

Rooted

Loved, Not Rejected (Week 1)

LifeNotes

TALK IT OVER

Main Idea

You are not rejected, you are not abandoned. You are loved and you are God's masterpiece.

Key Scriptures

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10 NLT

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Ephesians 3:16-19 NIV

The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness." Jeremiah 31:3 NIV

Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the Lord, who has compassion on you. Isaiah 54:10 NIV

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. 1 John 4:9-10 NLT

We mistreat ourselves and others when we are not rooted in our values and identity in Jesus.

Rooting our identity in God's love:

1. Evaluate your thoughts and actions.

Search me, O God, and know my heart; test me and know my anxious thoughts. Psalms 139:23 NLT

2. Meditate on God's love for you.

Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. Psalms 1:1-3 NLT

3. Operate out of your identity in Christ.

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. 1 John 4:7 ESV

Start talking.

- Have you ever engaged in vandalism? If so, explain. If not, what vandalism have you seen?

- What is the often unspoken message of value that vandalism communicates?
- How does the assumed value of something affect how you treat it.

Start thinking.

- Read Ephesians 2:10. Why are we a masterpiece?
- Read Ephesians 3:16-19. How can Christ "dwell" in your hearts? What are the benefits of being rooted and established in love?
- Read Jeremiah 31:3; Isaiah 54:10, what is the recurring theme? What confidence should this give us. How do these verses speak to our identity?
- Read 1 John 4:9-10. What did it cost God to love you? How does that inform our identity?

Start sharing.

- What/who were the loudest voices defining your value growing up?
- What is the greatest obstacle for you to believe your value and identity in Christ?
- Why should what God says over you form the foundation of your identity?

Start doing.

- What does it look like to implement each of the three steps in your life this week?

Closing prayer.

Jesus, help me to root my identity in your love and truth. Help me to view myself and others as priceless masterpieces. Give me the strength and courage to cut ties with the lies that I have allowed to define me in the past. Thank you for your everlasting love, and unfailing kindness.