

What would you say if someone told you God was not real? What if they asked you how you know that God is real and loves you? Would you know what to say?

Last week we talked about growing roots in God. We read Colossians 2:6-7. *“So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught.”*

Do you remember what it means to be rooted in Christ? We compared our faith and life in God to a tree. So let's talk about trees for a moment. Science time!!

Why are roots important to a tree? It is how the tree gets nutrients to grow healthy and strong. They provide stability and hold the tree in place during storms/strong winds/someone trying to push them down...

Let's look at how the roots grow and what they look like (since we really can't see them). The root is the first thing to grow from a seed. The roots grow larger before the leaves even appear. As the plant grows, the roots grow as well. Sometimes we can see roots on the top of the ground, but that is not all there is. In fact, the roots grow out as far as the branches reach and are kind of a mirror image of them.



Now what does this have to do with God? We need to be rooted in God. The more we learn about Him, the stronger our foundation of faith is. We can stand firm even when things are

tough. We can stand firm and know what to say if someone tries to convince us God is not real or that He doesn't love us. So...

#TargetPractice: How can we become more rooted in God?

More than knowing the stories...learning and understanding the 'why'

Ways to develop mental discipline:

- Pray
- Reading God's word and trying to understand...not just reading to read it
- Ask someone to help explain
- What you take in
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