

ROOTED WEEK 1

Planted by Living Water

What Gets Your Day and Night?

Psalm 1; Matthew 7:24-27

Big Idea: Resilient faith is formed slowly as we receive God's Word deeply and practice it daily.

1. Everybody Is Already Being Formed

- Psalm 1 describes the movement from receiving counsel, to walking a path, to settling into a way of life.
- Our repeated attention is always shaping us.
- Algorithms do more than show us what we want. Over time, they tutor us in what to want.
- Anxiety, outrage, comparison, and resentment can all become forms of meditation.
- **What we return to repeatedly becomes part of us.**

2. Slowly, Deeply, Daily

- *Torah* means God's instruction, teaching, and revealed way.
- *Hagah*, translated "meditate," carries the idea of murmuring, repeating, and dwelling on something.
- Eugene Peterson compared biblical meditation to a dog working on a bone: turning it over, gnawing on it, and remaining absorbed in it.

Slowly: Stay with the text long enough to notice.

Deeply: Allow the Word to reach our loves, fears, relationships, habits, and decisions.

Daily: Give God's instruction another hearing until it becomes available for life.

Scripture is meant to form us, not merely provide information, inspiration, or ammunition.

3. Roots Grow Outside the Spotlight

- A mature tree is still a thirsty tree.
- Our culture celebrates launches, dramatic moments, and visible results.

- God often forms us through ordinary, repeated faithfulness.
- **Do not confuse hidden growth with no growth.**

4. Both Builders Heard Jesus

- A homebuyer notices what is visible. An inspector examines the foundation.
- Both builders in Jesus' story heard his words.
- The difference was what they did with those words.
- **The goal is not simply getting through the Bible. The goal is getting the Bible through us.**
- Hearing becomes wisdom as Christ's words become forgiveness, truthfulness, generosity, enemy love, and trust.

A Practice for This Week

One passage. One week. One act of obedience.

- Choose one short passage from the words of Jesus.
- Read it or listen to it each day.
- Stay with it, carry it with you, and practice the clearest act of obedience it calls for.
- A rooted life does not require a heroic plan. It requires a repeatable return.

"The LORD knows the way of the righteous."

—Psalm 1:6