ROOTED

week 2

POCKET GUIDE

HOW TO USE THIS GUIDE:

Designed to help us grow DOWN, UP and OUT - use this guide to stay ***Rooted*** *in God's presence, and present with one another.* Watch or listen to the *Rooted* series message, then participate with a friend or two, your family or your small group... or take Jim out for a coffee and chat!

PSALM 46:10

Be still and know that I am God.

THE MESSAGE

Content based on Elizabeth Pierce's message from Sunday Nov. 1.

YouTube Watch or listen here

@forestbrookcc

DOWN | ROOTED IN GOD'S PRESENCE

The experiences of Jacob and Paul both point to the truth that *being still* and *being aware* work together to help us connect with God.

Practice 'sinking down' into the presence of God. Imagine yourself in a bath or a hot tub (or maybe try this while you are!) and imagine the sensation of submerging yourself in God's presence.

Pray and ask God to help you become more aware of Him, in this moment, and as you go about your day. Ask the Spirit to help you look carefully for God, *everywhere*.

UP | PRESENT WITH ONE ANOTHER

Share your responses, wonderings and learnings in community:

- Jacob's *holy ground* was a rock for a pillow, and the ground as a bed. Where have you experienced the tangible presence of God? Was this an 'expected' or 'unexpected' holy ground?
- Are there places that you find it harder to believe that God is present?
- Do you consider yourself to be a generally observant/aware person? How might you grow in your awareness?
- How does hearing the truth that *God never stops pursuing you* sit with you today? Is there a circumstance or place He might be asking you to live into this truth and *know* that He is present and near?
- Elizabeth shared about her experience of having too many things going on - even if they were *good* things. Can you relate? In what way do you think you might need to 'slow down', and why?

OUT | WHERE YOU LIVE, WORK, GO TO SCHOOL AND PLAY

When we aren't present, we miss stuff. **Practice being grounded, *rooted,*** and oriented to the here and now. Choose something routine or mundane, *or* an environment that is very 'busy' or crowded, and try out the grounding activity Elizabeth shared:
List 5 things you can see, hear, feel, then 4 things you can see, hear, feel, and so on until you get to a list of 1 thing you can see/hear/feel. Ask God, what do YOU want me to see, hear, feel?

Carry this big question with you...
If I truly believed God was already at work in the places I live, work, learn and play, what might I begin to see differently?