



## BREAKING THE ICE

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If you could eliminate one thing from your schedule what would it be and why?

If you could add one thing to your schedule what would it be and why?

## MAIN CONTENT

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This week Pastor Kevin started the message with an illustration of a tumbleweed. Tumbleweeds live a scattered life, blowing wherever the wind takes them.

1. Have you ever felt like your life felt scattered, like a tumbleweed? Explain.

Our minds can be scattered but that is not healthy because whatever gets our attention is prime real estate. We feel scattered because our attention moves constantly. In our world, we can float from apps to news, to anything we can consume that gives us value. But those things are a distraction and the enemy will do anything he can to get you and keep you distracted from Jesus.

Psalm 46:10 says, "Be Still and know that I am God." The enemy will do whatever he can to distract you and keep you from sitting with Jesus.

2. What keeps you distracted and tries to satisfy your soul?

When Paul was writing to the church in Colossae, he was aware of the cultural forces that could distract the church from the good news of Jesus. He knew we had to be rooted in Jesus. (Jeremiah 17:7-8)

There is always some type of cultural forces that are trying to distract us from what God has for us. As Paul is writing to the people of Colossae, he wants us to be aware of the things we need to root ourselves in to be followers of Jesus.

# MAIN CONTENT

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Read Colossians 2:6-14

3. What verse do you resonate with the most in this passage of scripture and why?

When we feel scattered we need to find our roots in the love of God. The first thing we need to remember is we Live by Grace. We are saved by grace, through faith and not by works. We do not need to try and live our lives based on performance for God. How do we live by grace? We put down roots.

When we are rooted in Him, we are still enough to know what we need and can take that to God.

When we are still, we know what we need from God and we ask Him for it.

4. When is the last time you were still enough to ask God for what you need? How did He meet you with that need?

Another way to put down roots is to be overflowing with thankfulness. Gratitude gives us the eyes to see what we do have.

5. How often do you thank God for what He has done for you or how He has helped you in a circumstance?

6. What do you need to thank God for today?

Another way we can be rooted in God is to guard your heart and mind. Be careful and be discerning. Ask God about your circumstances, the people you are around, and the influences in your life. Does it center around Jesus? As Christ-followers, we want Jesus to be the center of our lives.

7. What things do you have to guard your heart and mind from?

Everything we need to be fulfilled is found in Christ. When you feel scattered run to Jesus and put your roots in Him.

8. What is the one thing you can do this week to be root yourself in Christ?

# PRAYER

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Jesus, thank you for slowing us down, for giving us rest. For showing us how to put deep roots in you. Show us the things that have taken precedent in our hearts and minds over you. Help us refocus on you and be thankful for the things you have blessed us with. Let us call out to you for the things we need. Show us how to pray and ask for those things. In your name, Amen

# ACTION STEPS

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- + Continue to follow along with us in our Bible reading of Colossians this week.
- + Take time to sit with God. Ask Him where your heart and mind do not align with Him. Thank Him for the gifts He has given you.
- + Share these things with another group member. Keep each other accountable for the things God wants