



PLANTED

A study that will plant seeds of truth in your heart that cause you to flourish, no matter what season of life you are in.

Based off the Bible Study by Well-Watered Women

Introduction

God's will for your life is not for you to live in a continuous dry season! The seasons of life come and go but God's truth will always be the one main constant. My guess is you know exactly how it feels to be in a dry season where your bones feel weak, your days seem long, and your time seems limited. You open up the Bible and don't know what to read, you can't seem to find that still small voice amongst the chaos all around you. Trust me, I have been there many times. The great news, God also speaks in the chaos. The dry seasons of life may not be for growth, but for pruning. Just as a gardener first plants the seed in the soil, then waters it and waits patiently for it to produce fruit, so does God. He plants us in the earth, waters us with His truth and patiently waits for us to produce the fruits of the Spirit. Fruit never comes overnight. It comes through waiting, working, and yielding to His gardening hands. We must plant ourselves in the Lord and be disciplined to know Him. No matter what season we find ourselves in. I don't want to waste my dry seasons or neglect the fruitful ones. I want to be planted by the Living Water, growing in the likeness of Christ.



“And he will be like a tree firmly planted [and fed] by streams of water, Which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity]

Psalms 1:3 AMP

Spiritual disciplines are meant for every believer and in every season of life. They are not meant to bring our lives to boredom and drudgery. Instead, the disciplines bring the believer to liberation from slavery and fear. Allows the believer to be fully engaged in the freedom and life found in Christ.



MEDITATION

1. Intentionally thinking on the scriptures and the ways of God
2. Seeking to uncover truth and principles to live by
3. Allowing one's heart and mind to dwell on the person and character of God.
4. Drawing nearer in relationship to Him.

Week 1 Day 1

Meditation

The word "meditation" conjures up different images, depending on your past experiences with and knowledge of the practice. To many, the eastern religious practice of meditation is pictured first, in which the individual seeks to empty themselves of every distraction by sitting in the traditional pose and repeating specific mantras or phrases to silence and empty the mind. Others may think of the more traditional things such as yoga, breathing techniques, or other relaxation practices. We are going to approach this through the more biblical understanding of meditation, such as memorization and thinking upon God's Word. The spiritual discipline of meditation does not only consist of Scripture memory. The richness of meditation involves "spiritually" tasting the scriptures. It is about delighting yourself in it, sensing the sweetness of the teaching, feeling the conviction of what it tells us about ourselves, and thanking God for what it shows us about Him. Meditating on God's Word involves both the

heart and the mind. This process allows us to go beyond what we might read into *God's Word*, instead challenging us to extract the richness of His truths as He has communicated them to us.

The beauty of *Christian meditation* is that it is not limited to a certain spot, specific posture, or time of day. All of us, no matter what our current situation, can practice meditation and reap the benefits. This discipline will look different for everyone depending on the season of life. During some seasons, you may enjoy the early morning quiet time in *God's Word*. Some may find that their time with the Lord is after everyone has gone to bed and it is just you and His Word. It can be reading the verses and story before work and meditating on it while driving to work. The most important thing is that you fill your heart and mind with *God's Word*. Drinking deeply from the Well for your thirsty soul.

Scripture To Study and Pray On

Psalm 119:10-16, 97-104

Dig Deep

In what way is meditation demonstrated or taught in this passage?

What are the benefits we reap from meditating on the Word of God?

How can you incorporate meditation into your daily life?

Week 1 Day 2

Scripture To Study and Pray On

Joshua 1:7-9

Dig Deep

In what way is meditation demonstrated or taught in this passage?

According to this passage, what are the benefits we reap from meditation on the Word of God?

What command is given in Verse 9? How can you implement this to your day to day living?

Week 1 Day 3

Scripture To Study and Pray On

Psalm 143:5-6

Dig Deep

How is meditation demonstrated or taught in this passage?

Take time to remember all that God has done for you. One aspect of the discipline of meditation is remembering God's faithfulness in the past. His faithfulness gives us hope. Meditate. Remember. Praise Him today.

Week 1 Day 4

Scripture To Study and Pray On

Psalm 63:1-8

Dig Deep

In what way is meditation demonstrated or taught in this passage?

How can you apply this to your life?

What are we promised when we meditate on God's Word throughout the night?

Week 1 Day 5

Scripture To Study and Pray On

Philippians 4:8-9

Dig Deep

What way is meditation demonstrated or taught in this passage?

What does Paul tell us to think about? Write down your own definitions of what is True, Honorable, Right, Pure, Lovely, and Admirable. How can you think about these truths throughout your day?



CONFESSION

1. Uncovering sin in the junk drawers of your heart.
2. Shining the light of the Gospel in the dark places of your soul.
3. Celebrating before the world that Jesus died in your place.

Week 2 Day 1

Confession

Have you ever knelt down on the ground and your knees were resting on little rocks? Boy, I sure have, and man did it hurt. The tiniest of pebbles can hurt the worse. No matter how strong or big you are.

Confession can feel like kneeling in the rocks: messy, raw, painful, yet humbling, to say the least.

Confession often gets a bad rap in the list of spiritual disciplines because it can be very uncomfortable to unveil sin. We would rather hide our weaknesses than expose them. However, the discomfort of confession honors the thorns that pierced His brow as he walked with a splintered cross on His back and the weight of the world's sin on His shoulders. When we confess our sins and "kneel in the rocks", we magnify what Jesus did on the cross and say with our hearts "Thank you, Lord."

Deep in our hearts is a junk drawer. Where we store our sin and shame that we fear of showing before others. We often miss the joy of obedience in confessing our sins. Confession is not meant for shame. It is designed by God to set us free from the shackles of guilt and pride. Jesus wants to clean out the junk drawer in your heart. If you will let him. He wants to give you freedom and unity of our brothers and sisters in Christ.

Lay the groundwork for your salvation. Romans 10:9 says "If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved."

Scripture To Study and Pray On

Romans 10:8-13; Matthew 10:32

Dig Deep

What way is the discipline of confession demonstrated in these passages?

How is confession a means of salvation?

How does this discipline point you to Jesus?

Week 2 Day 2

Scripture To Study and Pray On

Matthew 6:7-15

Dig Deep

How is confession demonstrated through the Lord's Prayer?

How can you apply the spiritual discipline of confession to your life through prayer?

How does this discipline make you live your life more like Christ?

Week 2 Day 3

Scripture To Study and Pray On

John 3:16-17

Dig Deep

Why is it important for us to know what we believe?

How does the discipline of confessing what we believe point us to Jesus Christ?

In what ways can you use confession as a way to unify with people rather than to judge them?

Week 2 Day 4

Scripture To Study and Pray On

Psalm 51

Dig Deep

How is confession demonstrated or taught in this passage?

In David's confession, he also prayed that God would change him. How does confession free us from sin and make us more like Christ?

What sins do you need to confess? Write them down and pray. Confession brings freedom.

Week 2 Day 5

Scripture To Study and Pray On

Psalm 136:1-26

Dig Deep

Confession is also giving thanks and celebrating the work of Christ. How can you incorporate celebrating into your daily life?

How can the discipline of confession be paired with celebrating?

Take time and celebrate Jesus today and what He has done for you!



SIMPLICITY

1. An undivided heart for the Lord
2. Freedom from the complexity of
this world

Week 3 Day 1

Simplicity

We live in a world that is anything but simple. Choices are abundant, material possessions are at the forefront, and we often have a difficult time thinking clearly with the media constantly telling us what we need. Simplicity has to be fought for in this complex world. Elisabeth Elliot said, "A simple and orderly life represents a clean and orderly mind." A house that is cluttered is usually lived in by people whose minds are also cluttered, who need to simplify their lives. In order to live a simple life, we must take steps to eliminate distractions, get rid of extra baggage, and focus on what matters most.

Simplicity is manifested in an undivided heart. David prayed a prayer of simplicity in Psalms 86:11-12 "Teach me your way Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. I will praise you, Lord my God, with all my heart; I will glorify your name forever." David

was asking God to help him concentrate on what was necessary - giving thanks to God and glorifying his name forever. In order to live a life of simplicity, we must have our eyes glued to the cross and our hand free of the mess that entangles our life and clutters our minds. We have to ask for a heart that is not halfway following Him and halfway following the world.

The life of Jesus modeled simplicity. Jesus explained what a life of simplicity looks like in Luke 9:23 "And he said to all, if anyone would come after me, let him deny himself and take up his cross daily and follow me." Deny yourself. Take up your cross. Follow Him. That is the simple life.

May we live simply to know Jesus and make Him known, everyday of our lives.

Scripture To Study and Pray on

Matthew 6:25-34

Dig Deep

What way is simplicity demonstrated or taught in this passage?

What did Jesus tell us should be our focus in this life?

What does it look like to "seek first the kingdom of God"?

Week 3 Day 2

Scripture To Study and Pray On

Luke 10:38-42

Dig Deep

How did Mary's actions model a life of simplicity? How were Martha's actions different?

What does it practically look like to follow Mary's example?

What could you set aside today to simplify your life and spend time at the feet of Jesus?

Week 3 Day 3

Scripture To Study and Pray On

Hebrews 12:1-2

Dig Deep

How is simplicity demonstrated or taught in this passage?

How did Jesus model a life of simplicity?

How does this discipline make you live your life more like Christ?

Week 3 Day 4

Scripture To Study and Pray On

Luke 9:23

Dig Deep

What way is simplicity demonstrated or taught in this passage?

How does this passage bring freedom in your daily life?

What do you think this passage means when it says "take up your cross daily and follow me." ?

Week 3 Day 5

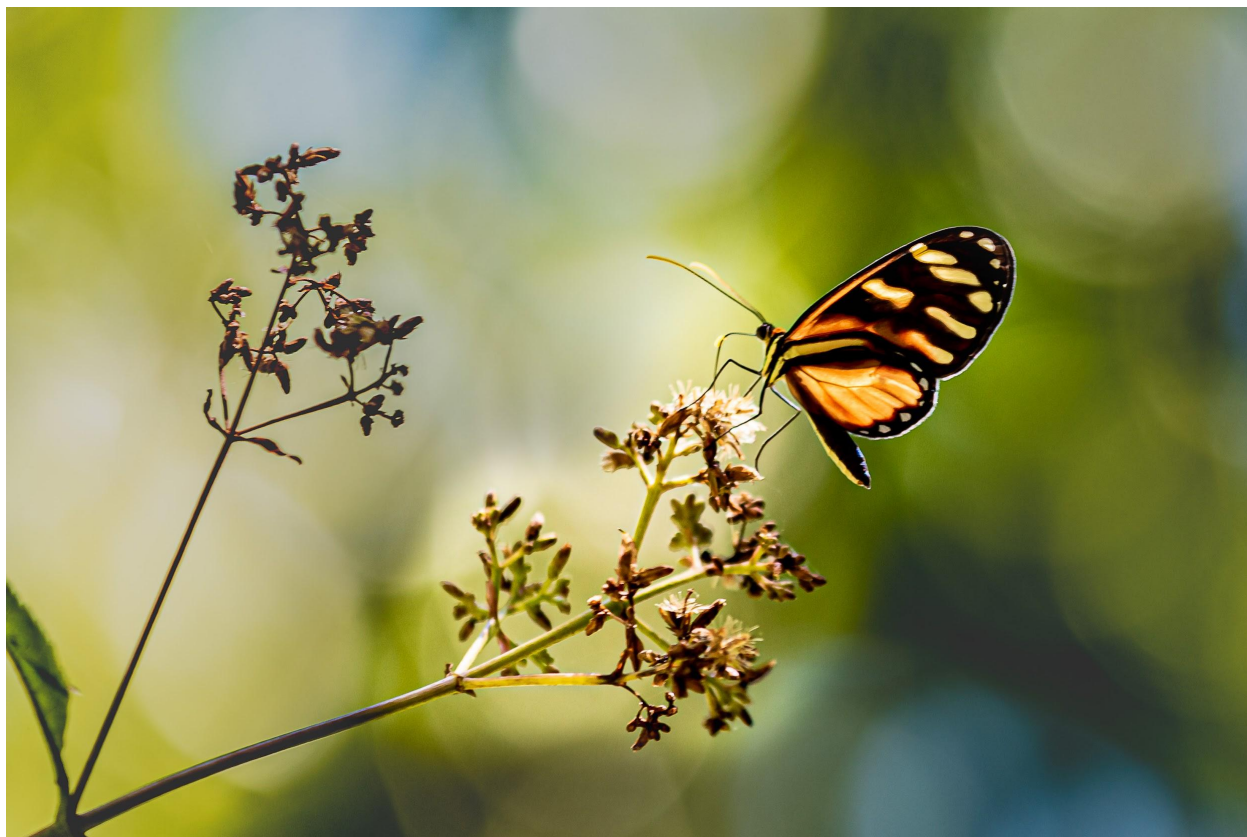
Scripture To Study and Pray On

Psalms 27

Dig Deep

How does verse 4 teach us about the discipline of simplicity?

Verse 14 says to "wait patiently for the Lord" How does this spiritual discipline of simplicity go with this verse?



STILLNESS

- 1. Intentionally removing distractions to know and hear from God better.*
- 2. Quieting the heart and mind before God, allowing Him to reveal His greatness to us.*

Week 4 Day 1

Stillness

When I was growing up most of my childhood was pretty great. Constantly doing activities and playing sports. But I also had those days where it felt like the days kept dragging on and on. You can only watch so much tv before your eyes go completely bug-eyed. With nothing to do and no one to play with, I would go outside and lay down on our trampoline we had in the backyard and just stare at the sky. I would sit outside and imagine: What will I be when I grow up? What adventures will I stumble upon? I wonder who I will marry one day? Somedays, I would just be still, and as boredom overtook me, my mind would have time to consider the deeper things in life.

I have found that the terrible threat of boredom is really not all that different as an adult. Sure, my days are busier, and there are many more demands on my time. But I still have those moments and days

when I have nothing pressing on my calendar, and I actually face that feeling of.....I am bored. The only difference now is, what do I do with my boredom? When all the tv shows are watched, the house is picked up, the kids are fed and/or asleep, we tend to pick up our phones and mindlessly scroll. I rob myself of moments where I can actually be still with the Lord, instead of scrolling social media or binge watching Netflix. Honestly, for me, I can say that stillness might actually be the spiritual discipline I wrestle the most with in practicing.

We are always on the move, always in a hurry. We walk around with limp arms and defeated spirits, overwhelmed by fears, worries, anxieties, and uncertainties, because we have forgotten to ponder on how great our God actually is. We journey through life, speaking of the Lord, but being disconnected from Him because we can not be still long enough to allow Him to reveal His glory to us. We are called HUMAN BEINGS. We must simply do that, just be. Be still in the moment. Be still during the chaos.

A most popular verse we often hear is Psalms 46:10 "Be still, and know that I am God." Stripped of its context, though, this verse loses the power of what stillness brings to our lives. Our minds are filled with such noise, such distraction, but the only thing that will truly bring us peace is remembering our great God. What time wasted, when we give our minds over to nothing. I know I am guilty of that. I pray we can be more intentional about practicing stillness, allowing the great attributes of God to fill our minds instead.

Silence your mind, still your heart, and remember who your God is.

Scripture To Study and Pray on

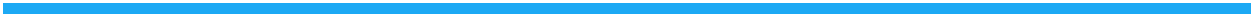
1 Kings 19:9-13

Dig Deep

How is the discipline of stillness portrayed through Elijah?

What was Elijah's response to the Lord passing by?

What can you learn from this example of stillness?



Week 4 Day 2

Scripture To Study and Pray On

Ecclesiastes 5:1-3

Dig Deep

How are we to approach the house of God? What wisdom does Solomon share with us?

How can you apply the spiritual discipline of stillness to your life?

During your stillness with God, what does verse 4 tell you to do? Why do you think that is important?

Week 4 Day 3

Scripture To Study and Pray On

Psalms 46

Dig Deep

"Be still" means to "cease striving" or "sink deep" What are the circumstances of the command to "be still" in verse 10 mean to you? And how can you apply it to your everyday life?

How does being still point you to Jesus?

Week 4 Day 4

Scripture To Study and Pray On

Isaiah 40:21-31

Dig Deep

What does this passage teach us about stillness (v. 29-31)?

Stillness is also the state of your heart. We can have a quiet heart even in the chaos of life. What does this passage teach about the Lord?

How does stillness and trust teach us to rely on the Lord?

Week 4 Day 5

Scripture To Study and Pray On

Exodus 14

Dig Deep

Look up verse 14 in different translations of the Bible and write them down.

Read verse 15-31. What were Moses' actions? What did God do and how did the people respond?

Moses told his people to stand still and watch the Lord rescue you. How could you apply that to your life?



JOY

1. Delighting in the Lord.
2. Focusing your mind on the cross.
3. Blissfully enjoying the good gifts of God.

Week 5 Day 1

Joy

In a world seeking happiness and pleasure, the mystery of the joy of the Lord often gets lost. As believers, we have tapped into the abundant riches of Heaven through Jesus Christ (2 Peter 1:3). Our hearts should be overflowing with joy and our smiles should testify to God's goodness in our lives. The life we live on earth was never meant for us to live it in drudgery. Still, most of us live each day overwhelmed, heavy with burden, exhausted at the end of each day and not looking forward to the next day. It is true that in this fallen world, you will have burdens and there are plenty of tasks we do each day that aren't exhilarating. God knows all of this.

Christian joy is not an act of willpower, but a spontaneous, emotional response of the heart. This joy is a direct result of the Holy Spirit's work in our hearts. The joy of the Lord is a safe place where we

can rest our weary souls in a chaotic world. The joy of the Lord is a refuge we run to when the world seems to be caving in all around us. Joy is a haven for our souls.

Joy is not a feeling; but an act of worship. John Angell James describes joy as "the oil to the wheels of obedience." Joy is not focused on the present, but on future glory. It is taking all that God has given us through Christ and living obediently.

Satan is a master thief of joy. He plants comparison in our heart to steal our purpose. He throws distractions in our lives to keep us from walking with Jesus. He trips us up with fear, worry, envy, and lust- all which steal our identities and kill our vision for the Kingdom. We defeat Satan's attempts with the Gospel truth.

True joy is found in the footsteps of Jesus, who bore the cross for our sins so we could have a life in Him.

Scripture To Study and Pray On

Psalms 16

Dig Deep

What does this passage teach us about joy?

Where is the joy of the Lord found? How can you daily seek the joy of the Lord?

Why does David rejoice in verse 9? Read different translations

Week 5 Day 2

Scripture To Study and Pray On

Nehemiah 8:9-12

Dig Deep

Why did Nehemiah tell the people not to weep?

How did the people respond to Nehemiah's words?

What can we learn from their responses?

Week 5 Day 3

Scripture To Study and Pray On

James 1:2-4

Dig Deep

What way is joy demonstrated or taught in this passage?

What is the product of joy?

What does "consider it an opportunity for great joy" look like in your life? What situation do you need to respond to with joy?

Week 5 Day 4

Scripture To Study and Pray On

1 Peter 1:6-9

Dig Deep

What does the testing of your faith produce?

What hope do we have in the midst of trials?

How does the discipline of joy point you to Christ?

Week 5 Day 5

Scripture To Study and Pray On

Psalms 30

Dig Deep

What hope do we have in trials and suffering?

What was the psalmist's response to trials?

How can we respond in the same way? What ways can you show the joy of the Lord?



Thank you for doing this study. I hope these last 5 weeks have been a heart opener for you. I pray that these discipline seeds that were planted in your spirit, grow deep roots in your heart.

