

Spiritually Rooted in Christ

A Bible Study Series of The Mt. Zion Church

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Introduction: Being spiritually rooted in Christ means more than holding onto beliefs during uncertain times—it means drawing life, strength, and direction from Him as our continual source. Just as roots anchor a tree and supply it with nourishment, spiritual roots in Christ provide stability, endurance, and growth when life becomes challenging. In a world marked by constant change, pressure, and competing influences, believers need a faith that is deeply anchored and not easily shaken.

Spiritual rootedness involves growing in trust and dependence on Christ, allowing God’s Spirit to strengthen us inwardly and shape our lives outwardly. It is not a passive faith, but one that is actively nourished through prayer, engagement with God’s Word, and meaningful participation in the life of the church. As believers grow deeper in Christ, they are also called to live out their faith in practical ways—loving others, serving faithfully, and contributing to the spiritual health and well-being of the community around them.

Scripture reminds us that a life rooted in God is not immune to hardship, but it is sustained through it. Whether facing uncertainty, trials, or spiritual dryness, believers who are deeply rooted in Christ can remain steady, fruitful, and confident in God’s provision. Spiritual roots become the means by which faith matures and hope endures, even in a difficult and demanding age.

In this lesson, we will explore **Strengthening Your Spiritual Roots** by examining what God has done through Christ and how believers are called to live from that truth.

By the end of this lesson, students will be able to:

- Understand what it means to be spiritually rooted in Christ
- Recognize the importance of drawing strength from God rather than from worldly sources
- Identify practical ways to deepen their faith through prayer, Scripture, and community
- Apply biblical truth to remain steady and fruitful during times of challenge and uncertainty

Main Scriptures: Ephesians: 3:14-21 Jeremiah 17:7-8

I. Power to Endure—Ephesians 3: 14-16

14 For this cause I bow my knees unto the Father of our Lord Jesus Christ. 15 Of whom the whole family in heaven and earth is named. 16 That he would grant you according to the riches of his glory, to be strengthened with might by his Spirit in the inner man.

Paul’s words, “**For this reason I bow my knees before the Father**” (Eph. 3:14), point directly back to what God has revealed and accomplished through Jesus Christ. In the earlier chapters, Paul unfolded God’s eternal purpose—how those who were once

dead in sin have been made alive in Christ (Eph. 2:1–5), and how Jews and Gentiles have been brought together into one body through the cross (Eph. 2:14–16). This mystery, once hidden, has now been made known through Christ and proclaimed through the gospel (Eph. 3:3–6).

Because of this great work of God, Paul does not simply teach—he prays. His prayer flows out of awe and gratitude for what God has already done. His prayer to the Father expresses humility, reverence, and total dependence. Paul understood that the Christian life cannot be lived by human effort alone; it requires God’s power at work within the believer.

In his prayer, Paul asks that God would **strengthen believers with power through His Spirit in the inner person** (Eph. 3:16). Imagine the power of this message as Paul wrote from a space of house arrest in Rome. His message would have reached the readers and challenged them to understand that Christ’s love provides everything a rooted follower of Christ would need. Each of us needs an inner fortitude that only comes from the Holy Spirit (God within us). We cannot think our way to spiritual strength. Without the Holy Spirit taking control of us, we will find ourselves incapable of enduring under harsh conditions. Consider the persecution faced by our friends in India who are illegally teaching the gospel for Christ. This positions them to be physically attacked as they preach and teach. A positive attitude will not help someone endure this type of threat. Only the power of God can strengthen a person to keep going in the face of such opposition.

Our individual stories may include rejection and persecution for our faith. Perhaps you are the only one in your sphere of influence who knows about Jesus and people may ridicule or ostracize you for your faith. This is not managed through the power of manifesting (whatever that may be). We endure the challenges and the ups and downs of ministry only by the power of the Holy Spirit. Paul’s timely prayer would encourage his readers then and should encourage us now. We can endure because we have power to endure inside of us!

Bigger Thinking Questions

1. Why does Paul respond to God’s saving work with prayer rather than instruction alone, and what does this reveal about how spiritual strength and understanding actually grow in the life of a believer?

II. A Rooted Faith—Ephesians 3: 17-18

17 *That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love. 18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height.*

To deepen their roots, Paul pushed for them to be grounded in love and supported by their faith. This would allow them to face the challenges of the first century church in a bend but don't break manner.

Towering above the other cedars that grew on the mountains of Lebanon was the *tall cedar*. This tree would have been familiar to the readers as they understood the great height of the tree. It's said that the tall cedar could bend almost to the ground without breaking and could come back stronger. However, its strength was not in its height but in the depth of its roots (Isa 35:2).

Strong roots require three things:

- *Time to develop.* Becoming confident in your identity as God's child is like breaking in new shoes. You must walk in them until they become comfortable.
- *Protection from predators and harsh elements that can kill.* You need to surround yourself with people who “have received a faith as precious as ours” (2 Pet 1:1). Christian fellowship is your protective shield!
- *Being fed and watered regularly.* Once a week in church won't cut it: you must learn to feed yourself regularly on God's Word!

Like many new plants, they receive help to grow tall by being tied to something which can hold them up. As the roots are growing deeper, they are supported until they can stand on their own. We never stand on our own, but we do gain strength spiritually as we grow to understand more about Christ' love for us in totality. The understanding comes from experiences with Christ which then prop us up when future challenges come our way.

Paul's ultimate purpose in writing was that believers would truly understand and experience the greatness of God's love in Christ—to **comprehend the breadth, length, height, and depth** of that love, and to **know the love of Christ that surpasses knowledge** (Eph. 3:18–19).

Bigger Thinking Question

1. How does an understanding of the love of Christ help us in difficult times?

III. A Planted Believer--Jeremiah 17:7-8

7 Blessed is the man that trusts in the Lord, and whose hope the Lord is. 8 For he shall be planted by the waters, and that spreads out her roots by the river, and shall not see when heat comes, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.

In **Jeremiah 17:7–8**, the prophet gives a clear picture of what it means to place one’s trust fully in the Lord. Echoing the wisdom of **Psalm 1:1–3**, Jeremiah contrasts trust in God with trust in human strength. He declares, “*Blessed is the man who trusts in the Lord, whose trust is the Lord*” (Jer. 17:7). The emphasis is not merely believing in God but depending on Him as the source of life and security.

Jeremiah describes the one who trusts in the Lord as **a tree planted by water**, sending its roots toward the stream (Jer. 17:8). This image communicates intentional placement and deep connection. The tree is not surviving by chance; it has been planted where life-giving water is always available.

From this passage, three promises stand out:

1. **Planted by waters** – A life intentionally rooted in God’s provision
2. **Green leaves during drought** – Spiritual vitality even in hard seasons
3. **Continuous yielding of fruit** – A life marked by lasting fruitfulness

Jeremiah’s message is one of hope and encouragement. He urges God’s people to trust the Lord rather than the unstable supports of the world. Just as a tree near water does not fear when heat comes, “*and is not anxious in the year of drought*” (Jer. 17:8), so the one who trusts in God remains steady and secure when hardship arrives.

The imagery points to stability, nourishment, and abundance. A well-watered tree continues to flourish because its roots draw deeply from a reliable source. In the same way, believers thrive when they remain connected to God, the true source of strength and life. Trusting in Him leads to peace that rises above circumstances and produces visible fruit—love, kindness, generosity, and faithfulness (cf. Gal. 5:22–23).

This kind of life does not happen accidentally. Jeremiah is clear that the tree is **planted** and **rooted** by the water. It is not enough to be near the stream or occasionally draw from it. The roots must grow toward the water itself. Spiritually, this means believers must be deeply rooted in the life that God provides. Jesus later affirmed this truth when He said, “*I am the vine; you are the branches... apart from Me you can do nothing*” (John 15:5). Christ Himself is our place of provision and sustaining life.

Jeremiah's words call each person to examine where they have placed their trust. True blessing and spiritual resilience come not from circumstances, strength, or human wisdom, but from a life anchored in the Lord.

Bigger Thinking Questions

1. What does your life reveal about where your trust is truly placed—are your roots drawing deeply from God or from temporary, worldly sources?
2. What intentional steps can you take today to grow deeper spiritual roots in God's provision through Christ?

Conclusion: Conclusion

Both Jeremiah and Paul point us to the same foundational truth: **spiritual life, strength, and fruitfulness flow from trusting fully in what God has done and continues to do through Christ.** Jeremiah shows us the picture—a life planted by life-giving water, unafraid of drought, steady and fruitful because its roots run deep in the Lord. Paul shows us the prayer—that believers would be strengthened with power in the inner person, rooted and grounded in love, and able to grasp the fullness of what God has accomplished through Jesus Christ.

Jeremiah emphasizes where trust must be placed; Paul emphasizes what happens when that trust is deeply rooted. Together, these passages teach that outward stability flows from inward strengthening. When believers draw life from God rather than from themselves or the world, they can stand firm in difficult seasons and continue to bear fruit that reflects God's work within them.

This kind of faith does not come automatically. Like the tree intentionally planted by water, believers must remain rooted in Christ—depending on God's Spirit, grounded in His Word, and shaped by His love. As Paul reminds us, God is *“able to do far more abundantly than all that we ask or think”* (Eph. 3:20), but we must live from the source He has provided.

Action Step

This week, intentionally evaluate where your spiritual roots are drawing nourishment. Set aside daily time to pray Paul's prayer from Ephesians 3:14–21, asking God to strengthen you inwardly and to deepen your trust in Him alone. Then choose one practical habit—Scripture reading, prayer, or fellowship—that helps anchor your life more firmly in Christ, the true source of lasting strength and fruitfulness.