

THE TREE OF LIFE

Week One - Roots

In Psalm 1 we read of trees growing by a stream, bearing fruit at the right time and whose leaves do not dry up or wither. This is only possible because the trees have strong ROOTS which reach down into the ground and draw moisture up. We are told that righteous people are like these trees and "succeed in everything they do". How is this possible? The Psalmist tells us that righteous people reject the advice of evil people and instead find joy in obeying the "Law of the Lord" and study it day and night. As Christians our roots go deep into the love of God - his unconditional love for each of us - we nourish ourselves on His word, the Bible and communicate with him through prayer and enjoy fellowship with other Christians. Strong roots give us essential nourishment and firm stability.

Question - Where do your roots go?

Prayer Focus - Imagine a tree growing and the roots going deep into the ground - now place yourself in front of the tree and imagine your roots going deep down into God's love then say the following prayer; Dear God, may I always be rooted and grounded in your love so that it might overflow from me to others. Amen.

Action - Plant a seed in a pot -give it water and light. Imagine the roots going down into the soil as the plant grows up imagine those roots taking up essential moisture and nourishment without which the plant will not survive.

