

Rooted in the Spirit

Lesson Objective: to see how important it is to be rooted in the Lord and have a foundation built on God.

Opening Prayer: Loving God, we thank you for this time to gather as a family. We ask that you would open our hearts and minds to all You have to share with us today. Help us to hear your words and live them each day. Amen.

Activity: Planting seeds



Supplies: seed packet(s) – veggies for the garden or flowers such as mums or daisies, potting soil, spoons or small hand shovel; pots or disposable cups for planting.

Directions: Fill pots or disposable cups with potting soil. Plant the seeds into the soil-filled pots. Drizzle with a little bit of water. WAIT! Depending on the seed(s) used sprouts may appear within 7-14 days.

Feasting on the Word:

Background: Psalms is a book of 150 Hebrew poems in the Bible. The Book of Psalms is part of the Hebrew Bible, or Old Testament. People traditionally believe that many of the Psalms in the Bible were written by King David to God. Perhaps the most famous one is Psalm 23, which starts “The LORD is my shepherd.” Psalm 23 is often used for funerals.

The Psalter is poetry, though it has many prayers and not all Old Testament prayers were poetic. In fact, not all praise was poetic either. The Psalms are full of images, comparisons and metaphor. The Hebrew text often plays with words and repeats the same words, adding synonyms (words with the same meaning) to fill out the description. Important words show the main themes in the prayer or song.

Psalm 92 (Common English Bible CEB)

- ¹ *It is good to give thanks to the Lord,
to sing praises to your name, Most High;*
- ² *to proclaim your loyal love in the morning,
your faithfulness at nighttime*
- ³ *with the ten-stringed harp,
with the melody of the lyre*
- ⁴ *because you’ve made me happy, Lord,
by your acts.
I sing with joy because of your handiwork.*
- ⁵ *How awesome are your works, Lord!
Your thoughts are so deep!*
- ⁶ *Ignorant people don’t know—
fools don’t understand this:*
- ⁷ *though the wicked spring up like grass*

*and all evildoers seem to blossom,
they do so only to be destroyed forever.*
⁸ *But you, Lord, are exalted forever!*
⁹ *Look at your enemies, Lord!*
*Look at how your enemies die,
how all evildoers are scattered abroad!*
¹⁰ *But you've made me as strong as a wild ox.*
I'm soaked in precious ointment.
¹¹ *My eyes have seen my enemies' defeat;
my ears have heard the downfall of my evil foes.*
¹² *The righteous will spring up like a palm tree.*
They will grow strong like a cedar of Lebanon.
¹³ *Those who have been replanted in the Lord's house
will spring up in the courtyards of our God.*
¹⁴ *They will bear fruit even when old and gray;
they will remain lush and fresh ¹⁵ in order to proclaim:*
"The Lord is righteous.
He's my rock.
There's nothing unrighteous in him."

John 15:1-8 (CEB)

¹ *"I am the true vine, and my Father is the vineyard keeper. ² He removes any of my branches that don't produce fruit, and he trims any branch that produces fruit so that it will produce even more fruit. ³ You are already trimmed because of the word I have spoken to you. ⁴ Remain in me, and I will remain in you. A branch can't produce fruit by itself, but must remain in the vine. Likewise, you can't produce fruit unless you remain in me. ⁵ I am the vine; you are the branches. If you remain in me and I in you, then you will produce much fruit. Without me, you can't do anything. ⁶ If you don't remain in me, you will be like a branch that is thrown out and dries up. Those branches are gathered up, thrown into a fire, and burned. ⁷ If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. ⁸ My Father is glorified when you produce much fruit and in this way prove that you are my disciples.*

Family Discussion:

- What are some of the themes of this Psalm?
 - o Do you recognize any themes that we have already talked about in past weeks?
- What ways that we give thanks to other people? (think back 2 weeks)
- What are ways that we can give thanks to God?
 - o How does this Psalm suggest that we give thanks to God?
- What does it mean to you to be planted or replanted in the Lord's house?
- How can we remain rooted in the Lord when things are uncertain?
- What does a vine or stem do for the leaves of a plant?
 - o How does Jesus nourish us like the vine nourishes the leaves and flowers?
- Can we produce the fruits of the Spirit without Jesus?

Optional Activity 1: Sing the Psalm

<https://youtu.be/jERIH2pg7e4> Join in and sing along!

Optional Activity 2: Sidewalk Chalk



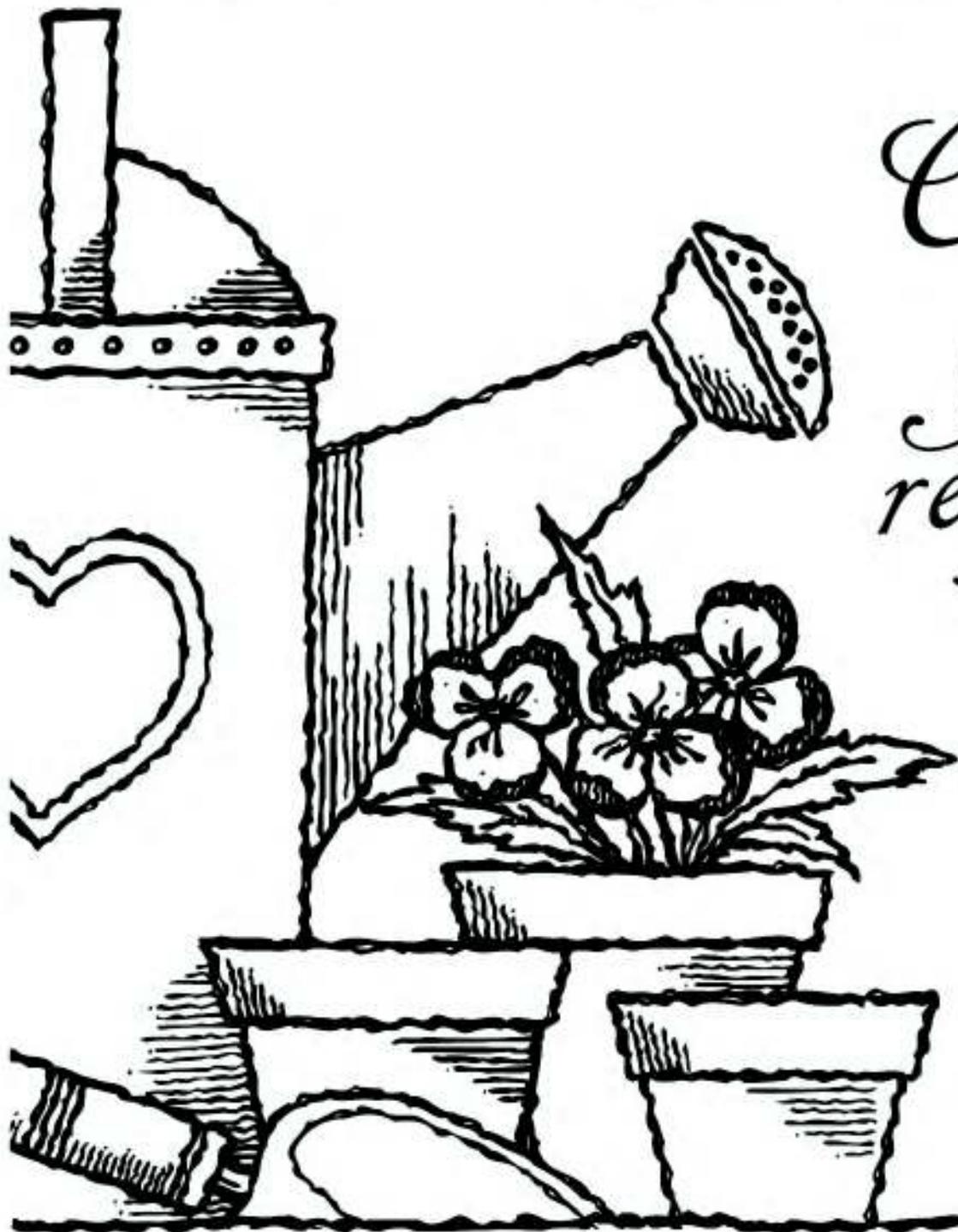
Supplies: sidewalk chalk

Head outside and decorate the driveway or sidewalks with flowers and other drawings of plant-life.

Encourage referencing Psalm 92:13 and being planted or rooted in the Lord OR John 15:5 and Jesus is the vine and we are the branches.

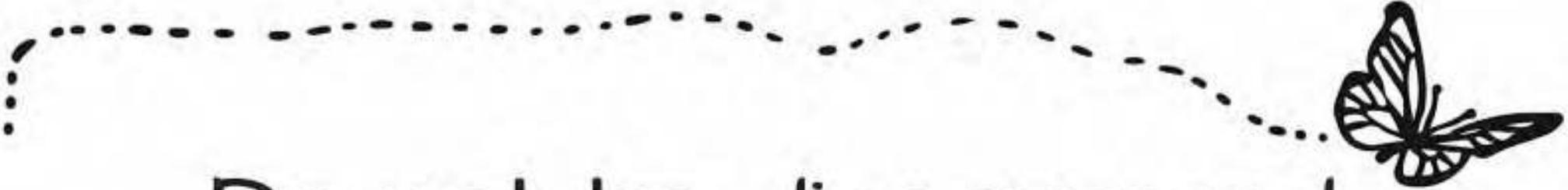
Optional Activity 3: Attached Activity Sheet

Closing Prayer: God our Rock and fertile soil, help us to be rooted in you each day. Help us to each day rejoice in the all of the moments of our lives. Help us to remember that Jesus is our nourishment. In Jesus name we pray. Amen.



O Lord God,
my God,
I take
refuge in you.
Psalm 7:1





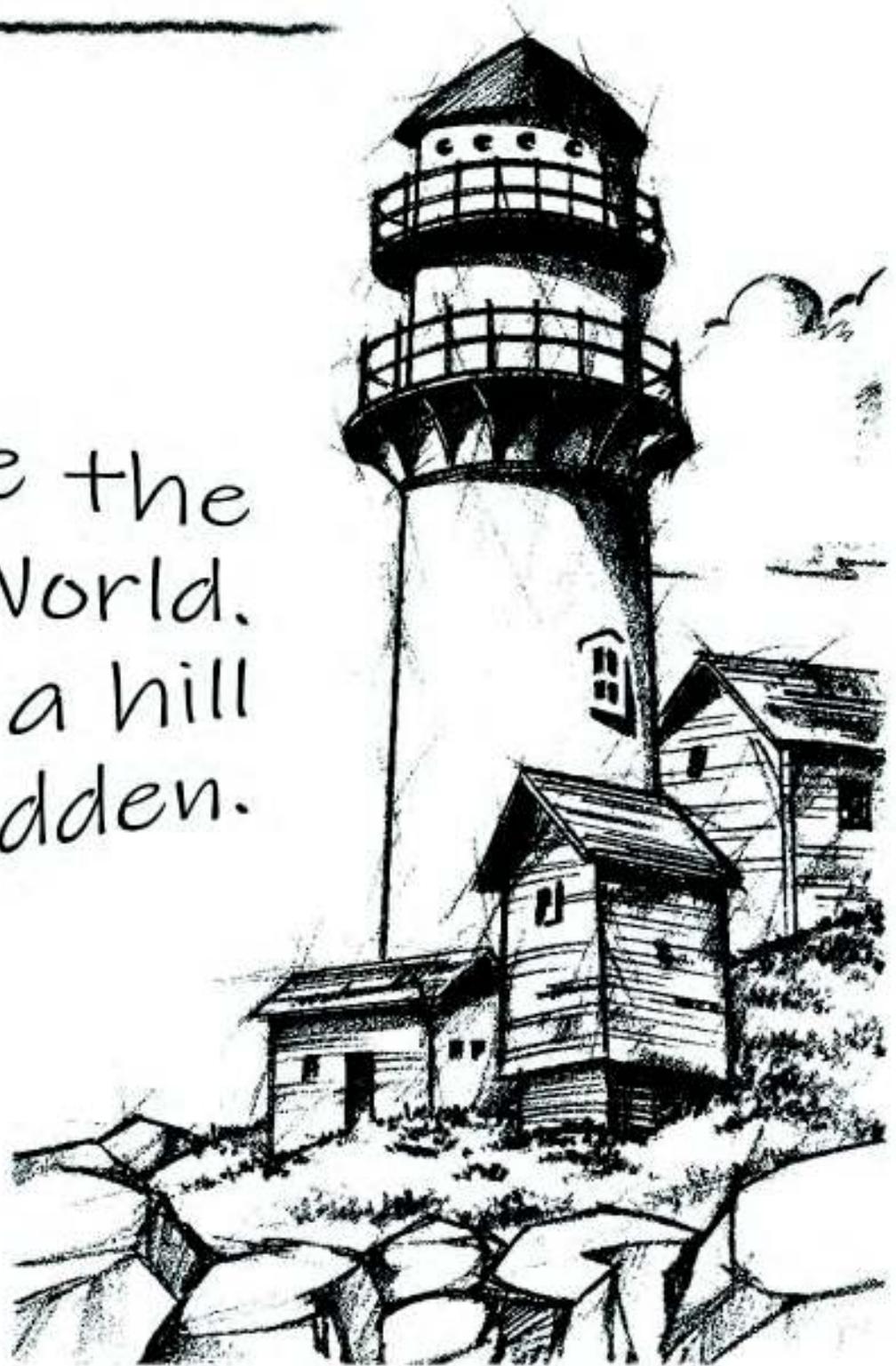
Do not be discouraged,
for the Lord your God
will be with you
wherever you go.

Joshua 1:9



You are the
Light of the world.
A city on a hill
cannot be hidden.

Matthew 5:14



They are planted
in the house
of the LORD.

Psalm 92:13



Tomato



Aster

