



A Devotional by Blue

# Staying Rooted

Spend seven days in God's Word with the girls ministry at Blue!  
Written by girls, for girls, these seven days will look at different  
aspects of what it means to be grounded in Christ.

Pick up your Bible and join us!





# hello!



I'm so glad that you have decided to continue being rooted in your faith by studying God's Word!

This devo is designed to help create the habit of making time with God a regular part of your week. I've asked several "Blue alumni" - girls who are in college - to write a devo for you. These girls seek Jesus in their daily lives and are excited for you to do the same thing. The cool thing is, that they're praying for you just like I am!

Our hope is that as you walk through these seven days that God's Word will come alive, that it will be personal to you, that you'll meet with Jesus, and that you will see Him move in your daily life.

Here are a few tips to making your daily time with God a habit:

- Use a physical Bible. Underline, highlight, doodle, write notes. Get personal and dig in!
- Have a journal beside you. Write down things that stand out to you, write out your prayers and thoughts that you may have as you read and study. (Journaling helps keep my wandering mind focused, too!)
- Spend as much or as little time as you need. There's no set rule. Just take time to be with Jesus.
- Don't try to make it perfect. You don't have to have a cute InstaStory to have a great quiet time. This time is for you and the Lord, not you and your followers. If posting it holds you accountable, great, but do it for the Lord. Don't feel pressured to make this time perfect. God wants us to come to Him as we are not as we wish we are. Be real.

I'm excited to join you in this study and have been praying for you!



Love,  
Brittany

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

*Colossians 2:6-7*



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Compiled writings of FBC Frisco College Girls

# One



## Vines and Branches

I'd like to grow plants. I think it would be really neat to have cute little herbs in my kitchen windows, or succulents along the porch. How whimsical to have wildflowers in the backyard that I could put daisies on my table each week. They're the friendliest of flowers. It's a nice thought. But as hard as I try, I typically let anything that I try to grow die. It's pretty sad.

Do you remember in kindergarten when the teachers would send home tiny little seeds to grow? Remember the roots coming through and then the little plant popping through the soil? What a neat process! There's a lot that goes into growing things.

With all the plant-nerdiness you can muster in you,  
**read John 15.**

Does anything that you just read scare you or give you a shock?

These words are pretty abrasive. Completely said in love to spur us on, but every time I read them I get a gut check.

Go back and underline verses 5 and 6.

Lets think this through. If I were to cut a branch off of a peach tree, would peaches grow on the branch anymore? Not a chance. All the soil and water and sun couldn't make it come back to life. It's the same with us as believers. We can't have life outside of Jesus. We can't grow in our faith if we're not connected to Jesus. Verse 6 says that a branch that is cut off is only good to fuel some fire, and while we could make some good s'mores, that branch is not being productive in growing the fruit that it was created to make.

What does that mean for us?

We were created to be in relationship with Jesus and to be part of His work redeeming the world. We were created to bear fruit, which means disciples. If we don't spend time with God, in His Word, then how are we supposed to know what type of fruit to bear? How can we have a relationship without actually spending time with Him? We've got to be rooted in Him.

I love the word abide. The dictionary defines it as: to remain, to continue, to stay.

How do we abide in Jesus? Well, I'd say you're taking a step by doing this Bible study. We spend time in prayer, listening to God, reading His word, serving and loving His people.

**What are some other ways you can abide in Jesus?**

**Close out your time by reading what Paul writes about fruit in Galatians 5:22-25.**

**What can you start doing today to be an abiding member of God's family? How can you walk through your day abiding in Jesus?**



Sure flowers, trees, weeds and, from what you've learned at girls retreat, even we have roots. But what are we rooted in? And why should we be cautious of what we're rooted in?

As my freshman year of college is coming to an end, I've spent the past few days reflecting over my experiences and how God was prevalent through the thick and thin. I've had to overcome trials and temptations that I never thought would be existent in my life. I've lost friends in result of my decision to follow Jesus, missed weeks worth of classes (which is a bad thing by the way) due to traveling for softball, and am currently in the midst of recovering from a messy break up. However, while the past two semesters have been nothing short of hectic, I have continuously felt an overwhelming sense of peace. The kind of peace that makes people turn their heads and say "wait, there's no way you should feel peace right now."

I believe that this peace was a result of coming to college already deeply rooted in the Word. Unlike most people, I came to college knowing where my identity is found. I am not defined by my circumstances. I am not defined by my performance. I am a handcrafted child of the Creator. And so are you. Once I realized that this life isn't about what I do, but what He already DID, then I was able to rest and find peace. We get to rest because we know that God is the one rescuing us. And if God is the one doing the rescuing, then who and what could possibly steal His peace from us?

**“Return to your rest, my soul, for the Lord has been good to you” Psalm 116:7**

Knowing where our identity lies is so important. Because, if we begin to define ourselves to what the world says, then we will be left in anxiety, comparison, and emptiness. Trials will come our way and we won't know where to turn. I say all of this because I want to stress to you how important it is that we cling to the promises of Jesus. He is enough. We are beloved. We are treasured. Even when it doesn't make sense, continue to praise Him because He has already defeated whatever you're going through.



“Our confidence comes from believing God can do anything, then stepping back and letting Him.”

-Jennie Allen, *Nothing to Prove*

Take a few moments today to think through where you're rooted.


What and Who are you rooted in?

List one or two things that can keep you from being grounded in Jesus on a day-to-day basis.

Re-read Psalm 116:7.

List some ways that the Lord has been good to you.

Is anything keeping you from resting in the Lord?

Close with prayer for your day, inviting God to join you as you go throughout your normal routine. 

When I moved into college I was in a bad place. I didn't want to be at school where I was, I didn't want to leave the people that I had a home, and I didn't want to deal with the reality that my boyfriend and I had just broken up. I didn't have any friends in the new place, and I knew that I craved community and love but didn't know what to do with that or about it.

So, naturally, my first move was just to stamp down all the feelings I was having and DEAL WITH IT ON MY OWN- completely under the impression that I was capable of handling anything life threw at me all on my own. A week into school this reality came crashing down after I blew up all over an old friend, cried myself to sleep, and realized that I had been missing out on the one thing that could actually get me through any of these feelings that I was having- Jesus. At this point I threw myself into the only thing I knew- Christian community, and I started going to three bible studies a week and all this other stuff still not completely understanding how to have a meaningful and personal relationship with the God of the universe.

Looking back on those times I was unaware of all the mighty and powerful ways that the Lord was going to provide for me in the coming months, and how I would have saved myself a large amount of stress, heartache, and frustration if I had simply put my trust in the real cornerstone of this life - Jesus.

### **Read through Ephesians 3:12-21**

As I was struggling with all these things that I was missing I had forgotten about the best truth of all; because of Jesus's sacrifice for me I am established in Christ and his love for me. I have roots from the creator of the universe that go deeper than I can ever fathom, and I will spend the rest of my life striving to understand the utter depths and heights and lengths of God's love for me.

And that part about God doing immeasurably more? It's the truth. He will always provide, and He will always come through on his promises.

three



There may come a time in life when someone tells you "God never gives you a battle you can't handle" or "God gives his toughest fights to his strongest warriors". This is just not true though, ladies. He gives us what we can't handle because He is going to handle it for us as we lean into Him. Instead, take this time to remember that we can't handle anything apart from our one true Father, and what a gift it is to have his love and provision through that! His power is at work in us, and we can rest in that knowledge! At the beginning of this year I was trying to fight my own battles and hardships, and my heart felt heavier and heavier each and every day until I couldn't take it anymore. When I finally accepted the grace, love, and comfort that the Holy Spirit inside of me was offering I felt freedom from the stress and anxiety that I was constantly feeling.

Take this time to prayerfully consider what battles you have been trying to fight on your own. Pray to release these struggles to God, and trust that he will be a mighty stronghold. Pray for the immeasurable to be seen obviously.

What difference would it make to live my life knowing that I am rooted in God's love?

What doubts do I have about God's ability to provide for me in my times of need?

How can I rest in the knowledge that God is immeasurably more than I can understand or know?

What do I need to give up to God with the struggles that I am going through right now?



## Anna Prayed



# four

How's your prayer life? Have you thought about it lately?

1 Thessalonians 5:16-18 say this: "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Do you know what the Greek word for "pray continually" means? It means to pray continually. Always. Without ceasing. There's no hidden meaning that we can say "oh, continually just means some of the time." I heard it described like this once: we cannot be incessantly praying in words, our mind may be held continuously in an attitude of prayer, even in sleep.

So how's your prayer life compared to this description?

Mine needs some prayer...

We don't often talk about our prayer lives do we? We like to talk about worship and reading our Bibles, but having a constant mindset of prayer gets overlooked. We pray over meals and tell people we'll pray for them, but how often do we do it?

I stumbled across this incredible woman that interacts with Jesus, Mary and Joseph early in Jesus' life. We don't hear a lot about Jesus' growing up years, but there are a couple interactions that are highlighted. Anna happens to be one of them. She must be pretty special, don't you think?

To give a bit of background, Mary and Joseph were taking Jesus to be purified in the Jewish Temple, like good Jewish parents following God's commands to Moses. They had encountered a man who had been promised by God that he would not die until he met the Messiah. He blesses Jesus, while Jesus' parents marvel at this, and then they come to Anna.

**Read Luke 2:36-38.**

What stands out to you about Anna?

Make a list of everything you learned about Anna's character.

From these brief two verses, we learn that she was married seven years before her husband died. She was a prophetess who is 84 years old. The most shocking thing is that she spends all of her time at the temple, worshiping, fasting, and praying. When she encounters Jesus, Mary and Joseph, she begins praising God for His provision and confirms Jesus's identity as Messiah. It was probably not very popular or easy for her to be at the temple constantly. She missed out on other things in life, but counted it scandalously worth it because she was in a relationship with God.

What a faithful woman. She devoted her life to prayer and worship. Wouldn't it be incredible to be known for one who devoted your life to the Lord, to prayer and to worship?

What do you need to do today to increase your faithfulness to God and to prayer?

Prayer is simply speaking to the Lord. Telling Him your heart, your hopes, your fears. And then listening to what He has to say in response.

Spend some time in prayer today.



Start your quiet time off by asking God to remove distractions and to speak to you today.

**Now read Colossians 3:12-14**

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.

Does anything stand out to you in these verses?

What can you do to apply this verse in your daily life?

Think about whom you spend your time with. How do these people affect your behavior, decisions, and your life?

Are these people pushing you toward Christ or away from Christ?

Who you spend your time with and surround yourself with is a direct reflection on who you will become. Surrounding yourself with Godly people is crucial to remaining rooted in Christ. If you are not in community with a group of friends that are pushing you and pursuing Jesus with you then you are moving backwards in your walk with Christ.

Have you ever had a hard time forgiving others? What happened?

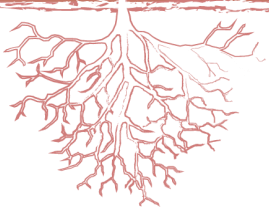
Sometimes it seems that people don't deserve forgiveness. However, bitterness and anger that you hold in your heart is something that will pull you further from Christ. We don't deserve forgiveness, but God sent Jesus to pay for our sins anyways.

God forgave us when we were unforgivable.

After reading these verses, are there any changes that you feel you need to make in your life?

Spend time asking God to help you live out these verses today.





## From Seed to Sequoia

In a world of instant gratification, we are not used to waiting for things. I can barely wait an extra three seconds for a video to load on my phone, and the other day my Amazon package came in a day late and I was ready to go to war. Don't even get me started about seasons of life. In middle school, I wanted to be in high school, and in high school I couldn't wait for college. Now that I'm in college, I want to be done with freshman year so I can do classes I'm interested in. I dream of the day when I'll be married and have a family. It seems like it would be easier if I could just fast-forward through the present so I could get to the next, better stage of where I want to be.

But, what if in a culture that says now, now, now, God is saying to wait? What if we stop to rest in the presence of our Savior? What if the time spent in waiting and preparation isn't just an annoyance, but a vital period of growth in His plan for our lives?

We can see over and over again, in the Bible and outside of it, that waiting is not an accidental part of our stories. From Abraham to the disciples to us, God often chooses to take his time fulfilling His promises.

Let's look at David's story. **Read 1 Samuel 16:10-13.**

To catch you up, God wants to anoint a new king of Israel, and he sends Samuel to do it. He goes to David's father's house and looks at each of David's brothers, saying that they are not ones the Lord has chosen. David is eventually anointed king, and then, just when you're expecting the story to get good, Samuel packs up and goes home. David doesn't ride off into the sunset, in fact, he goes right back to tending sheep. It isn't until Saul, the current king, needs someone to play the lyre that David gets to go to the king's house, and he'll spend a good amount of time not only not being king, but trying to not die at the hands of Saul. God eventually fulfills His promise, and David becomes the king of Israel. Scholars say that there was about ten to fifteen years between Samuel anointing David and him actually sitting on the throne. Talk about a long wait.

I'm reminded of the song "Seasons" by Hillsong.

The song is inspired by the Sequoia National Park, which is a forest of ginormous trees—I'm talking 250 feet tall. The writer said that looking at the magnificence of the trees, he was reminded that each one of them started as a seed.

Just like Jesus came as a baby, just like David had to wait to be king, God is going to do big things in you and through you, but it might not be today. I'm not saying to wait for lightning and a voice to come down from the sky. There's a difference between laying around and investing in a time of preparation.

The time that David spent in the fields and running from Saul strengthened his character and heart for the Lord in a way that would prove essential in his future position. If it doesn't feel like you're a tree for God yet, I want to encourage you to recognize the beauty of the growth. Draw near to the Lord, spend time with Him, listen to what He has to say. He will finish what he starts. Our Almighty God has not and will never forsake us. He always fulfills His promises.

*I pray with great faith for you*, because I'm fully convinced that the One who began this glorious work in you will faithfully continue the process of maturing you and will put his finishing touches to it until the unveiling of our Lord Jesus Christ! – Philippians 1:6, TPT

Father, we don't want to waste the time that we have today being stuck in what's to come. Thank you for letting us be a part of your story. Change our hearts to appreciate the day we've been given. Help us to draw near to you. God, we want to be faithful while we grow.



*If all I know of harvest is that it's worth my patience, then if you're not done working, God I'm not done waiting* – Seasons x Hillsong





Women of the Bible show us what it looks like to follow the Lord amidst the chaos of our busy lives. The qualities that women of God embody are a result of loving and fearing the Lord. We cannot bear fruit apart from the Lord. We all desire godly characteristics, but we can't just skip over the relationship with God to get to the qualities we desire for ourselves. God is not a moral boot camp. He desires an intimate relationship with you that feeds and satisfies your soul, and growing to be more like Christ is a benefit from that. So! We are going to look at Noah's wife and observe some qualities she had.

### **Read Genesis 6:9-7:12 and 8:13-22.**

God told Noah to spend years building a huge boat and to then load it with thousands of animals with which he would live for a year. I'd be more than a little skeptical of this idea... But Noah's wife submitted to God and her husband by going along with what seemed absolutely insane to everyone around them. Noah's wife essentially became the new Eve after all creation was wiped out.

### **God fearing**

We see that Noah's wife was God-fearing. Noah and his family were God-fearing people who kept God's laws. God saw this, as He sees all, and decided that they at least would be saved.

The Bible said Noah was the ONLY ONE who walked with God. So he and his wife looked different from those around them. They cared more what God thought about them (look at Galatians 1:10). Among a world of people who rebelled against God and didn't follow Him, Noah and his wife did.

Stop and reflect for a moment.

What does it look like to be a woman that seeks God's approval and not the approval of man?

What would it look like if we followed the promptings God gave us every day?

What if God told us to talk to a stranger and encourage them, and we actually did it. What if when God told us to pray out loud over a friend who was struggling, we did it instead of staying quiet. **Pray and ask the Lord to strengthen you to step out in faith and courage to be the woman He has created you to be!**

### **Faithful**

How can we develop such faith? Having faith in God to believe Him, even when the world tells us its crazy?

It comes by spending time with God. When we take time each day to listen to Him and study His Word, we become more familiar with that still small voice that speaks to us. The closer we get to Him, the more we see that His plans for us are good and we can trust Him.

We need to study and memorize verses that tell us His character.

We need to get in the habit of obeying God with the little things. As we obey Him in the smaller tasks that He gives us, it will become easier to obey Him when He calls us to something much bigger.

Noah's wife honored God by trusting and believing what he had said, and she also honored her husband by believing him and working along side him.

### **Prudent and busy**

She helped prepare in any way she could for the ark, looking toward the future. This reminds us that we need to be busy at home (Titus 2:4).

### **Patient**

It took 120 years to complete the ark and fill it with supplies. BUT, her and Noah waited for the Lord, trusting Him to take care of them and be their refuge.

As we close today, read Psalm 37:1-8 and reflect on the goodness of our Lord. He wants to walk with you, hear your cries to him, and grow you to be a woman that loves and serves Him.



# notes

You've completed seven days of Bible Study! Way to go!

How do you feel?

What did you love most about making time to spend with God?

What was hard about it?

Where did you study most? (Kitchen table, porch, couch, my bed?)

What time worked best for you to study?

Morning      Afternoon      At School      Before Bed

What was going on in your world this week?

What date did you finish? \_\_\_\_\_

What will you do now to continue studying God's Word? Are you going to start a book of the Bible? How about starting a study?

Who can you bring alongside you to grow together?

The girls ministry team at FBC Frisco is committed to girls getting in the Word and owning their faith. We love seeing you get passionate about Jesus, spreading His Name, and reading Scripture.

We also love coming alongside you to help you in your faith. It's why we're here!

So, whenever you have questions, need suggestions for how to start a quiet time, someone to talk to...we're here! Your small group leaders, interns, and student ministers are here for you. We're praying for you.

Even though this devo is done, tomorrow, pick up your Bible and jump in!

Let's continue to be rooted in Christ together!



# closing