ROOTED

GROWING DEEP ROOTS • BEARING LASTING FRUIT

SEPTEMBER 2026

Walking in Wisdom

Character Trait: Self-Control • Spiritual Habit: Walking in Wisdom

PARENT GUIDE & RESOURCE LIBRARY

MEMORY VERSE
Proverbs 25:28
A man without self-control is like a city broken into and left without walls.

CATECHISM QUESTION 1
Q. What is the chief end of man?
A. Man's chief end is to glorify God, and to enjoy Him forever.

HYMN
Be Thou My Vision
Listen together as a family each Wednesday.

FAMILY PHRASE
"What would be the wise choice?"

	MEMORIZATION MONDAY	MEET JESUS TUESDAY	LISTEN & PRAY WEDNESDAY	TOGETHER THURSDAY Catechism	FOLLOW FRIDAY Read + Discuss	SERVING SATURDAY	WORSHIP TOGETHER SUNDAY
WEEK 1		1 Read Mark 1 Discussion: What did Jesus teach that was new and different?	2 Listen to *Be Thou My Vision* Pray for Your Family	3 Catechism Question 1 Word: Chief End Focus: Why did God create us?	4 Read Proverbs 1:1–7 Discussion: What is wisdom and why is it so important?	5 Encourage Someone	6 Worship Together
WEEK 2	7 Proverbs 25:28	8 Read Mark 2 Discussion: What did Jesus do to show His power and authority?	9 Listen to *Be Thou My Vision* Pray for Your Church	10 Catechism Question 1 Word: Glorify Focus: How can we honor God with our lives?	11 Read James 1:5–8 Discussion: What promise does God make to us in this verse?	12 Help Someone in Need	13 Worship Together
WEEK 3	14 Proverbs 25:28 or Proverbs 1:7	15 Read Mark 3 Discussion: Why did Jesus choose ordinary people to be His followers?	16 Listen to *Be Thou My Vision* Pray for Missionaries & Those Who Need Jesus	17 Catechism Question 1 Word: Enjoy Focus: What does it mean to delight in God?	18 Read Proverbs 3:1–8 Discussion: How does obeying God's wisdom bless our lives?	19 Encourage Three People	20 Worship Together
WEEK 4	21 Proverbs 25:28 or James 1:5	22 Read Mark 4 Discussion: What did Jesus teach about living by faith?	23 Listen to *Be Thou My Vision* Thank God for His Faithfulness	24 Catechism Question 1 Word: Forever Focus: God's plan doesn't end when this life ends.	25 Read Galatians 5:22–23 Discussion: Which fruit of the Spirit do you need more of?	26 Serve Together as a Family	27 Worship Together
WEEK 5	28 Proverbs 25:28 or Psalm 111:10	29 Review Mark 1–4 Discussion: What did you learn about Jesus this month?	30 Thank God for September. Pray together as a family.				

Rooted Family Night

- Share a meal or special treat.
- Play a game or enjoy a fun family activity.
- Celebrate how God has been at work this month.
- Encourage one another.
- Pray together and look forward to next month.

KNOW CHRIST • LOVE CHRIST • FOLLOW CHRIST • SERVE CHRIST

"Let your roots grow down into him, and let your lives be built on him." COLOSSIANS 2:7

September - At A Glance

Theme	Walking in Wisdom
Character Quality	Self-control
Spiritual Habit	Walking in Wisdom
Memory Verse	Proverbs 25:28
Hymn of the Month	Be Thou My Vision Be Thou My Vision | Reawaken Hymns | Official Lyric Video
Gospel Reading	Mark 1-4
Theme Passages	Proverbs 1:1-7 James 1:5-8 Proverbs 3:1-8 Galatians 5:22-23
Hospitality Challenge	Invite another family, neighbour, or friend to share dessert or a simple meal with you sometime this month.
Catechism - Westminster Shorter Catechism	Question 1: What is the chief end of man? Answer: Man's chief end is to glorify God and to enjoy Him forever.
Extra verses for memorization	• Proverbs 1:7 • James 1:5 • Psalm 111:10

Week 1 - God Is the Source of Wisdom

🧠 **Head**: Discover that true wisdom begins with God.
❤️ **Heart**: Desire to seek God's wisdom above your own.
🤝 **Hands**: Choose one wise decision each day.

Big Idea
True wisdom begins with God.
The world often tells us to trust our feelings, follow our hearts, or decide for ourselves what is right. God's Word points us in a different direction. Real wisdom begins by knowing, trusting, and obeying Him.
As your family begins this first month of *Rooted*, remember that wisdom isn't simply about making smart decisions. It's about learning to see life from God's perspective and choosing His way, even when it's difficult.

This Week
📖 Memory Verse
Proverbs 25:28
A person without self-control is like a city with broken-down walls. (NLT) Please use the Bible version you feel most comfortable with.
Don't worry about memorizing the entire verse this week. Simply begin reading it together each day.

✝️ Meet Jesus Tuesday
Read: Mark 1
As you read, notice how Jesus always obeyed His Father. He knew His purpose and never lost sight of it.

🎵 Worship & Prayer Wednesday
Hymn: *Be Thou My Vision*
As you listen to the hymn, notice how it asks God to become our vision, our wisdom, and our guide.
One line to discuss: "*Be Thou my Wisdom, and Thou my true Word.*"
Questions to Ask:

- What do you think it means to ask God to be our wisdom?
- How can Jesus help us make wise choices?

Pray for Your Family: Spend a few minutes praying together.
Pray that each member of your family would:

- love God's Word
- make wise choices
- trust Jesus
- grow in self-control

❤️ Together Thursday
Conversation
Questions to Ask:

- What is one wise choice you made this week?
- What is one choice you wish you could do over?
- Why do you think God wants us to ask Him for wisdom?

Catechism
Westminster Shorter Catechism — Question 1
Q. What is the chief end of man?
A. Man's chief end is to glorify God and to enjoy Him forever.
Talk About It
Ask: "What do you think it means to glorify God?"
You don't need to explain everything this week. Simply begin becoming familiar with the question and answer. You'll return to it throughout the month.

👣 Follow Friday
Read Together: Proverbs 1:1–7
These verses teach us that true wisdom begins with fearing the Lord—not being afraid of Him, but honouring Him, trusting Him, and recognising that His ways are always best.
Talk About It
Questions to Ask:

- According to these verses, where does wisdom begin?
- Why do you think God wants us to seek His wisdom instead of relying only on ourselves?
- What is one decision you may need God's wisdom for this week?

Family Phrase: *"What would be the wise choice*?"
Whenever someone faces a decision this week—big or small—pause and ask that question together. Parents, model this too. Let your children hear you say, "I'm not sure what to do. What would be the wise choice?"

One of the greatest gifts we can give our children is letting them see us depend on God for wisdom.

This Week's Challenge:
Before making any important decision this week, stop and pray.
"Lord, help me make the wise choice."

🤝 Serving Saturday
Yesterday we learned that wisdom begins with fearing the Lord and choosing His way.
Today, look for one opportunity to put that wisdom into action by serving or encouraging someone else.
Ideas include:

- Baking cookies.
- Writing a thank-you note.
- Helping a neighbour.
- Praying with someone.
- Completing a chore without being asked.

Questions for Reflection:

- How was serving someone a wise choice?
- How did our actions help glorify God?

Pray Together
Father, thank You for being the source of all wisdom. Help our family to trust You more than our own understanding. Teach us to make choices that glorify You and help us become more like Jesus. This week, remind us to stop and ask, "What would be the wise choice?" Thank you for loving us and guiding us every day. In Jesus' name, Amen.

🎄 **Want to Go Further?**
Visit the September Resource Library for:

- A family object lesson
- Optional Bible verses to memorize
- Extra discussion questions
- Activities for younger children
- Journal prompts

Week 1 - Additional Resources

God Is the Source of Wisdom

Main Passage: Proverbs 1:1–7

🌱 Family Object Lesson - Which Way Should We Go?

Supplies

- A blindfold
- Two chairs
- A small prize (or Bible)

Setup

Place two chairs a few feet apart to create a simple path. Hide the prize at the end.

Activity

Have one child wear the blindfold. First, let them try walking without anyone helping. Then have another family member give clear directions.

Ask:

- Which was easier?
- Why?
- Did trusting someone's instructions help?

Read: Proverbs 1:7

Talk About It: God sees what we cannot see. His wisdom keeps us from making foolish choices. Following God isn't about guessing; it's about trusting the One who already knows the right path.

📖 Optional Memory Verses

- Psalm 111:10 *Fear of the Lord is the foundation of true wisdom. All who obey his commandments will grow in wisdom. Praise him forever!*
- James 1:5 *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*
- Proverbs 3:5–6 *Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.*

💬 Go Deeper Questions

- Why do you think God talks so much about wisdom?
- What's the difference between being smart and being wise?
- Can someone know a lot but still make foolish choices?
- When have you made a wise decision?
- When have you ignored good advice?
- How does reading the Bible help us become wise?

For older kids:

- Why is "the fear of the Lord" the beginning of wisdom?
- What does it actually mean to fear God?

👧 Activities for Younger Children

1. Wise or Foolish Game

Read simple situations and have children hold up green or red paper (or other coloured items).

🟢 Wise

🔴 Foolish

Examples:

- Tell the truth.
- Hit your brother.
- Pray when you're worried.
- Share your toys.
- Ignore Mom.
- Read your Bible.
- Lie about breaking something.

2. Maze (below)
3. Colouring Page (below)

📝 Journal Prompts

Ages 7–10

- Today I learned...
- One wise choice I can make this week...
- I want God to help me...

Ages 11+

- Describe a time you made a foolish decision.
- What happened?
- What did God teach you?
- How can Proverbs 1:7 change the way you make decisions this week?

🎵 Bonus Worship

If your family enjoys music, you could also listen to:

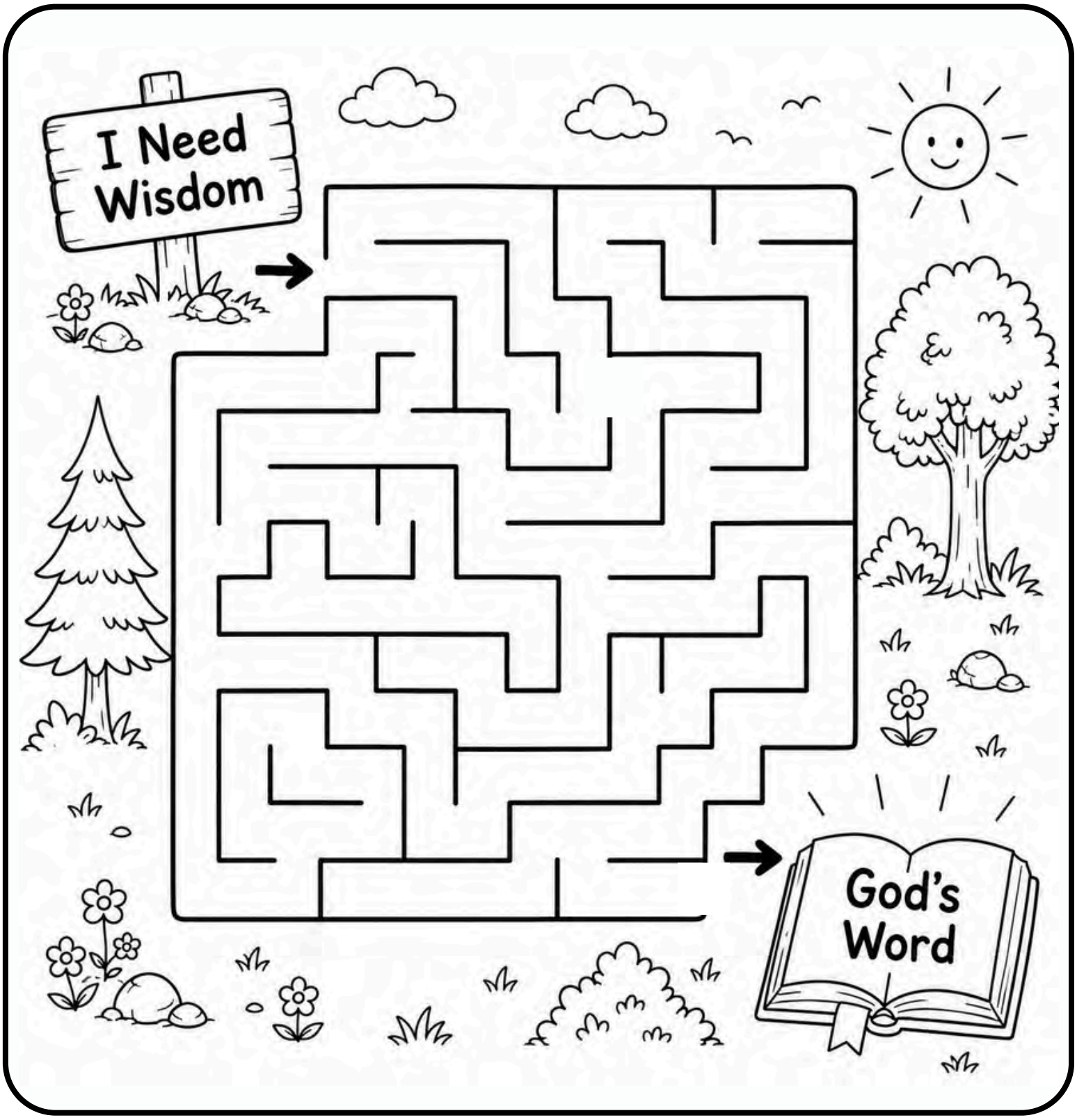
Ancient Words (Michael W. Smith)

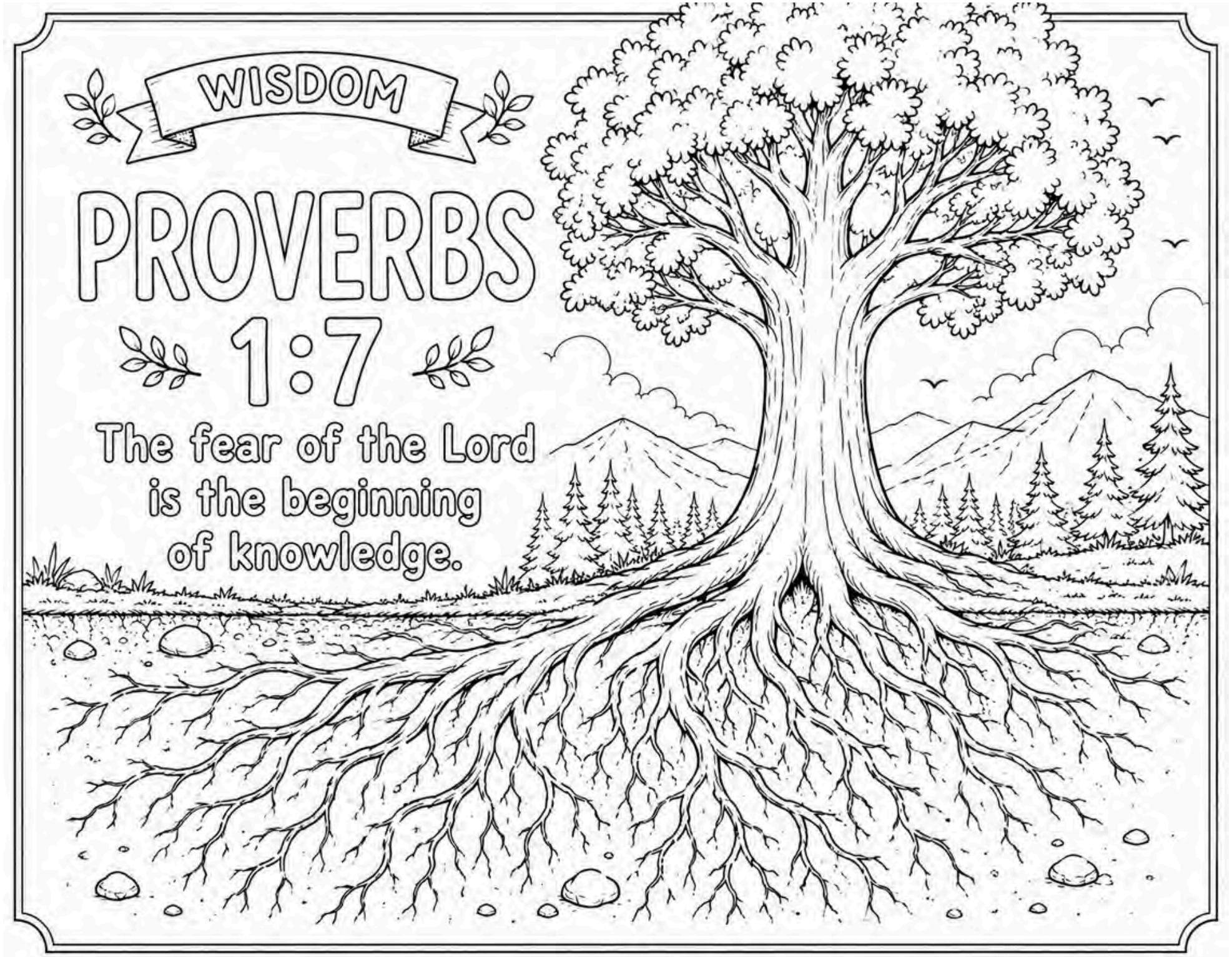
Speak, O Lord (Keith & Kristyn Getty)

🙏 Family Prayer Guide

Pray together:

- Thank God for giving us His Word.
- Ask Him to make us wise.
- Help us obey even when it's hard.
- Help our family choose wisdom every day.
- Help us become more like Jesus


I Need Wisdom
God's Word


WISDOM
PROVERBS
1:7
The fear of the Lord
is the beginning
of knowledge.

Week 2 - Trust God's Wisdom

🧠 **Head** - Learn that God's wisdom is always trustworthy.
❤️ **Heart** - Choose to trust God, even when you don't understand.
🤝 **Hands** - Ask God for wisdom before making decisions this week.

🌿 **Family Phrase**
"What would be the wise choice?"
Use this question throughout the week whenever someone is making a decision—big or small. Over time, our prayer is that this simple question will become a natural habit in your family.

Big Idea
Every day we make countless decisions. Some seem small, while others have lasting consequences. God's Word reminds us that we don't have to rely on our own understanding or figure everything out by ourselves. He delights in giving wisdom to those who ask Him.
Wise people are not those who know all the answers. Wise people are those who humbly seek God's direction and trust Him enough to obey.
As your family grows this week, remember that God always sees the whole picture, even when we can only see a small part.

This Week
📖 Memorization Monday
Continue practising Proverbs 25:28 together or choose another verse from the Resource Library to memorize for the week.
Try saying it before meals, on the drive to school, or before bedtime. Don't worry about getting every word perfect right away—repetition over time helps God's Word take root in our hearts.

✝️ Meet Jesus Tuesday
Read: Mark 2
As you read together, notice how Jesus continually chose His Father's will instead of following the expectations of the crowd.
Questions to Ask:

- What surprised you about Jesus?
- Why did Jesus care more about pleasing God than pleasing people?
- What does this chapter teach us about trusting God?

🎵 Worship & Prayer Wednesday
Hymn: Be Thou My Vision
This week, pay special attention to the line:
"Riches I heed not, nor man's empty praise; Thou mine inheritance, now and always."
Sometimes the world tells us to chase success, popularity, or possessions. God's wisdom teaches us that knowing Him is far more valuable than anything the world can offer.
Prayer Focus: Pray for Your Church
Spend a few minutes praying together for your church family.
Pray for:

- your pastor as he faithfully teaches God's Word.
- your elders and church leaders as they make wise decisions.
- your Sunday school teachers and youth leaders as they disciple others.
- the families in your church to grow together in Christ.

Ask God to help your church be a light in your community.

❤️ Together Thursday
Conversation: Ask one or two of these questions together:

- What decision did you have to make this week?
- When is it hardest to trust God's way instead of your own?
- How can our family encourage one another to make wise choices?
- Why do you think God wants us to ask Him for wisdom?

Catechism Review: Westminster Shorter Catechism
Question 1: What is the chief end of man?
Review the question and answer together.

This Week's Word: **Glorify**
To glorify God means to honour Him, obey Him, and show others how great He is through the way we live.
Talk About It

- How can our choices glorify God?
- Can children glorify God? How?
- What is one way our family can glorify God this week?

👣 Follow Friday
Read Together: James 1:5–8
God promises to give wisdom generously to those who ask Him in faith.
Talk About It
Questions to Ask:

- What does God promise in these verses?
- Why do you think God wants us to ask Him for wisdom?
- Is there a decision you're facing where you need God's help?

Family Phrase: "What would be the wise choice?"
Keep using this question whenever your family has decisions to make.
This Week's Challenge:
Before making an important decision this week, stop and pray.
"Lord, please give me wisdom to choose what pleases You."

🤝 Serving Saturday
Yesterday we learned that God gladly gives wisdom to those who ask Him.
Today, ask God to show your family someone who needs encouragement.
Ideas include:

- Pray with someone who is struggling.
- Send an encouraging text or card.
- Help someone without expecting anything in return.
- Visit or call someone who may be lonely.

Questions for Reflection:

- How did asking God for wisdom help us know how to serve?
- How did our actions show God's love?

🙏 Pray Together
Father, thank You for promising to give wisdom generously to those who ask. Help us to trust Your ways more than our own understanding. Teach our family to seek You first, make wise decisions, and live in ways that glorify You. May our words, our choices, and our actions point others to Jesus. In His name we pray, Amen.

🌲 Want to Go Further?
Visit the September Resource Library for:

- A family object lesson
- Optional memory verses
- Extra discussion questions
- Activities for younger children
- Journal prompts

Week 2 – Additional Resources

Trust God's Wisdom

Main Passage: James 1:5–8

🌱 Family Object Lesson

The Flashlight

Supplies

- A flashlight
- A dark room (or wait until evening)

Activity

Turn off the lights and ask: "Can you safely walk across the room?"
Now turn on the flashlight.
Ask: "What changed?"
The flashlight didn't move the furniture. It simply helped you see where to walk.
Read: James 1:5
Talk About It: God's wisdom works like a flashlight. It doesn't always remove our problems. Instead, it helps us know what to do next. Sometimes God only shows us the next step, and He asks us to trust Him.

📖 Optional Memory Verses

- Psalm 32:8 *The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you.*
- Proverbs 1:7 *Fear of the Lord is the foundation of true knowledge, but fools despise wisdom and discipline.*

💬 Go Deeper Questions

- Why do you think God wants us to ask Him for wisdom?
- Why doesn't God simply make every decision for us?
- What kinds of decisions do kids have to make?
- What decisions do adults have to make?
- How can we tell the difference between God's wisdom and our own ideas?
- What does it mean to trust God when you don't know the whole plan?

For older children:

- James talks about asking "without doubting." What do you think that means?
- Have you ever prayed for wisdom? What happened afterwards?

👧 Activities for Younger Children

1. Which Choice Is Wiser?

Read two choices. Children point to the wiser one.
Examples:

- Eat an apple or five chocolate bars?
- Pray before making a big decision or just guess?
- Read God's Word or ignore it?
- Tell the truth or lie?
- Forgive or stay angry?

2. Prayer Jar

Decorate a jar. Throughout the week, everyone writes down decisions they're facing. At dinner, pull one out and pray together for wisdom.

3. Colouring Page (below)

📝 Journal Prompts

Ages 7–10

- Today I need God's wisdom about...
- One choice I can trust God with this week...
- I know God is wise because...

Ages 11+

- Think of a decision you're facing.
- What advice would the world give?
- What advice does God's Word give?
- How will you choose to trust Him?

🎵 Bonus Worship

Trust and Obey
He Will Hold Me Fast
Yet Not I But Through Christ in Me

🙏 Family Prayer Guide

Pray together for wisdom in:

- School
- Friendships
- Work
- Parenting
- Difficult conversations
- Decisions your family is currently making

End by praying James 1:5 together:
"Lord, You promise to give wisdom generously to those who ask. Help our family trust You and seek Your wisdom every day. Amen."

💡 **Bonus Family Challenge**

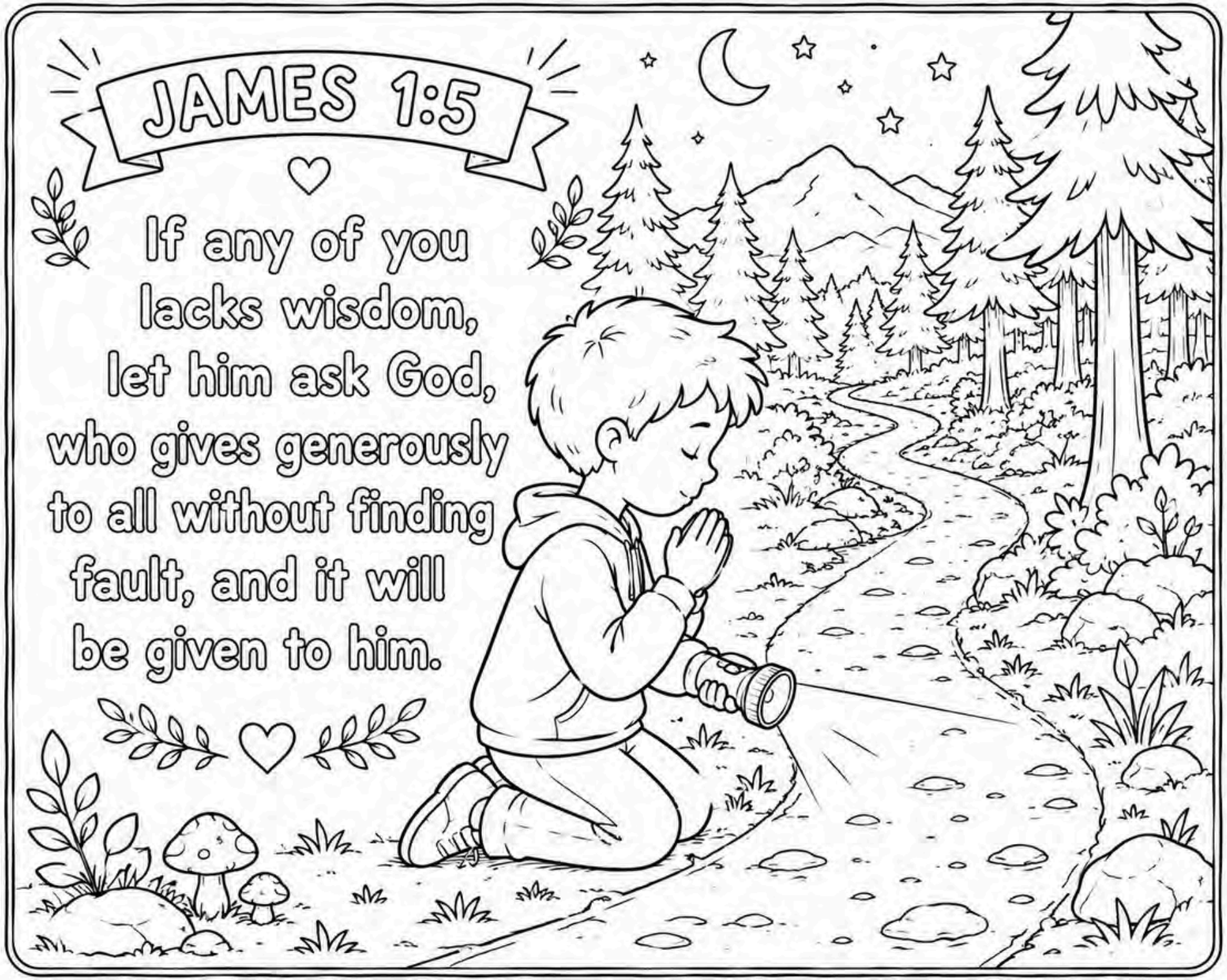
The Wisdom Pause

Every time someone has to make a decision this week—even a small one—pause for 10 seconds and ask:

"What would be the wise choice?"

Then pray:

"Lord, please give me wisdom."


JAMES 1:5
If any of you lacks wisdom, let him ask God, who gives generously to all without finding fault, and it will be given to him.

Week 3 - Wisdom Changes the Way We Live

🧠 Head - Learn that wisdom is shown by the choices we make.
❤️ Heart - Desire to please God more than yourself.
🤝 Hands - Practice self-control in your words, attitudes, and actions.

🌿 Family Phrase: "What would be the wise choice?"
This week, use this question before speaking, reacting, or making a decision. Wisdom isn't only about knowing what is right—it's about choosing to do what is right.

Big Idea
Wisdom isn't measured by how much we know. It is seen in how we live.
God's wisdom shapes the way we speak, respond to others, spend our time, and make decisions. It helps us choose kindness instead of anger, patience instead of frustration, and obedience instead of selfishness.
Self-control is one of the ways God's wisdom becomes visible in our everyday lives.
The more we walk with Jesus, the more our lives begin to reflect His character.

This Week
📖 Memorization Monday
Continue practising Proverbs 25:28 together or choose one of the optional verses to memorize.
This week, try saying the verse without looking as often as you can. Don't worry if you need a few reminders—God's Word takes root through faithful repetition.

✝️ Meet Jesus Tuesday
Read: Mark 3
As you read, notice that Jesus continued to do what was right even when others misunderstood Him or criticised Him.
Questions to Ask:

- Why didn't Jesus stop doing good when people opposed Him?
- What does this chapter teach us about courage?
- How did Jesus show self-control?
- How can we follow His example this week?

🎵 Worship & Prayer Wednesday
Hymn: Be Thou My Vision
This week, pay special attention to these words:
"*Be Thou my Wisdom, and Thou my true Word*."
When we ask God to be our wisdom, we're asking Him to guide our thoughts, our choices, and our lives.
Reflect
Questions to Ask:

- What do these words teach us about God?
- Why is it comforting to know that God is wiser than we are?

Prayer Focus: Missionaries and Those Who Need Jesus
Spend a few minutes praying together.
Pray for:

- missionaries who are sharing the gospel around the world.
- people who have never heard about Jesus.
- friends, neighbours, or classmates who don't yet know Him.
- courage to share God's love when He gives your family opportunities.

Ask God to help many people come to know His wisdom and salvation through Jesus.

❤️ Together Thursday
Conversation
Choose one or two questions to discuss together:

- When is it hardest to choose the wise thing instead of the easy thing?
- Why do our words matter so much?
- Can you think of a time when self-control protected you from making a poor choice?
- How can our family help one another grow in self-control?

Catechism Review
Westminster Shorter Catechism
Question 1: What is the chief end of man?
Review the question and answer together.

This Week's Word: **Enjoy**
The catechism reminds us that we were created not only to glorify God but also to enjoy Him forever. God isn't asking us to follow Him because He wants to take away our joy. He invites us to find our deepest joy in knowing Him, trusting Him, and walking with Him every day.

Talk About It

- What are some things you enjoy about God?
- How can reading the Bible and praying help us enjoy God more?
- How does choosing God's way lead to real joy?

👣 Follow Friday

Read Together: Proverbs 3:1–8

One of the best-known verses in the Bible is found in this passage:

"Trust in the LORD with all your heart, and lean not on your own understanding."

God's wisdom often asks us to trust Him before we fully understand His plans.

Talk About It

Questions to Ask:

- What does it mean to trust the Lord with all your heart?
- Why is it sometimes easier to trust ourselves than God?
- How can self-control help us choose God's way instead of our own?

Family Phrase: "What would be the wise choice?"

Keep asking this question whenever your family is making a decision.

This Week's Challenge:

Choose one area where your family wants to practice self-control this week.

Some ideas include:

- speaking kindly
- putting away screens without complaining
- responding patiently
- completing responsibilities before being reminded
- encouraging one another with your words

At the end of each day, ask: "Where did you see someone make the wise choice today?"

Celebrate every step of growth, even the small ones.

🤝 Serving Saturday

Yesterday we learned that trusting God's wisdom changes the way we live.

Today, use your words to encourage others.

Choose three people to encourage today.

It could be:

- a family member
- a friend
- a teacher
- a pastor
- a neighbour

A kind word can strengthen someone more than you realize.

Questions for Reflection:

- How did encouraging someone reflect God's wisdom?
- How did our words help build someone up?
- How did serving with our words glorify God?

🙏 Pray Together

Father, thank You for showing us true wisdom through Your Son, Jesus. Help us not only to know what is right, but to choose what is right. Grow self-control in our hearts and help our words and actions reflect Your love. Teach us to find our greatest joy in You and to glorify You in everything we do. In Jesus' name, Amen.

🌲 Want to Go Further?

Visit the September Resource Library for:

- A family object lesson
- Optional memory verses
- Extra discussion questions
- Activities for younger children
- Journal prompts

Week 3 – Additional Resources

Wisdom Changes the Way We Live

Main Passage: Proverbs 3:1–8

🌱 Family Object Lesson

Strong Roots

Supplies

- Two small plants (or pictures if you don't have plants)
  - One healthy plant with good roots
  - One wilted or shallow-rooted plant
- A clear container (optional)

Activity

Carefully remove one healthy plant from its pot so everyone can see the roots. Compare it with the weaker plant.

Ask:

- Which plant would survive a windstorm?
- Why?
- Can you tell how healthy a tree is just by looking at the leaves?

Read: Proverbs 3:5–6

Talk About It: A tree with deep roots doesn't become strong overnight. It grows little by little. The same is true for Christians. Every time we trust God, obey His Word, pray, forgive, or choose kindness, our spiritual roots grow deeper. People may only notice the fruit, but God is growing the roots.

📖 Optional Memory Verses

- Colossians 2:6–7 *And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.*
- Psalm 1:2–3 *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.*
- James 1:5 *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*

💬 Go Deeper Questions

- What are some signs that a tree has healthy roots?
- What are some signs that a Christian is growing?
- Why is it easier to trust ourselves than God?
- What habits help our roots grow deeper?
- What "fruit" do you hope people see in your life?

For older children:

- Why does Proverbs tell us not to lean on our own understanding?
- What does it look like to acknowledge God in all your ways?
- Can someone look like a Christian on the outside while having shallow roots?

👧 Activities for Younger Children

1. Activity - Fruit or Root?

Print or draw pictures, then sort them into two groups.

Roots

- Prayer
- Reading the Bible
- Obeying God
- Trusting Jesus
- Worship

Fruit

- Kindness
- Patience
- Joy
- Helping others
- Forgiveness

Explain: Roots grow underground where nobody sees. Fruit is what everyone notices.

2. Build a Root Tree

Draw a large tree.

Write or draw "roots" underneath:

- Prayer
- Bible
- Church
- Family
- Obedience

On the branches, add fruit:

- Love
- Joy
- Peace
- Kindness
- Self-control

3. Colouring Page (below)

📝 Journal Prompts

Ages 7–10

- One way I grew this week…
- One habit that helps me know God…
- I want stronger roots by…

Ages 11+

- Think about a tree with deep roots.
- What habits are helping your faith grow?
- What habits might be weakening your roots?
- What is one practical step you can take this week to become more deeply rooted in Christ?

🎵 Bonus Worship

Christ Is Mine Forevermore (CityAlight)
Speak, O Lord (Getty Music)
Yet Not I But Through Christ in Me

🙏 Family Prayer Guide

Pray that God would help your family:

- Trust Him more each day.
- Grow deeper roots in His Word.
- Obey Him even when it's difficult.
- Show the fruit of the Spirit in everyday life.
- Encourage one another to keep growing.

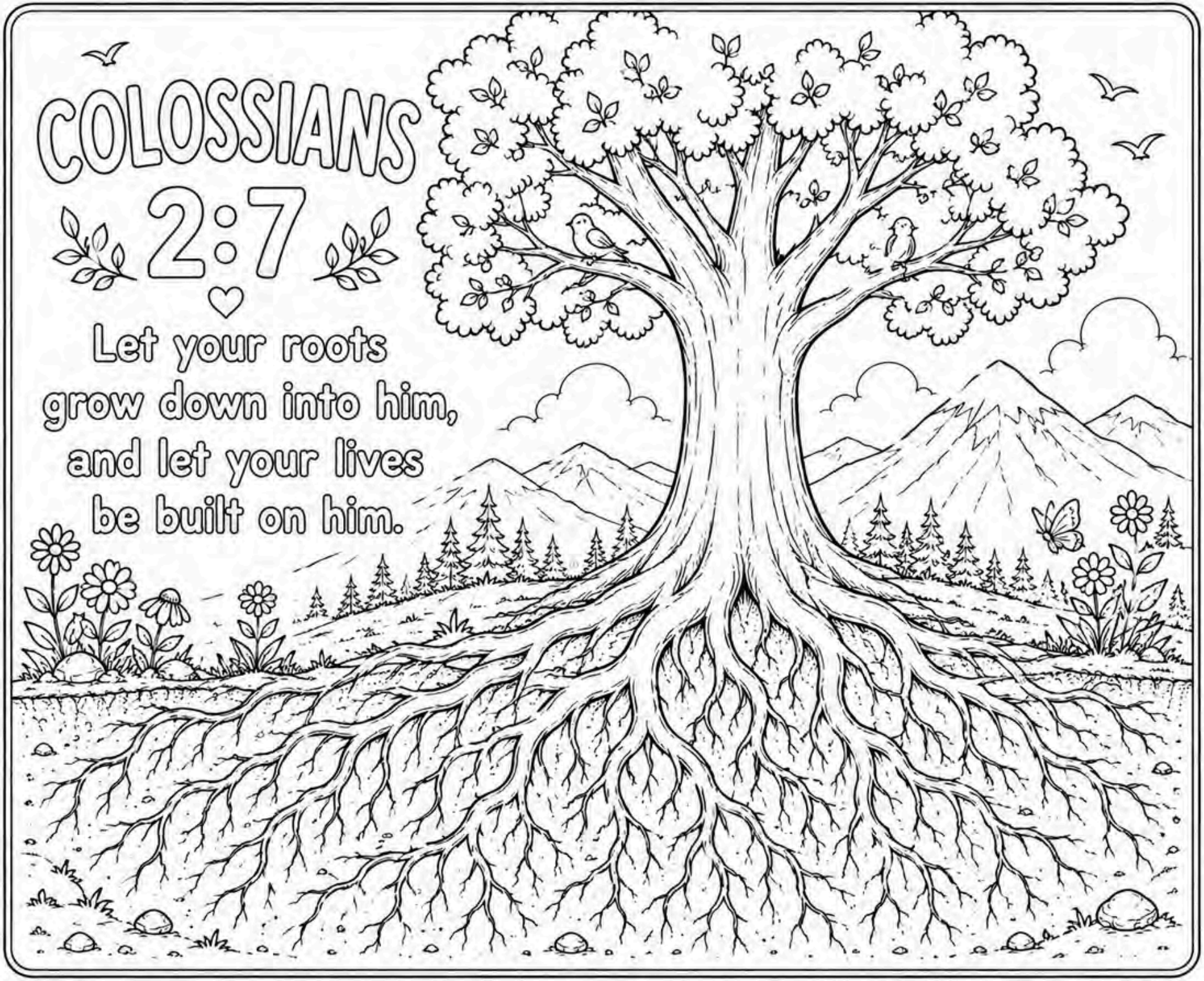
Finish by praying: Lord, help our family trust You with all our hearts. Grow our roots deep in You so that our lives will produce fruit that brings You glory. Amen.

🌳 Rooted Family Challenge

Grow One Root
Choose one spiritual habit to practice every day this week.
Ideas include:

- Read one chapter of the Bible.
- Pray together before bed.
- Memorise one verse.
- Thank God for three blessings each day.
- Show one act of kindness.
- Worship together by singing one song.

At the end of the week, talk about how that one small habit helped your roots grow deeper.


COLOSSIANS
2:7
Let your roots
grow down into him,
and let your lives
be built on him.

Week 4 - Walking with God Every Day

🧠 Head - Learn that God grows wisdom and self-control in us over time.
❤️ Heart - Depend on the Holy Spirit to help you become more like Jesus.
🤝 Hands - Keep choosing the wise path, one day at a time.

🌿 **Family Phrase**
"What would be the wise choice?"

As September comes to a close, continue asking this question. Wise choices aren't made only once—they become a way of life as we walk with Christ day by day.

Big Idea
Growing in wisdom doesn't happen overnight.
Just as a tree grows slowly over many seasons, God patiently grows His children over a lifetime. Every time we choose to trust Him, obey His Word, and depend on the Holy Spirit, our roots grow a little deeper.
Don't be discouraged if growth seems slow. God is faithfully at work, shaping you to become more like Jesus.

This Week
📖 Memorization Monday
Celebrate your progress on Proverbs 25:28 or choose one or more of the optional verses to memorize.
See if your family can recite the verse together from memory. If someone still needs help, encourage one another—memorising Scripture is a journey, not a competition.
Take a few moments to talk about how this verse has helped your family think differently throughout the month.

✝️ Meet Jesus Tuesday
Read: Mark 4
As you read together, notice how often Jesus teaches about faith, growth, and trusting God.
Pay special attention to:

- The Parable of the Sower
- The Parable of the Growing Seed
- Jesus Calming the Storm

Questions to Ask:

- What helps God's Word grow in our hearts?
- Why were the disciples afraid in the storm?
- What does this chapter teach us about trusting Jesus?
- How has God helped our family grow this month?

🎵 Worship & Prayer Wednesday

Hymn: Be Thou My Vision

This month we've sung this hymn together each week. As you listen one final time, thank God for being your wisdom, your guide, and your greatest treasure.

Pay special attention to these words:

"High King of Heaven, my victory won,
May I reach Heaven's joys, O bright Heaven's Sun."

Even when life is difficult, God promises to lead us and never leave us.

Reflect

Questions to Ask:

- Which line from this month's hymn has meant the most to you?
- What have you learned about God this month?

Prayer Focus: Thanksgiving & Praise

Spend time thanking God together.

Thank Him for:

- the wisdom He gives.
- ways you've seen Him help your family grow.
- opportunities to make wise choices.
- your church, friends, and family.
- His faithfulness throughout the month.

Ask Him to continue growing His character in each member of your family.

❤️ Together Thursday

Conversation

Choose one or two questions to discuss together.

- Looking back over September, where have you seen God at work?
- Which activity helped you grow the most?
- What has been the hardest part of making wise choices?
- How can we continue growing in wisdom after this month ends?

Catechism Review - Westminster Shorter Catechism

Question 1: What is the chief end of man?

Review the question and answer together.

This Week's Word: **Forever**

We were created not only for today, but for eternity.

Our greatest joy begins now as we know and follow Jesus, and one day we will enjoy Him perfectly forever.

That future hope gives purpose to the choices we make today.

Talk About It

- What are you looking forward to about being with God forever?
- How does knowing our future with God help us make wise choices today?
- How can our family keep glorifying and enjoying God after September ends?

👣 Follow Friday

Read Together: Galatians 5:22–23

Paul reminds us that self-control is part of the fruit of the Spirit.

Fruit doesn't grow overnight. As we walk with Jesus day by day, the Holy Spirit changes us from the inside out. He helps us become more loving, joyful, peaceful, patient, kind, good, faithful, gentle, and self-controlled.

Talk About It

Questions to Ask:

- Which fruit of the Spirit have you seen growing in your life this month?
- Which fruit would you like God to grow more in you?
- How does the Holy Spirit help us make wise choices?

Family Phrase: "What would be the wise choice?"

Although September is ending, this question can continue to guide your family every day.

This Week's Challenge:

Choose one fruit of the Spirit that your family wants to intentionally practice during the coming month.

Pray that God would continue His work in each of you.

🤝 Serving Saturday

Yesterday we learned that the Holy Spirit grows His fruit in us as we follow Jesus. Today, look for one opportunity to let that fruit be seen by serving others together as a family.

Choose an act of service that everyone can participate in.

Some ideas include:

- Visit someone who may be lonely.
- Help a neighbour with a project.
- Bake together for another family.
- Write encouraging notes to people in your church.
- Pick up litter in your neighbourhood.
- Pray for your missionaries, church leaders, or someone who needs Jesus.

Questions for Reflection:

- Which fruit of the Spirit did we practice as we served today?
- How did serving others help us reflect the love of Jesus?
- How did we see God at work through our family today?

Tomorrow (or at your next *Rooted Family Night*), take time to celebrate all that God has been teaching your family this month.

🙏 Pray Together
Father, thank You for walking with us throughout this month. Thank You for Your Word that teaches us wisdom, for Jesus who shows us how to live, and for the Holy Spirit who helps us grow. Continue to deepen our roots in You so that our lives will bear fruit for Your glory. Help us keep choosing the wise path each day as we seek to glorify You and enjoy You forever. In Jesus' name, Amen.

🌿 **Rooted Family Night**
Celebrate What God Has Done! You made it through a month of *Rooted*! Now it's time to celebrate.

Choose a special way to enjoy time together as a family. Order pizza, make sundaes, have a campfire, play a favourite game, or enjoy a special dessert. The celebration doesn't have to be elaborate—the goal is simply to pause, have fun together, and thank God for all He has been doing in your family.

After you've had some fun together, spend a few minutes talking about the month.
Invite everyone to finish one or more of these sentences:

- This month I learned…
- God helped me…
- One wise choice I'm thankful for is…
- One way I saw God answer prayer was…
- One way I saw someone else grow was…
- Next month I want to keep growing in…

Then encourage one another.
Tell each person one way you've seen God growing them this month.
Finish by thanking God for His faithfulness and praying for the month ahead.
Small Rhythms. Deep Roots. Lasting Fruit.

🌲 Want to Go Further?
Visit the September Resource Library for:

- A family object lesson
- Optional memory verses
- Extra discussion questions
- Activities for younger children
- Journal prompts

Week 4 – Additional Resources

Walking with God Every Day

Main Passage: Galatians 5:22–23

🌱 Family Object Lesson

Fruit Trees

Supplies

A piece of fruit (apple, orange, grapes, etc.)

(Optional) A picture of a fruit tree in different seasons

Activity

Hold up the fruit and ask:

- Where did this fruit come from?
- Could you tape fruit onto a dead tree and make it healthy?
- How does a tree produce fruit?

Explain that fruit grows naturally on a healthy tree.

Read: Galatians 5:22–23

Talk About It: The Fruit of the Spirit isn't something we force. As we spend time with Jesus, the Holy Spirit changes us from the inside out. People begin to notice love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control growing in our lives. Just like healthy roots produce healthy fruit, walking with Jesus produces Christlike character.

📖 Optional Memory Verses

- John 15:5 *"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.*
- Galatians 5:22–23 *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*
- John 15:4–5 *Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.*
- Psalm 111:10 *Fear of the Lord is the foundation of true wisdom. All who obey his commandments will grow in wisdom. Praise him forever!*

💬 Go Deeper Questions

- Which fruit of the Spirit is easiest for you?
- Which one is hardest?
- Can we produce this fruit on our own?
- How does spending time with Jesus change us?
- Why is self-control listed with the other fruit?
- What fruit would you like God to grow in your life?

For older children:

- What's the difference between trying harder and depending on the Holy Spirit?
- How can you tell if you're growing spiritually?
- Why is fruit something that grows gradually rather than instantly?

👧 Activities for Younger Children

1. Fruit Match

Print or draw different fruits. Match each fruit with one Fruit of the Spirit.

Examples:

🍎 Love
🍌 Joy
🍇 Peace
🍓 Patience
🍊 Kindness
🥝 Goodness
🍐 Faithfulness
🍒 Gentleness
🍍 Self-control

Talk about what each one looks like in everyday life.

2. Fruit Tree Craft

Draw or make a large tree. Cut out nine paper fruits. Write one Fruit of the Spirit on each fruit. As family members notice someone showing that fruit during the week, place the fruit on the tree and celebrate God's work.

3. Colouring Page (below)

📝 Journal Prompts

Ages 7–10

- One Fruit of the Spirit I saw this week...
- One fruit I want God to help me grow...
- One way I can show Jesus' love tomorrow...

Ages 11+

- Which Fruit of the Spirit comes most naturally to you?
- Which one do you struggle with most?
- Think about your week. Where did you see the Holy Spirit helping you grow?
- What is one practical way you can remain close to Jesus this coming month?

🎵 Bonus Worship

Abide (The Worship Initiative)
Yet Not I But Through Christ in Me
Christ Be Magnified
Make Me More Like Jesus (for younger families)

🙏 Family Prayer Guide

- Thank God for the ways He has helped your family grow this month.
- Pray that He would continue to produce the Fruit of the Spirit in each family member.
- Ask Him to help your family remain close to Jesus every day.
- Pray for opportunities to show Christ's love to others this week.

Close by thanking Him for His faithfulness throughout the month.

🌳 *Rooted* Family Challenge

Fruit Spotting
Throughout the week, look for evidence of the Fruit of the Spirit in one another. When you notice it, point it out and say something like:

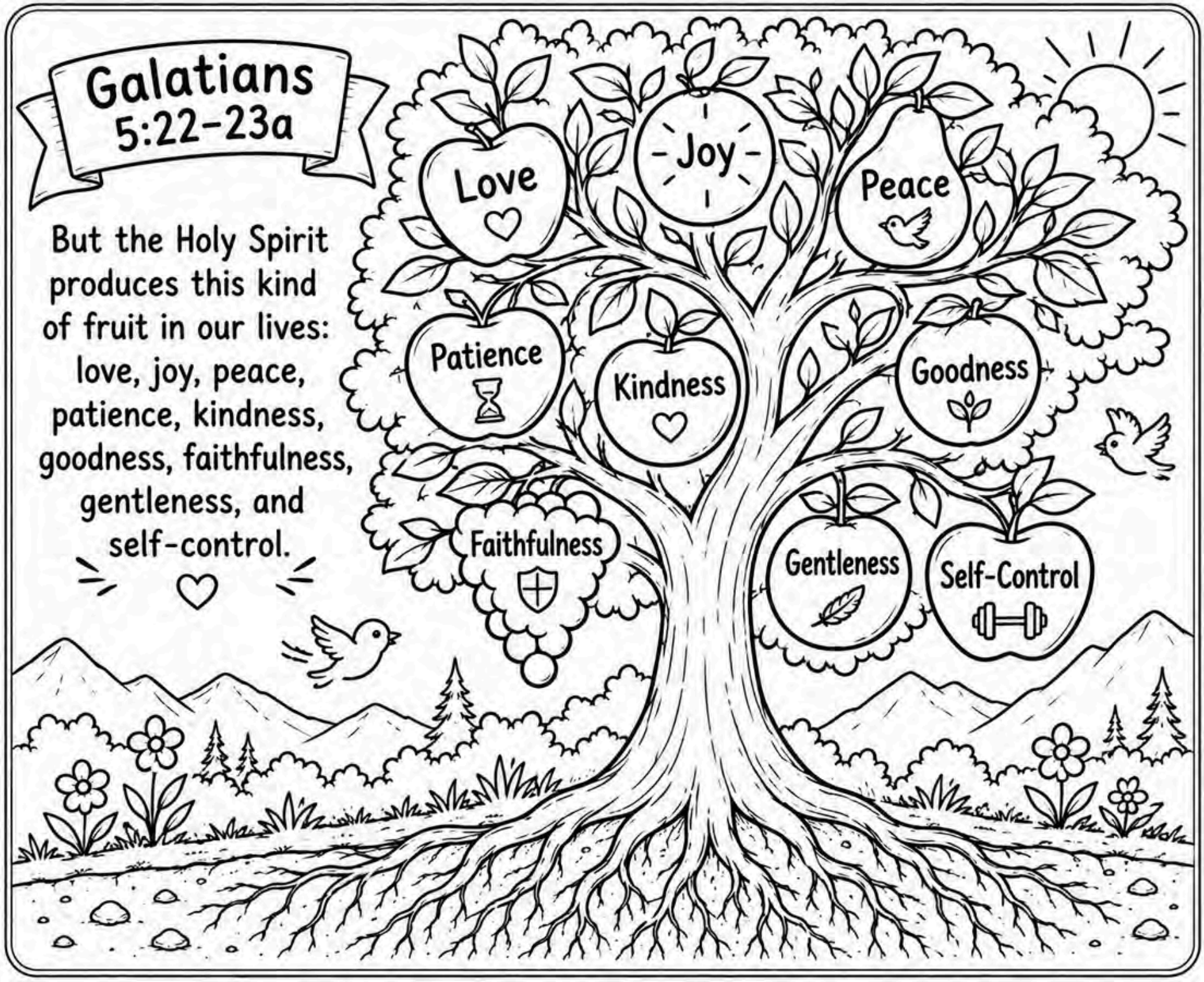
- "I saw kindness when you helped your sister."
- "That was real patience."
- "Thank you for showing self-control."

The goal isn't to praise ourselves but to recognise how God is at work in each person's life.

🌿 End-of-Month Reflection

Before *Rooted Family Night*, reflect on the questions below.
Looking back on the last month:

- What was your favourite Bible passage this month?
- Which memory verse do you remember best?
- What is one wise choice you made this month?
- How have your roots grown deeper in Jesus?
- Which Fruit of the Spirit did you see growing in your family?
- What are you looking forward to learning next month?


Galatians
5:22-23a
But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-Control