

SEEN

February 8, 2026



BIG IDEA

A resilient life grows from choosing to root our identity, trust, and daily walk deeply in union with Jesus, which produces lasting fruit.

KEY SCRIPTURE

Colossians 2:6-7: ⁶So then, just as you received Christ Jesus as Lord, continue to live your lives in him, ⁷rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

ADDITIONAL SCRIPTURES

- John 14:6
- Colossians 3:1-4

RESOURCES

- *Life with God: Reading the Bible for Spiritual Transformation*, Richard Foster
- *Renovation of the Heart: Putting on the Character of Christ*, Dallas Willard
- *Sacred Rhythms: Arranging our Lives for Spiritual Transformation*, Ruth Haley Barton

SEEN

1. Prior to meeting, individually spend time meeting God in the key scripture.
2. Read the passage of scripture two times slowly and reflectively. The goal is to allow the text to sink in and resonate personally. Look for words and phrases that stand out to you and write them down.
3. Read the passage slowly one more time, pay extra attention to the parts that stood out to you the first time. Consider how these words or phrases might apply to your life right now. What might the Lord be inviting you to?

4. Respond to God in prayer, express your thoughts, feelings, and desires in relation to the scripture. Rest now in God's presence, allow for silence and stillness. Listen for God's voice and experience a deeper connection with him.

SHAPED

Thinking about the Sunday sermon, what stuck out for you in what was said?

In your time reflecting on the key scripture, what stood out to you?

We often define ourselves by relationships, location, or work. How would you currently describe your identity? How does the idea of being “**in Christ**” challenge or reshape that description?

The speaker described Christianity as **union with Christ**, not just beliefs or ethics. What does “living in union with Christ” feel like in real, daily life? Where does that feel natural—or difficult—for you?

Surrender was described as essential to rootedness, and willfulness as a major barrier. Are there areas where you sense clenched fists rather than open hands before God right now?

The image of *walking in step* with Jesus was used. What practices, rhythms, or relationships help you stay in step with Him? What tends to throw you out of sync?

Rootedness leads to **fruitfulness**, described as a life “overflowing with thankfulness.” What kind of fruit do you hope God will grow in you this year if your roots go deeper in Christ?

SENT

Just as we are blessed to be a blessing, in being seen by God, he invites us to truly see others. This week be mindful, is God nudging you to notice someone in your community? Reach out to that person.

