

# THE TREE OF LIFE

## Week Two - Trunk

The trunk is the main body of the tree, there would be no branches or leaves without the trunk to connect to. The trunk of a tree needs to be firm and strong enough to withstand storms and needs to be anchored by healthy roots which we thought about last week.

As Christians anchored by roots which go deep into God's love we can live lives that can weather the 'storms' that life can bring whether those storms consist of illness, loss, broken relationships or other difficulties. The Apostle Paul suffered persecution and hardship during his life but stayed fixed on Christ throughout. In 2 Corinthians chapter 4 verse 7 onwards, Paul speaks of these challenges but in verse 18 states "For we fix our attention not on things that are seen but on things that are unseen - what can be seen lasts only for a time but what cannot be seen lasts for ever". Psalm 46 tells us that God is our shelter and strength always ready to help in times of trouble (verse 1). We draw our strength from Him. If you look at the bark on a tree trunk you will see different patterns - we are all unique and different but equally loved by God. It is by accepting that love and keeping our eyes fixed on Jesus that we can stay strong and firm despite the storms we encounter throughout our lives.

**Question:** What helps you cope with life's storms?

**Prayer focus:** Imagine you are standing in a forest surrounded by trees - relax and say the following words a line at a time with a pause between each line to let the words sink in.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

**Action:** With a sheet of paper and a wax crayon take a bark rubbing of a tree. Look at its unique pattern and consider how You are unique and special to God.

