

# Your Roots, Your Strength

We don't usually "ooh" and "awe" over the beautiful look of tree roots. We don't always see them and even when we do, they're not always beautiful but boy are they essential to growth and flourishing! Without deep roots, the plant dies. Roots need space to expand and that's why sometimes if a plant is left in a small pot, it can get root bound. The growth is stunted, and you never see the real beauty because it's not given room to grow. However, transplanting the plant to a larger pot can work wonders! It's amazing the growth and beauty that can happen as a result!

As we engage in ministry to women, there is a good lesson here for us. If our ministry to women is to grow and flourish, we need our roots to go deep in Christ. Our purpose in programming, while it includes fun and fellowship, is ultimately to lead women into a deeper relationship with Christ. A program with deep roots is one with a rich spiritual focus.

## PLANTING IT DEEP IN CHRIST:

- Bible Studies
- Spiritual Gifts Survey
- Enneagram Study
- Emotionally Healthy Spirituality
- Lectio Divina
- Contemplative Prayer
- Journaling Class
- Spiritual Reflection Exercises
- Spiritual Formation Podcasts

## ADDING BRANCHES:

- Caring for Caretakers
- Women with All Abilities
  - Widows/Widowers
- Young Girls (BRAVE)
- Strengths Finder Class
- Working Women (Ladies Night Out)
- Mom's with Young Children (Baby Song)

