

Rooted & Grounded

Monday, 8/2/10 – Read **Ephesians 3:14-21**
and **Matthew 6:9-15**

My Observations _____

A Question to Answer: There is so much in this Ephesians passage that pertains to the Fruit of the Spirit that it seems good to dig deeper into it this week. The Fruit of the Spirit is the result of living close to God’s Spirit. So let’s think this week about living close to the Spirit and recognizing the results of such living. ... It all begins with our focusing our attention on God’s presence and letting ourselves feel AWE in the presence of God. Jesus began the Lord’s Prayer with a focus on God -- God’s name, God’s kingdom, God’s will. ... As you live your days, when do you turn your attention toward God?

Tuesday, 8/3/10 – Read **Ephesians 3:14-21**
and **Genesis 12:1-3**

My Observations: _____

A Question to Answer: Notice Ephesians 4:15 -- “...*from whom every family in heaven and on earth takes its name.*” Our God is the God of all people. Trusting God leads us into concern for all people everywhere. God told Abram (Genesis 12:3) -- “... *in you all the families of the earth shall be blessed.*” ... Try this today: as you hear news reports or become aware of people all over planet Earth, pause for just a moment and pray for them. Pray for the people of Africa, the people of Asia, the people of the American Gulf Coast. Pray for them, remembering that our God is the universal God whose concern is for all people everywhere.

Wednesday, 8/4/10 – Read **Ephesians 3:16**

My Observations: _____

A Question to Answer: This prayer is for inner strength. Think about this for a moment today: What is inner strength? ... Begin by remembering a time when you felt internally strong. Was it like confidence or fearlessness or a sureness that you could handle the ups and downs of life? Did feeling strong make you more open to other people? What was it like for you to feel inner strength?

Thursday, 8/5/10 – Read **Ephesians 3:16**
and **Philippians 4:12-13**

My Observations: _____

A Question to Answer: Ephesians 3:16 prays for inner strengthening ***with power through God’s Spirit.*** Sometimes when we are open to the Spirit we can feel the Spirit’s strength. Today, try this: Spend some time simply feeling the breath moving into you and out from you. Feel yourself being filled up as you breathe. Imagine that the air is the Spirit of God. Notice how you feel as you focus your attention on your breathing. Notice the relaxation and the energy that comes as you fill up with air. ... How do we w live close to the Spirit? How do we allow the Spirit to fill us with inner strength? The simplest way is to allow our awareness to settle into our slow rhythmic breathing. Try that for a few moments today.

Friday, 8/6/10 – Read **Ephesians 3:17**

My Observations: _____

A Question to Answer: Today’s verse speaks of Christ dwelling in our hearts -- as we are being “*rooted and grounded in love.*” ... Imagine a great old tree, tall and majestic. This tree has the strength to reach into the sky because it is firmly rooted. It draws its life from the good earth in which it is grounded. Imagine that you are like that tree -- and that the good Earth in which you are rooted is the Love of God. Every day, every

moment, that Love is rising up into you, filling you, and reaching toward the warmth and light of the sun. ... Living close to the Spirit is simply being rooted and grounded in Love. ... How does it feel to imagine that you are like that great old tree?

Saturday, 8/7/10 – Read Ephesians 4:18-19

My Observations: _____

A Question to Answer: None of us can fully comprehend God. God is always beyond our reach. Yet we trust God ... and in trusting God we seem sometimes to know something that's unknowable. Our souls are touched by that which we cannot grasp. And in those moments it seems that God has filled us up. ... When have you felt that? When have you experienced the mystery of God? ... Make some notes about how your experience felt to you.

Sunday, 8/8/10 – Read Ephesians 4:20

My Observations: _____

A Question to Answer: Often our praying doesn't even begin to imagine all that God has for us. We get so focused on the urgency of our own concerns, that we don't notice that God wants to give us so much more. Ephesians 4:20 reminds us that we cannot even imagine or ask for all that God wants to accomplish in our lives. Spend some time in your prayer today, asking God to expand your horizons, asking God to help you see beyond the urgency of your life right now. Ask God to help you see one grand thing that God is doing in your life.

My Faith Journal, August 1, 2010
Camp Sunday

What do I hear God saying to me today?

What action do I intend to take this week?

Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.