:2, 3:19-20)

5. ◎ What is the gospel according to verse 1:16?

Man

6. ◎ What do you learn about the spiritual condition of human beings from verses 3:9-12 and 19-20?

7. ◎ **Read Romans 3:21-26 and 4:4-5.** According to verse 23, what is our most significant problem?

Humans who have sinned against the Holy God need some means of justification. “Justification” is God’s judicial pronouncement in which He declares believers righteous in His sight and considers (1) their sins forgiven and (2) Christ’s righteousness (perfect obedience) as belonging to them. To be “justified” then, means God has declared someone “not guilty,” forgiven, and righteous in His sight.

8. ✚ Why is it impossible to be justified by our own good works (3:20)?

9. ⇒ Have you ever or do you currently believe(d) that you have to do good things to earn God's favor or be worthy of salvation? How does this belief detract from God receiving all the glory for our salvation?

10. ☉ What is the gospel's power and purpose (1:16)?

Christ

11. ✚ Read **John 1:1-3 and 1:14, and 1 Timothy 2:5**. Who is Jesus and what makes Him a unique person?

12. ✚ What is God's solution to the problem we created? (**Romans 3:21-26**)

The Bible uses the term "righteousness of God" in two ways. First, the "righteousness of God" is the divine attribute that describes God as always acting in a manner consistent with His own holy and perfect character. Secondly, the "righteousness of God" also refers to the *gift* God gives sinners through His Son. Through Jesus, sinners receive the gift of forgiveness and a right relationship with God through faith, which justifies them before a holy God.

13. ☉ How is God's righteousness demonstrated (manifested) in the death of Jesus?

The word “propitiation” in Romans 3:25 means “the sacrifice of a substitute that takes away God’s wrath by paying the penalty for sin—and thereby also turns God’s favor towards the beneficiary.”

At the cross, where Jesus died as a propitiation, God vividly demonstrated His justice and love. Of course, He does not merely overlook our sin. Instead, God, in His love, paid the penalty demanded by His Law for our sins through Jesus Christ. Christ did it for us because we could not pay for them ourselves.

We have been justified only by God’s grace (the unearned riches God gives us and the unmerited kindness God shows us in Christ) through Christ’s death and resurrection. God so loved the world that He sent His Son to become a man. As truly God and also truly man, Jesus lived the perfect life we failed to live. Because He was sinless, He is qualified to be our Savior. Our sins were transferred onto Him at the cross, and He became a sin and a curse for us. When He died and rose again, He defeated the power that sin and death held over us, forever releasing the Christian from the curse of disobedience and death. Now when God looks upon Christians, He sees the sinlessness of Jesus. He has taken away the punishment of sin, and as we grow as Christians, He takes away the power of sin. One day we will be in Heaven, where sin is not present at all! (Suggested further reading: **1 Corinthians 15:1-11, Romans 6:9-10, and Romans 10:9.** Also, consider memorizing a clear and concise gospel presentation)

14. ⇨ How does being justified by faith alone bring more glory to God than being justified in part or in whole by our own good works?

15. © **Read 1 Peter 2:22-25.** What was Jesus accomplishing through His death on the Cross?

16. ⇨ **Read Romans 1:3-4, 4:23-5, and 6:5-11.** On the third day after His Death, Jesus rose from the grave. What does Jesus' resurrection accomplish and secure? Why is Jesus' resurrection utterly central to the gospel message and of such vital significance for the believer?

Response

17. ☉ **Read Romans 3:25, 28, & 4:5.** How do we receive the salvation promised in the gospel?

18. ☉ **Read Mark 1:15.** What does it mean to repent?

19. ⇨ What has your personal response to the gospel been throughout your life?

20. ⇨ **Read John 15:1-16 and James 2:14-26.** Our good works do not save us but they do provide evidence of our salvation. What would somebody looking at your life right now conclude about whether or not you are saved? Why?

21. ✚ Summarize the gospel in four sentences, each one corresponding to what you learned so far:

- God -

- Man -

- Christ -

- Response -

End with prayer. Thank God for the gospel and ask Him to help you reflect more on how you can live out these truths in your daily life.

For Next Week:

- Complete Session 2: Rest in Assurance

2: Rest in Assurance

Begin with prayer. Praise and thank God for His saving work in your life and ask God to help you grow in your relationship with and assurance in Him throughout the study.

Objectives

By the end of the study, participants will be able to...

- Define the sovereignty of God and our adoption into His family
- Articulate how God preserves the faith of His elect people
- Possess greater assurance of personal salvation and tools for their daily walk with God

God's Sovereignty

1. © **Read Colossians 1:16-17**. Which attributes and actions of God are highlighted in these verses?

2. † **Read Isaiah 45:5-8**. Compare and contrast this passage with the first two of the Ten Commandments (Exodus 20:1-4). What justification does God have for his sole claim on our worship?

These passages highlight the sovereignty of God. To call God “sovereign” is to recognize His authority, worthiness, and singular right to all of our affection and praise on the basis that He is the One True God.

God's sovereignty is the intersection of His omnipotence, omniscience, and goodness to us, His children. If God was all-powerful and all-knowing, but not loving and good, He would be a tyrant. If God was all-powerful and all good, but not all-knowing, He would be a well-intentioned fool. If God was all-knowing and all good, but not all-powerful, He would be incapable of fulfilling his promises to us. However, we know that God IS omnipotent, omniscient, and good! His sovereignty gives us the confidence in our salvation and sanctification needed to live the Christian life!

3. ✚ Read each of the following passages, then classify them as highlighting God's omnipotence (absolute power), omniscience (perfect knowledge), and/or goodness to His people by writing the reference in the respective portion of the venn-diagram:

Romans 8:28

Ephesians 1:4

Ephesians 1:11

Matthew 10:29-31

Job 38:34-35

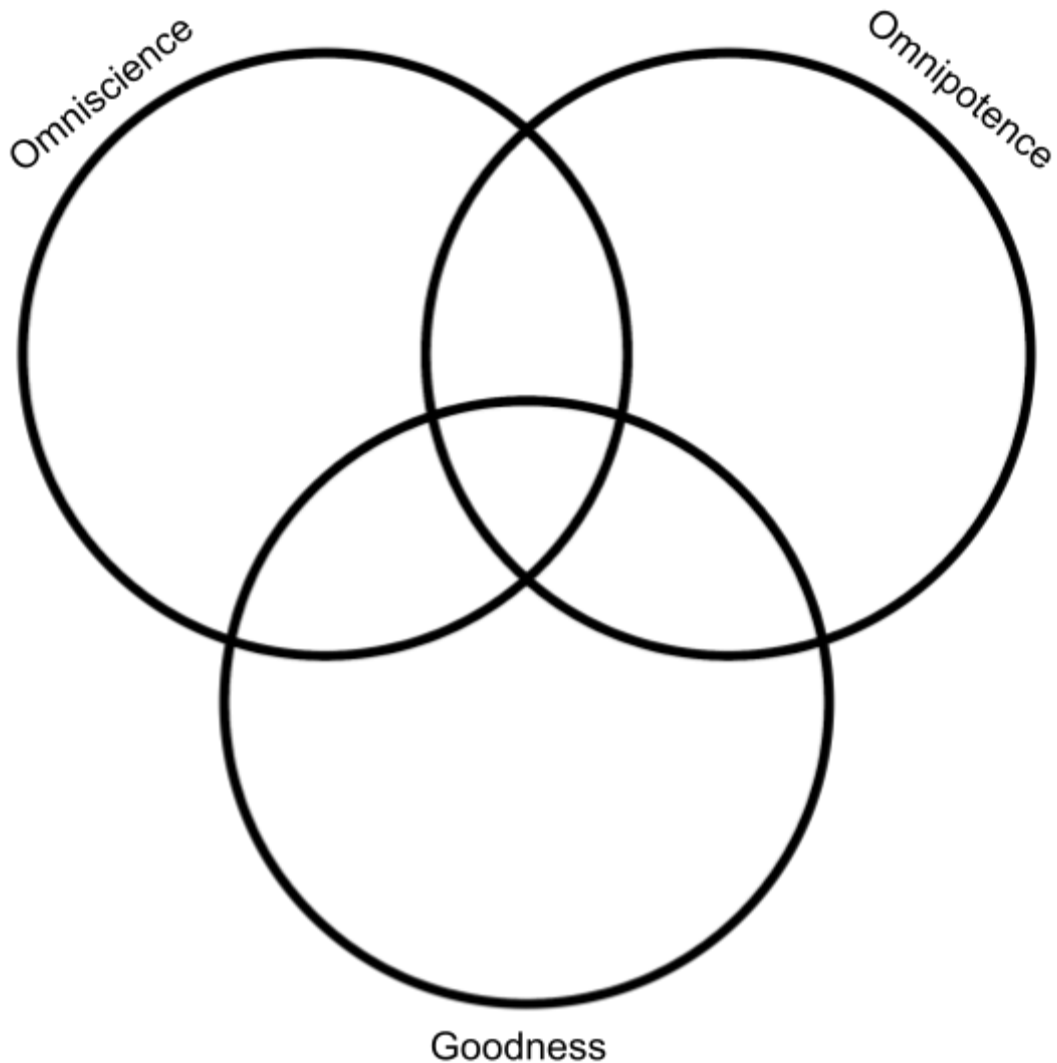
Job 38:36

Job 42:2

Genesis 50:20

James 1:5

James 1:17



4. ⇨ Summarize why and how the Christian can take comfort in God's sovereignty.

Adoption as Sons

5. © **Read Ephesians 1:4-6.** What is God's ultimate goal in our redemption?
6. † **Read Galatians 4:4-6.** How did God purchase our redemption and what does this indicate about the permanence of our status as redeemed sons of God?
7. † **Read 1 John 3:1.** Keeping in mind that God does not lie, what security does this passage offer you?
8. ⇨ **Read Romans 8:13-16.** In light of our position as God's children, how are we to live?

You are a child of God - loved, approved, and accepted beyond measure by God. Our right response to this is to be holy as He is holy (**1 Peter 1:15-16**). This means that we put sin to death in obedience to God and His Word. Just as children do not ignore their father but communicate with him, so too must we communicate with God through prayer. We will often be tempted to try to live the Christian life independently, but this is not what God has designed in adopting us. (And it won't work!) We find assurance in that the Spirit of adoption empowers Christians to respond to the truth of adoption by immediately, sincerely, and repeatedly crying out to God as Father!

Preservation of the Saints

9. © **Read Jude 24-25.** (Jude is only one chapter, so this reference indicates verses 24 and 25.) What characteristic and/or action of God is Jude praising Him for?

10. † **Read John 15:5.** Are we capable of maintaining our faith by our own means?

11. © **Read 1 Peter 1:5.** What is God's power doing for us?

Not only is God able to sustain our faith, He has to and does! Only in recognizing our own dependence on the Faithful God can we find rest from anxieties about the assurance of our salvation. Do not fall victim to the lies of the evil one; use these truths as a comfort and balm to your soul in the midst of any doubts or trials you face.

Assurance in the Midst of Temptation

1. † **Read Psalm 119:11.** What do you think it means to hide (or "store") God's Word in your heart?

2. ⇨ How can hiding God's Word in your heart help you live for the glory of God?

3. ☉ **Read Matthew 4:1-11.** How was Jesus tempted and how did He fight Satan's temptations?

4. ☉ **Read 1 Corinthians 10:13.** What is God's promise to you as you face temptation?

5. ✚ What attribute of God is highlighted in this verse? Why is that important regarding temptation?

Assurance When in Need of Forgiveness

6. ✚ Why do we still need forgiveness as Christians?

7. ☉ **Read 1 John 1:9.** What does God want us to do when we sin?

8. ⇒ To “confess” is to take ownership of or responsibility for sin before God. What does it look like to confess your sins as a Christian?
9. ✚ Which two attributes of God are present in this passage? How is each essential to our forgiveness?
10. ⇒ God’s promises and character stay the same, even when we sin. How does knowing that encourage you?

Assurance When in Need of Guidance

11. © **Read Proverbs 3:5-6.** What three commands are given to us?
12. ✚ Use the questions below to consider their meanings in your own words.
- Define trust. Why is God trustworthy?
 - Where do we find understanding?

- What does it mean to acknowledge God in all our ways?

13. ☉ If we do these three things, what does God then promise to do?

Personal Reflection

14. ⇨ Have you ever or do you currently struggle with feeling assured of your faith and/or salvation?

15. ⇨ Why do you think that we experience doubts regarding faith and salvation?
Consider this question regarding yourself personally and Christians in general.

16. ⇨ What specific doubts do you struggle with?

17. ⇨ How does a healthy Christian struggle with doubts and assurance? How can you be better prepared for such attacks on your faith in the future?

End with prayer. Thank God for the gospel and all His assurances regarding temptation, forgiveness, and guidance. Ask Him to help you reflect more on how you can live out these truths in your daily life.

For Next Week:

- Complete Session 3: Glory in the Grace of God

3: Glory in the Grace of God

Begin with prayer. Ask God to help you understand more about His grace.

Objectives

By the end of the study, participants will understand grace as both the undeserved blessings we receive from God and the power given by the Spirit to live for Him.

The Appearing of Grace

1. © **Read John 1:14-17.** Notice that “the Word” is capitalized. This is another name for Jesus. List the things we learn about Him in these verses.

2. © Grace is God’s goodness and lovingkindness in Jesus toward those who deserve only punishment. God gives us the opposite of what we deserve. Why is Jesus, the Word, able to be our source of grace? (Think about who He is and what He has done.)

The Blessings of Grace

3. © **Ephesians 1:3-10** names many of the ways God has blessed us in Christ. **Read Ephesians 1:3-10 and 2:8-10.** List all the spiritual blessings we receive in Christ by His grace.

All of these blessings are from the riches of God's grace which He lavished upon us.

4. ✚ Now that you've read all these verses, define the grace of God in your own words.

Grace Saves

5. © **Read Ephesians 2:8-10 once again.** How is a person saved?
6. © Where does faith come from?
7. © According to verses 8 and 9, why is salvation **not** the result of a Christian's good deeds?

8. ✚ The Bible clearly states that we are saved by grace through faith alone. It also says that we should obey and please Him (**John 14:15, Eph. 2:10**). Why do our good deeds matter if they don't save us?

9. ✚ **Read John 15:5**. How does the imagery of fruit and vines help us understand the relationship between our faith and good deeds?

Grace Justifies

Read Romans 3:23-26. The Greek word for “justification” is a legal term which means “to render innocent or righteous”.

10. © How are we justified?

11. ✚ Scripture tells us that Jesus redeemed us, or bought us back for Himself. What price did He pay to call us His own?

Grace Sanctifies

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen” (**2 Peter 3:18**). Peter wants his readers to become more like Christ and increasingly dependent upon His grace. We enjoy Him more and more as we learn more about Him - our desires become aligned to God’s desires by the power and working of the Holy Spirit. This is what we call sanctification.

12. © **Read Titus 2:11-14**. List the things that God’s grace trains us to do.

13. ⇨ Grace gives us the power to say “no” and the power to live a godly life. Describe what saying “no” to ungodliness and worldly lusts might look like (See also **Romans 8:13**).

14. ⇨ Give some some examples of being “zealous for good works.” (If you are unsure, consider looking up the definition of “zeal”.)

15. © **Read Philippians 2:12-13**. What responsibility do Christians bear for their growth?

16. ☉ What does God say is His responsibility in our growth as Christians?

The Means of Grace

17. ☉ Read Jeremiah 9:23-24. What is the Christian's great boast?

18. ☉ Read the following verses and list the various tools God gives us to understand and know Him better.

- 2 Timothy 3:16-17 -
- Colossians 4:2 -
- Hebrews 10:24-25 -
- 1 Timothy 4:13 -

19. ⇨ How have you experienced God's grace through these four activities? If you haven't, what can you do differently this week to experience it for the first time?

To understand how God's grace empowers our obedience to Him and how to rightly apply His Word to our lives, we must understand two concepts presented in Scripture: the **indicative** and the **imperative**.

- The **indicative** declares an accomplished fact of what God has done and who we are *in* and *because of* Christ. For example, **Ephesians 4:32** declares, "God *in* Christ forgave you." [emphasis added]

- The **imperative** is a command or direction that requires our obedience. It is what we do in response to Christ's accomplishment and who we now are in Him. For example, **Ephesians 4:32** also commands, "Be kind to one another, tenderhearted, forgiving one another."

1. **Colossians 3:1-5** demonstrates how what God has done informs what we must now do. Fill in each set of empty parentheses with "indicative" or "imperative":

"If then you have been raised with Christ (indicative), seek the things that are above (imperative), where Christ is, seated at the right hand of God. Set your minds on things that are above (_____), not on things that are on earth (_____). For you have died, and your life is hidden with Christ in God (_____). When Christ who is your life appears, then you also will appear with him in glory (_____). Put to death therefore what is earthly in you (_____)."

2. **Colossians 3:12-13** shows us how who we are in Christ helps us understand who we must become in Christ. Once again, write whether each phrase is an indicative or an imperative.

"Put on then (_____), as God's chosen ones, holy and beloved (_____), compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other (_____); as the Lord has forgiven you (_____), so you also must forgive (_____)."

In other words, the Bible commands us to "become what we are in Christ." Therefore, the power and motivation for our obedience to God originate from God's grace and our new redeemed identity. His prior action calls for our present obedience, and our new gospel identity empowers our new gospel behavior. We may fall into legalism, self-righteousness, pride, and despair when we forget this.

God commands and expects our obedience to His Word, but without God's work of grace for our transformation, this would lead us to desperation. Therefore, as you study Scripture, remember that the imperatives of God's commands are always rooted in the indicatives. **You must remember what Christ has done, and remind yourself who you are in Him to fight and find relief from sin and temptation!** We see this throughout the New Testament. Can you find other clear passages like this?

End with prayer. Thank God for His grace in your life and ask Him to help you grow in His grace.

For next week:

- Complete Session 4: Model Your Life on God's Holy Word

4: Model Your Life on God's Holy Word

Begin with prayer. Ask God to show you the importance and means of using His Scriptures to grow in our relationship with Him and in Christlikeness.

Objectives

By the end of the study, participants will understand the importance of daily study of the Bible, God's Word, and have a plan to begin their study.

The Heart of the Scriptures

1. © **Read Luke 24:13-27.** From beginning to end, what is Scripture's primary theme and how does understanding it help us read our Bibles?

The Bible contains astounding diversity but maintains a fundamental coherence::

- 66 books of various genres
- 40+ authors from a variety of backgrounds and occupations
- Written over 1,500+ years
- 10 civilizations
- 3 different continents
- 3 languages
- 1 unified story of redemption, ultimately realized in Jesus Christ

It has been said that the Old Testament is Jesus Christ concealed and the New Testament is Jesus Christ revealed. Therefore, viewing the Bible's arrangement from the summit would look something like this:

- The Old Testament: the preparation for and anticipation of Christ
- The Gospels: the revelation and salvation of Christ
- The Book of Acts: the proclamation and expansion of Christ and His Kingdom
- The New Testament Epistles: the interpretation and application of Christ to His church
- The Book of Revelation: The ultimate fulfillment and consummation of Christ's kingdom

2. ☉ **Read Romans 15:4.** According to Romans, what are some reasons for reading the Bible?
3. ✚ **Read Matthew 28:18-20.** This passage is referred to as the Great Commission and contains Jesus’s final words to his disciples before He ascended to heaven. His command to “Go and make disciples” applies to us, even here and now. How do the Biblical instruction and hope mentioned in Romans 15:4 relate to the Great Commission?
4. ☉ **Read Psalm 19:7-10.** In this passage, what valuable things does the Bible possess and what can it do?
5. ⇨ How do we demonstrate that we value the Bible more than gold or any other earthly treasure?

God’s Inspired Word

6. ☉ **Read Nehemiah 9:13-14, 2 Samuel 23:1-3, and Jeremiah 1:6-9.** To what source do the Old Testament writers attribute their words?

7. © **Read 1 Thessalonians 2:13.** What is the source of authority for the New Testament Writers?
8. ✚ Read the following verses and record how the New Testament writers spoke with the awareness that they were speaking Scripture.
- 2 Peter 1:20-21 -
 - 2 Peter 3:15-16 -
 - 2 Timothy 3:16-17 -
 - Hebrews 4:11-13 -

Peter, Paul, and the other New Testament writers understood that they were writing the inspired words of God. Therefore, even now, we have access to His Word every time we open our Bibles.

9. © List some ways that these Scriptures are helpful to us according to **2 Timothy 3:16-17.**
10. ⇨ Have you experienced Scripture helping you in these ways, or perhaps read biographies or heard testimonies that testify to this experience? If you haven't experienced the help of Scripture first-hand, what might need to change so that you do?

God's Word in Your Life

11. ✚ **Read Ezra 7:10.** How is Ezra a good example of how to approach Scripture?

12. ☉ **Read James 1:23-25.** How should Scripture affect us?

Getting Started – How to Read the Bible & Have a Quiet Time

Spending daily time in God's Word and prayer (Quiet Time) is not primarily about seeking an emotional or magical experience. It is mainly about washing your mind with truth and feeding your soul.

Jesus modeled the Scripture, “man cannot live by bread alone, but by every word that proceeds from the mouth of God.” Just as we need to eat food and drink water daily, so we need to nourish our souls with God's Spirit-inspired Word repeatedly. The Bible is the primary source of Divine revelation by which we can know God. The Bible is a means of grace and power to sustain your faith, hope, and love as a Christian. How we approach it is critical.

One common method of reading and studying scripture is called OIA (Observe, Interpret, Apply). These 5 steps outline the process.

1. **Pray**- Ask God to open your eyes so that you may behold glorious truths in His Word (Psalm 119:18)
2. **Observe**
 - a. Write out the verse on paper
 - b. Note the circumstances and context (the passages before and after)
 - c. Ask “What do I see?” Ask questions of the text.

3. Interpret

- a. Define unclear words - Does the surrounding context bring clarity to any words or phrases in the text?
- b. Cross-reference the verse with other topically-related verses
- c. Write out the meaning of the verse in a few sentences

4. Apply – Write out brief answers to one or all of the following questions:

- a. What did I learn about God, myself, and/or others? What did I learn about Christ?
- b. What is going on in my life that is being brought to my attention?
- c. What would change in my life if I took this seriously?

5. Pray- Ask God to help you trust and obey what you learned and pray about these truths for others as well.

31-Day Bible Study Challenge

To help start your Bible Study habit, here is a list of verses that you can complete over one month, practicing OIA.

- | | | |
|-----------------------|--------------------|-----------------------|
| 1. 2 Corinthians 5:17 | 12. Isaiah 53:4-6 | 22. Matthew 6:33 |
| 2. Romans 12:1-2 | 13. 1 Peter 3:18 | 23. 1 John 2:15-16 |
| 3. John 15:7 | 14. Titus 3:5 | 24. Mark 10:45 |
| 4. Galatians 2:20 | 15. John 5:24 | 25. Proverbs 3:5-6 |
| 5. Joshua 1:8-9 | 16. Isaiah 41:10 | 26. Luke 9:23 |
| 6. Philippians 4:6-7 | 17. Lamentations | 27. Matthew 28:19-20 |
| 7. Hebrews 10:24-25 | 3:22-23 | 28. John 13:34-35 |
| 8. Romans 1:16 | 18. Isaiah 26:3 | 29. Philippians 2:3-4 |
| 9. Romans 5:8 | 19. Romans 8:32 | 30. Ephesians 5:3 |
| 10. Ephesians 2:8-9 | 20. Numbers 23:19 | 31. Hebrews 11:6 |
| 11. John 1:12 | 21. Psalm 119:9-11 | |

For Next Week:

- Complete the first week of verses on the next page in a “quiet time.”
- Complete Session 5: Hide God’s Word in Your Heart

5: Hide God's Word in Your Heart

Begin with prayer. Ask God to impress the importance of His Word on your heart and help you to be effective in committing it to memory.

Objectives

By the end of the study, participants will be able to explain the connection between memorizing, meditating upon, and cherishing God's Word and create a plan to memorize and meditate upon key Scriptures.

Renewing Our Minds

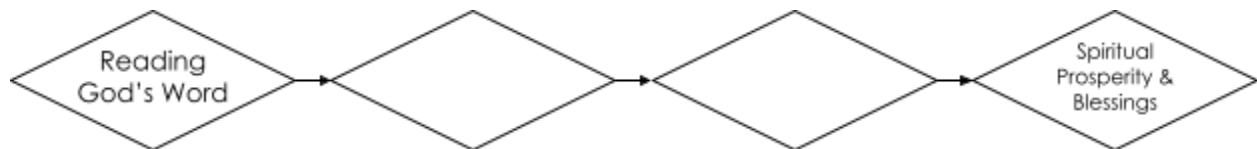
God's Word is powerful and rich in truth. To receive and understand it as well as possible, we must do more than just read and study it. Two additional ways of interacting with Scripture are memorization and meditation. Each involves going deeper into a smaller portion of Scripture.

Memorizing Scripture - using various means and methods to become familiar enough with a portion of the Bible that you can call it to mind quickly and accurately at any time.

Meditating Upon Scripture - the process of intentionally considering a particular verse or passage for a period of time to gain further insight into it and its application to your life

Often, memorization and meditation happen simultaneously. For example, careful meditation upon a passage aids our ability to memorize it. Likewise, learning and remembering a verse throughout the day offers terrific opportunities for deeper meditation and more profound application.

1. ✚ **Read Joshua 1:8-9 and Psalm 1:1-3.** Each verse links God's Word/Law and our prosperity. Fill in the flowchart below with the intermediate steps between them.



2. ✚ Scripture tells us in many places (such as the verses listed below) that our minds must be “renewed” or changed from our old, sinful way of thinking to a new, Spirit-led, God-glorifying way of thinking. Read the passages listed below and list how memorization and meditation of Scripture renew our minds.
 - Ephesians 4:20-24
 - Romans 12:1-2
 - Romans 8:5-6
 - Colossians 3:1-4
 - Colossians 3:16

Recommendations for Memorizing Scripture

Memorizing Scripture is no easy task, and we know that the spiritual forces of darkness are at work against us when we try to honor God and increase our knowledge of His Word in this way. Therefore, it is best to develop a structured plan to memorize Scripture most effectively. Listed below are some ideas and resources to consider.

1. **Engage your senses** - instead of just reading the verse silently over and over, get creative in using multiple senses. For example:
 - a. **Sight** – write & post it in a place you will frequently see it. For example: your bathroom mirror, lockscreen, refrigerator, or steering wheel.
 - b. **Hearing** – listen to a recording of yourself or someone else saying the verse. Alternatively, find a song that accurately sets the words of the verse to a memorable tune.
 - c. **Speaking** – say the verse aloud to yourself. Repeating it several times in the morning and evening will help.
2. **Find a friend to memorize with you** – sometimes, it is difficult to motivate ourselves to memorize Scripture without external encouragement and accountability. Asking somebody to test your memory of the verse (or even memorize the verse with you!) will add a deadline and objective assessment of your efforts.
3. **Meditate upon the verse** – the more you contemplate the verse and how it applies to your life, the easier it is to memorize.

4. **Ensure accuracy and memorize everything in the same translation** – this will help your flow and transition from one verse to another as you memorize sequential verses. Be sure to memorize the reference as you memorize the verse.
5. **Review** – “use it or lose it” is undoubtedly the case with memorized Scripture. Make sure to review previously memorized verses.
6. **Share** – share the verse with someone during the week and explain what it means to you."

Recommendations for Meditation

1. **Intentionally make time for it** – eventually, you want to reach a point where you can meditate upon a verse “on the go.” But first, you must develop the skill by practicing it intentionally. This means developing a “quiet time” (ex. driving, exercising, morning routine). It won’t happen if you don’t plan it! The devil would love for you to continue your regular routine and, in effect, do nothing.
2. **Be consistent, but don’t build unnecessary steps into it** – you do not need a yoga mat, scented candle, or utterly silent room in order to meditate. Meditating upon Scripture is different from the world’s view of meditation - it is not emptying of your mind but filling it with God’s Word (Col. 3:16). Don’t get distracted by this inaccurate and stylized image.
3. **Pair it with your quiet times, prayer times, and memorization** – meditate upon the verse you seek to memorize for maximum benefits. Meditate throughout the day on the passages you read and studied from God’s Word in your quiet time.
4. **Use the time to ponder what the verse is saying and how it is being said** – one popular and effective meditation technique is to repeat the verse aloud or in your head while emphasizing a different word each time (often starting at the beginning and emphasizing the next word on the next repetition).
5. **Pair meditation with a routine task** – for example, while brushing your teeth meditate upon a verse written on your bathroom mirror. Alternatively, while washing dishes, meditate upon the verse taped to your kitchen wall.
6. **Share your insights with fellow Christians** – benefit from each others’ joy and learning by sharing insights from God’s Word.

For next week:

- Complete the second week of verses on the next page in a “quiet time.”
- Memorize **Matthew 10:45**.
- Complete Session 6: Commune with Your Creator

6: Commune with Your Creator (Prayer)

Begin with prayer. Praise and thank God that He has given you access to Him at all times through prayer and ask him to help you learn how to pray.

Objectives

By the end of the study, participants will be able to...

- Explain the purpose of prayer in the Christian life.
- Identify wrong types of prayer and hindrances to prayer so that they can proactively avoid them.
- Identify the four main types of prayer and the significance of each.
- Incorporate all four types of prayer into their prayer life by emulating the Lord's Prayer over the next week.
- Correctly apply the promises regarding prayer to themselves.

The Privilege of Prayer

Prayer is calling on our capable and faithful God to fulfill His promises, and it is both a profound blessing and a powerful tool to help us fight the spiritual battles we face. Prayer can also be very intimidating, but God relates to His children as their compassionate Father. When God saved you, He began a special relationship with you. You are his child, and “your Father who is in heaven gives good things to those who ask him!” (**Matt. 7:11**). As a good parent expects their children to communicate with them and enjoys supplying their needs, God expects us to pray and takes delight in providing all that we need.

Read Hebrews 4:16 and Psalm 62:5-8.

1. © What is the privilege of prayer and why did God give it to us?

2. © How is God described in these verses? (You can use bullet points.)

3. ☉ What are we told to do regarding prayer?

Prayer in Jesus' Name

4. ☉ Next to each verse, list the reasons we pray in Jesus' name.
 - a. Romans 8:34 -

 - b. Hebrews 7:25 -

 - c. John 16:23-24 -

Different Types of Prayer

God supplies us with several models of prayer in His Word. First, let's look at some examples of prayers that are displeasing to God.

5. ✚ **Read Matthew 6:5.** Whose prayers are unacceptable and why? What problem is Jesus identifying in the prayers of these hypocrites?

6. ✚ **Read Luke 18:9-14.** Why did the Pharisee leave without being justified?

Jesus taught his disciples how to pray. His primary instruction is a passage we call “The Lord’s Prayer.” **Read Matthew 6:9-13.** The four main types of prayer are listed below. Use the corresponding verses to explain what each type of prayer is and how we can pray that way today.

7. ⇨ Adoration/Praise (v. 9-10) -

8. ⇨ Confession of Sin (v. 12) -

9. ⇨ Thanksgiving (1 Thessalonians 5:16-18) -

10. ⇨ Supplication/Requests (Matthew 6:11, 13) -

Christians call this model of prayer the ACTS model, taking the first letter of each type. You do not have to pray in this exact order, but your prayers should regularly contain each of these four types of prayer. Jesus told His disciples that this is how we should pray, so we know that it is pleasing to Him and beneficial to our souls when we do.

Supplication Specifics

We are also told in Scripture to pray for many different types of people. Use the scriptures below to identify the various groups for whom we should intercede when talking to God.

11. ☉ Romans 10:1 -

12. ☉ 1 Timothy 2:1-4 -

13. © Matthew 9:35-38 -

14. © Luke 6:27-28 -

15. © James 5:16 -

Scripture also gives us specific things to pray for ourselves and other Christians. Read the verses below and list them.

16. © Ephesians 1:15-22 -

17. © Ephesians 3:14-21 -

Promises of Prayer

Finally, we will look at the precious promises God gives us about prayer. For example, John 15:16 tells us that as we become sanctified and God molds our desires to be like his, God will give us anything we seek in Christ's name. Use the following passages to record additional promises below.

18. © Philippians 4:6-7 -

19. © 1 John 3:19-24 -

20. © Matthew 6:5-15 -

21. © James 5:16 -

Now, let's put this into practice! End with ACTS prayer. Thank God for the high privilege of prayer and the blessings we receive from it, along with the many wonderful promises He makes to us about our prayers.

For Next Week:

- Complete Session 7: Belong to His Body
- Complete the third week of verses in your quiet time
- Memorize **Romans 5:8**

7: Belong to His Body (Join the Church)

Begin with ACTS prayer. Praise and thank God for giving us a community to encourage and help one another follow Him.

Objectives

By the end of the study, participants will be able to...

- Explain that the church is the gathering of God's people, not just a building or location.
- Understand the crucial role of the church in executing God's will on earth and in personal Spiritual growth and maturity.
- Explain the grace and benefits God gives to His people through the church.
- Understand what makes a church healthy
- Identify and take the next step to deepen their church fellowship (e.g., Membership class, finding ways to serve, consistent attendance, etc.).

What is the Church?

1. ⇒ What do you think of when you hear the word "church?"

It is common to think of "church" as the building where Christians visit on Sunday. However, the term "church" refers not to a location or structure but the gathering of God's people. There are two major subsets of the word "church" outlined below:

- **Universal church** - refers to all believers past, present, and future in all locations, all the people for whom Christ died
- **Local church** - The local church is a colony of heaven in time and space, representing Christ's eternal kingdom on earth and picturing the ultimate end-time gathering in this present age. This community of gospel-believing Christians regularly assembles in Jesus' name and presence. Together, they worship the Triune God, edify one another, and care for each other. King Jesus grants each true local church the power to proclaim the gospel and oversee each other's discipleship and discipline. They accomplish this mission by devoting themselves to prayer, practicing water baptism, partaking in the Lord's Supper, faithfully preaching and teaching the Bible, and dispersing as sent into the world to glorify God in every area of life and make disciples of all nations.

Read Acts 2:42-47.

2. ☉ What types of activities did the early believers devote themselves to doing?

3. ✚ What kind of community did they develop?

Have you ever been part of a community like this? Does it sound appealing to you? If you are a believer in Christ, this blessing is accessible to you through church membership!

The “Body” of Christ

Read 1 Corinthians 12:12-27.

4. ☉ What is the dominant metaphor Paul uses to describe the church?

5. ☉ What do the foot and ear say (v. 15-16) and the eye and head say (v. 21)?

6. ☉ What kind of attitude does this complaint display? How does Paul respond?

7. ☉ What does verse 25 list as God’s goal in arranging the church as Christ’s body?

Addressing Conflict with Other Christians

Since we still live in a sinful world, conflict among Christians is inevitable. God gives us clear instructions on how to handle these conflicts in a manner honoring to Him.

1. ☉ Read Matthew 18:15. What should you do if another Christian sins against you?
2. ✚ **Read 1 Peter 4:8 and Romans 15:1.** Does every offense require the type of correction detailed in Matthew 18? When might it be unnecessary to engage in private correction?
3. ⇨ Give an example of when it is more appropriate to cover sin with love and when it is more appropriate to privately correct a fellow Christian.
4. ✚ **Read Matthew 22:39.** The second greatest commandment (after loving God with all our heart, soul, mind, and strength) is to love our neighbors as ourselves. How does addressing sin within the church demonstrate this kind of love?

5. © Read Matthew 18:21-35 and Ephesians 4:1-3. What does God require of us in these verses?

Generally, we must cover minor offenses and other weaknesses in love. God is patient with us and we are to reflect this by being patient with others. Sometimes you should also correct minor offenses when it would genuinely edify and build the offender up for their ultimate and your mutual good. Loose or snapped strings on a stringed instrument resonate no beautiful musical notes. We need each other sometimes to securely fasten the ends.

When it becomes necessary to correct someone, we are to do so privately and lovingly. The initiation rests with the offended party. Why? It's a mission to rescue a wandering sheep! Jesus' words "go and tell" (**Matthew 18:15**) echo the action of the shepherd who "[goes and searches]" for the one sheep who went astray (**Matthew 18:10-12**). A wandering sheep needs a shepherd's rescue, so a sinning and straying member needs another's initiative.

Ordinarily, Jesus directs the members to engage one another in love and with care. Explain your concern, but always give the benefit of the doubt, and allow the other to explain. Members should always use the Word of God and be able to clearly identify an offender's sin by it, and not just their feelings.

Unfortunately, in some instances these responses to sin are insufficient and our fellow believer persists in wrongdoing or unrepentance. In these instances we are to follow God's commands in **Matthew 18:16-17**. Even these actions are commanded and executed out of love and a genuine desire to see the sinning party restored. We must guard ourselves and others against the bitterness that is so natural to our human nature in these instances (**Hebrews 12:15**).

Roles in and of the Church

First, we will examine roles within the church that enable it to function in the way God intended. **Read Ephesians 4:11-16.**

8. © Why does Christ give the church leaders (v. 12)?

9. ☉ What is the goal of building up the church (v. 13)?

10. ☉ Who causes the body to grow (v. 15-16)?

11. ☉ How does the body grow (v. 15)?

Next, we will investigate the role of the church in the world. **Read Matthew 5:3-16.**

12. ☉ List all the traits of those whom Jesus calls “blessed” in verses 3-11.

13. ⇨ Read back through the list you just wrote. Does being someone who is marked by these qualities sound attractive by the world’s standards?

14. ✦ In verse 11, the sentence structure changes slightly from the previous verses. What is different? (Hint: consider who is being blessed and the word that comes immediately after it.) What implications does this have for us?
15. ⇨ What two things are we called to be in verses 13-16? Think about their purposes and list three examples of how you can do so, even in the next week.
16. ✦ Let's extend the metaphors a bit. Does one grain of salt do much? How about one single candle? In the same way, why is it important that we have a community of other Christians? **Read John 13:35** to see what Scripture has to say about this.

Read 1 Peter 2:5 and Ephesians 4:15-16.

17. © What expectations do Peter and Paul express to their readers?

Baptism

- 1. **Read Matthew 3:11-17, 28:18-20.** Who is commanded to be baptized, and what name are they baptized into?

- 2. **Read Acts 2:36-42.** Who is Peter’s audience? What did he tell them to do? How did those who accepted his message respond (verse 41)?

- 3. Is baptism a private or public event?

- 4. Read Romans 6:1-5. Fill in the chart below to see how water baptism symbolizes the death and resurrection of Jesus.

Water Baptism Symbol	What It Symbolizes
Being lowered into the water	
Being raised out of the water	
Life after baptism	

The Lord's Supper

5. **Read Luke 22:14-20.** The Lord's Supper is designed to help us remember the cross and everything it promises. How do each of the elements (bread and wine) remind us of these things?

6. Read 1 Corinthians 11:23-28. When participating in the Lord's Supper, how are we "proclaiming His death until He comes" (verse 26)?

7. What does it mean to "examine ourselves" (verse 28)?

8. How can the Lord's Supper help us as a church?

End with prayer. Thank God for the blessings and grace he provides through the church and ask him to help you participate in and serve your local church for His glory.

For next week:

- Complete Session 8: Witness to the World
- Complete the fourth week of verses in your quiet time
- Memorize **2 Corinthians 5:21**
- Determine what your next step in church membership should be with your study mentor. Take action to complete it. Examples of next steps are outlined below:

If you are currently...	Then your next step might be to...
A Christian without a “church home”	Find a solid, Bible preaching church in your area. Consider attending your mentor’s church with them.
A regular attender of a church but not a member	Talk with a pastor or member of the church to understand their membership process. If there is a membership class, sign up for it and attend.
A new member of a church	Talk with your mentor or another established member about ways in which you can serve the church. Ensure you receive whatever forms of communication your church uses for updates and prayer requests from other members.
An established member of a church	Consider ways in which you can better serve Christ and His body, even if it’s outside your comfort zone.

8: Witness to the World (Evangelize)

Begin with prayer. Praise and thank God for the truth of the gospel and the privilege of sharing it with other people.

Objectives

By the end of the study, participants will be able to...

- Articulate the gospel clearly (Explain the gospel in a few minutes)
- Explain why Evangelism is a necessary practice of the Christian life.
- Understand that Evangelism is often an ongoing process and not a one-time gospel presentation.
- Understand that the primary goal of Evangelism is glorifying God by obeying Him, not converting the other person. Recognize that we only have the power to plant and water the gospel seeds, but God alone makes them grow if and when He chooses. We bear witness - God gives the results.
- Identify temptations against evangelism and ways to combat them.

The Basics of Evangelism

1. ✚ Go back to Session 1: The Gospel and read through your notes (page 8). Then, write a short paragraph summarizing the gospel, emphasizing God, Man, Christ, and Response.

The Greek root of evangelism, *euangelion*, means bringing good news. The gospel is the best news we can share with someone! Therefore, the Bible provides practical instructions for evangelism.

2. ✚ List the reason we should evangelize according to each passage. Some of the passages may require more thought. Consider the implications of how nonbelievers, Christ-followers, and the Lord Jesus relate to one another.

- Psalm 105:1 -

- Matthew 28:18-20 -

- Romans 9:1-3 -

- Romans 10:1 -

- John 15:8-11 -

- 1 Peter 3:13-18a -

3. © **Read Acts 8:1-4.** The early church started in Jerusalem. However, persecution, particularly at the hands of Saul (who later became the apostle Paul), caused the church's dispersion. In verse 4, who do we see spreading the gospel?

4. ⇒ Even though we may not face the same threat of imprisonment and persecution as the early church did, the expectation to evangelize has not changed. So who can we infer should be sharing the gospel in our communities today?

We've covered the basics of evangelism - who should evangelize, what the gospel is, why we should evangelize. Now we must consider when and where we should evangelize. Very simply, 1 Peter 3:15 tells us that we must be prepared to share the hope of the gospel at any time and anyplace!

All believers in Christ should be sharing the gospel with others. We have the power of the Holy Spirit in us, but that is not a guarantee of results. Let us now consider God's role compared to our role in evangelism.

5. © **Read 1 Corinthians 3:5-6.** What is our duty and the extent of our power in evangelism? What is outside our control, and who does have control over it?

The Method of Evangelism

6. © Consider the following passages and write down how God instructs us to share the gospel in His Word.
 - 2 Corinthians 4:1-2 -

 - 2 Corinthians 5:17-21 -

 - 1 Corinthians 15:3-5 -

- John 13:34-35 -

- John 17:20-23 -

Practical Tips

- Like anything, evangelism takes practice. You may not see your audience (whomever you're sharing the gospel with, whether it's one person or many) converted when you share the gospel. That's okay, for results belong to God. He only calls us to be faithful. Evangelism is an activity of obedience and worship to God.
- To reiterate, **evangelism takes practice**... so practice! Practice with other Christians who can give you feedback. Share with nonbelievers you know - a neighbor, friend, or family member . You can even practice with strangers if you like. None of us will ever be perfect, but we cannot hope to improve without practice. Practice sharing it in 1 minute, 3 minutes, 10 minutes.
- Our culture tells us that love and tolerance are essentially the same, but this is not the case. If you found the cure to cancer but withheld it because you didn't think someone would like the painful effects it had while working, you fail to love that person. They are doomed to death. The same goes for spiritual death. Contrary to what the world says, you genuinely love your neighbors when you show them that they are sinners in need of a Savior - Jesus Christ.
- When you aim to share the gospel with someone, not every conversation has to be solely about the gospel. Going overboard might cause them to lose interest. Just be sure you're not using this as an excuse to never share the gospel with someone.
- Christians may experience a sense of panic as they are about to evangelize. It may be helpful in these moments to think of being a witness to God's goodness - leaving our cultural filter "off" and freely letting words of genuine praise overflow.
- One more time - evangelism takes practice. Come up with some creative ways to keep it fresh in your mind. For example, pick 10 words to share the gospel. Learn the gospel colors/wordless book. Practice sharing it in 1 minute, 3 minutes, 10 minutes. Think about the subtle changes in emphasis you'd make from one audience to the next. Use a verse as your springboard, or use your testimony as a springboard, which you'll learn about in the final session.

Promises Regarding Evangelism

To wrap up, let's consider some promises from Scripture that pertain to evangelism.

7. ✚ **Read Isaiah 55:11.** Sometimes we may have the joy of witnessing Christ's saving work during our evangelism, but sometimes we may not. Yet, when we share the truth of God's Word, the Word will accomplish its purpose. How might we reconcile these two truths?

8. © **Read Ephesians 2:10.** What truth does this passage reveal about ourselves?

9. ⇨ **Read Malachi 1:11 and Revelation 7:9.** Who will we see in heaven and how does this encourage our evangelism?

For Next Week:

- Complete Session 9: Testify to the Truth
- Complete the fifth week of verses in your quiet time
- Memorize **1 John 1:9**
- Practice presenting the gospel in three minutes or less. You and your group leader will each do so next week.

9: Testify to the Truth (Your Testimony)¹

Begin with prayer. Praise and thank God for saving you personally and ask that the knowledge and clarity you gain through this study would be useful in loving others around you.

Objectives

By the end of the study, participants will be able to vocalize their story of salvation and ongoing sanctification by the grace of God in a manner that gives God all the glory and contains the main points of the gospel specifically applied to their experience(s).

Three Reasons to Share Your Testimony

Read Psalm 66:16. Sharing your testimony affects others - both believers and unbelievers. Below are some reasons to share your testimony with others.

1. To overcome fear in evangelism - the memory of our salvation emboldens us to seek the salvation of others.
2. To encourage others to evangelize - similarly, other brothers and sisters develop confidence in the Lord through hearing your story of salvation and become much more bold to share their own testimony or share the gospel without fear.
3. To guide conversations with unbelievers towards Christ - even though we are dedicating an entire session to it, we do not want you to think that sharing your personal testimony should ever be a substitute for sharing the GOSPEL. Testimonies can be an effective transition into evangelism during a conversation with an unbeliever. The vulnerability involved in sharing your testimony may help you build a deeper relationship with that person for the purpose of sharing the good news.

Tapping Your Testimony to Point Unbelievers to Jesus

Read John 4:5-42. This passage describes an effective use of a personal testimony.

- © What did the woman testify to the villagers? How did they respond?

¹ The content of this lesson is courtesy of Capitol Hill Baptist Church's Core Seminar

First, the woman testified to others about her encounter with Christ (4:29). Sometimes, the most difficult people to share our testimony with are those who know us best. We assume that they will embarrass us, cry “foul!” or greet our message with chuckles of incredulity. Take cues from the woman at the well.

She then points them to Jesus (4:29-30). The woman invited others to come, see, and hear Jesus for themselves. She directs them not only to the well where she met Jesus but to Jesus Himself, the spring of living water. The text tells us, “Many Samaritans from that town believed in Him because of the woman’s testimony...And many more believed because of His word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world.” (4:39-42). and, “We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world.”

A General Framework for Sharing Your Testimony

1. Describe your life before Christ. This is not an opportunity to glorify your former life or to minimize the miracle of your salvation (if you came to Christ at a young age or did not publicly rebel). Instead, talk about who you were apart from Christ (John 4:29) and the faulty views you held about God (4:19-20). This helps you appropriately connect with your audience and may cause them to evaluate their own life and mistaken views of God.
2. Explain how you came to repent of your sins and believe in the gospel. Talk to them about how you came to see your need to trust exclusively in Christ’s death in your place and His resurrection from the dead for the forgiveness of your sin and eternal life. Share with them how and when you came to surrender yourself to Christ and follow Him.
3. Describe your life since knowing Christ. Tell people what has changed in your life since coming to Christ. Of course, this change does not mean everything in your life is easier or that you no longer struggle with sin. But here, you testify about how Christ has transformed your life and how you live by faith in the Son of God.
4. Explain that your audience can experience the same. Finally, imitate the woman at the well and invite your hearers to come and see Christ for themselves (Jn. 4:29). It is important to close with a personal invitation or a thought-provoking question so that your audience may respond to the good news about Christ.

Your Personal Testimony

1. ⇨ What was your life like before knowing Christ?

2. ⇨ How did you come to repent of your sins and believe in the gospel?

3. ⇨ What has your life been like since knowing Christ?

4. ✚ How can the person with whom you are sharing your testimony experience the same thing?

End with prayer. Thank God for His mercy and grace in your life and ask Him to use your testimony to bring others to a saving knowledge of Him.

Congratulations, you have reached the end of Book 1 of *Rooted & Grounded*! We pray that this study has equipped you “for every good work” (2 Timothy 3:17) and to “have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God” (Ephesians 3:18-19). For further study, we have developed Book 2 of *Rooted and Grounded*.

For Next Week:

- Memorize **Acts 20:24**
- Discuss continuing your study with your leader using *Rooted & Grounded: Book 2*