



Roots and Shoots: steps to growth

In order for us to sow seeds of blessing for those we seek to serve, our lives need to be rooted in Christ. Then we will grow and produce good fruit with an abundance of seeds to sow in the world.

Jesus said: I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

John 15:5

Take a moment in silence to reflect on how rooted in Christ your life feels at this time; ask God to draw near and consider together:

What helps you to remain rooted in Christ through the distractions and busyness of life?

Share together practical ways of nurturing our faith so that we remain close to Christ.

As we are rooted in Christ let us now consider the shoots of spiritual growth that are emerging in our lives; signs of our faith and service to God.

As surely as seeds sprout and grow, the Sovereign Lord will save his people, and all the nations will praise him.

Isaiah 61:11

Take a moment in silence to reflect on what spiritual shoots are emerging in your life at this time; ask God to draw near and consider together:

What steps can you take to ensure that these shoots develop into that which will bear fruit and not wither and die?

Share together practical ways of encouraging one another in our growth of shoots of faith and action.

Live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.

Colossians 1:10

Take a moment in silence to reflect on how fruitful your life feels at this time; ask God to draw near and consider together:

What significance does the nurturing of our relationship with Christ make to our efforts to “bear fruit in every good work”? Share together practical ways of ensuring that our work is an outcome of our relationship with Christ and not an alternative to it.

The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

Take a moment in silence to reflect on what fruit of the Holy Spirit is evident in your life at this time.

Ask God to draw near and use this prayer as a worship response to your reflections:

**Loving Lord, we draw close to you.
Plant your love within us
that our lives may yield a crop of righteousness.**

Lead us, loving Father, to fertile places;
to cultivate a harvest of faith.

Teach us, gracious Saviour, to nestle close to you;
that the Holy Spirit may produce fruit in us.

Grow us, heavenly Gardener,
into those who have spiritual food
to share with the world.

**Loving Lord, we draw close to you.
Nurture us with your goodness
that our lives may yield a crop of righteousness.**

Amen

