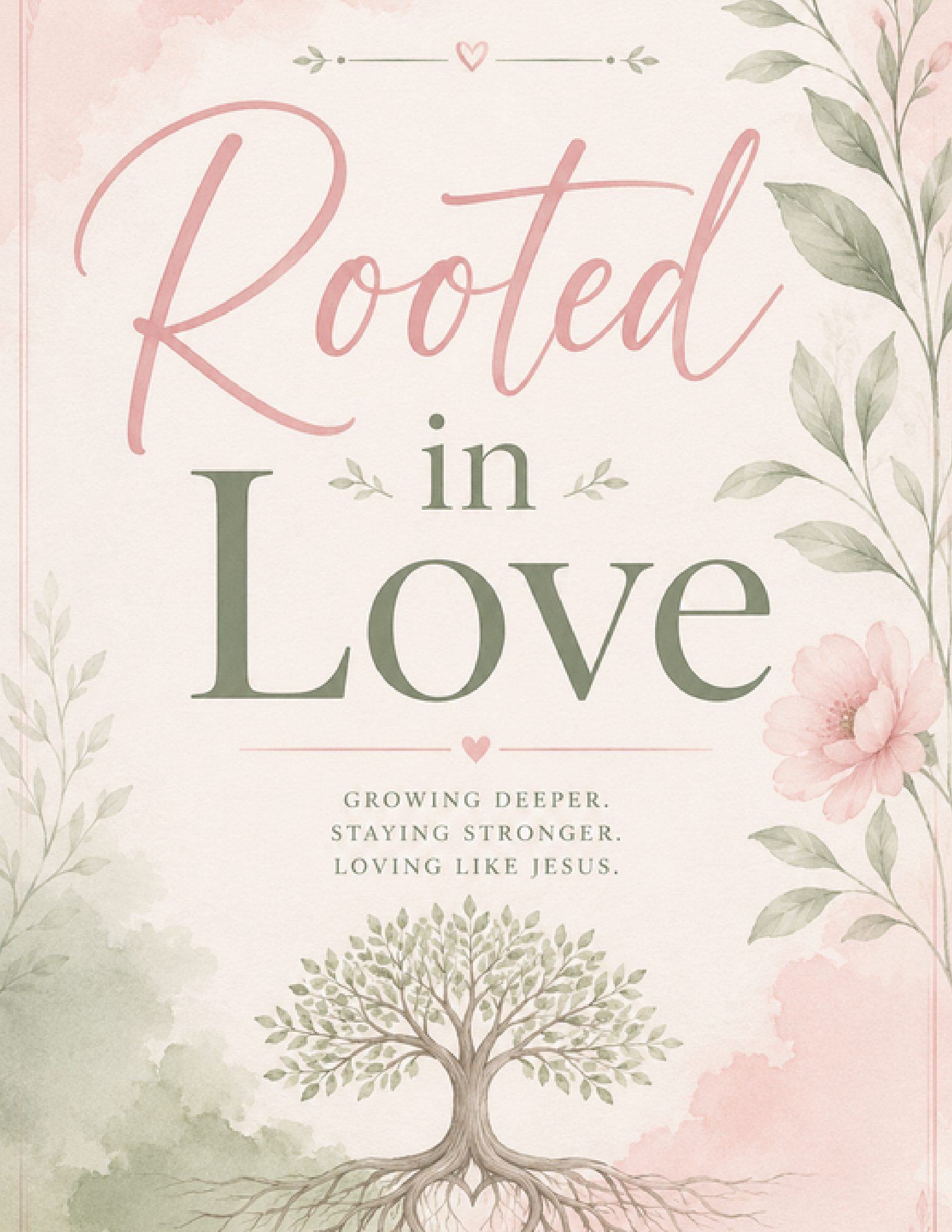




# Rooted in Love



GROWING DEEPER.  
STAYING STRONGER.  
LOVING LIKE JESUS.



# ROOTED IN LOVE

Dear Friend,

I'm so glad you're here to begin this journey with me through Rooted in Love: Exploring God's Love as the Foundation for Living a Fruitful and Purposeful Life. If you're anything like me, there are moments when life feels overwhelming—when relationships, responsibilities, and challenges seem to pull us in every direction. In those times, it's easy to lose sight of the truth that holds everything together: God's love is the foundation of it all.

This study is a heartfelt invitation to slow down, to breathe deeply, and to rest in the truth of God's unfailing love. I believe with all my heart that being rooted in His love changes everything. It transforms how we see ourselves, how we relate to others, and how we live out our purpose.

Here's a little glimpse of what we'll explore together:

## **Lesson 1: The Source of Love**

We'll begin by looking at God as the source of all love. His love is the foundation upon which we build our lives, and understanding this truth helps us to know who we are in Him.

## **Lesson 2: Abiding in Love**

Next, we'll discover what it means to abide in God's love—to remain connected to Him in a world that constantly pulls us away. This lesson will encourage you to cultivate a deeper relationship with Him.

### **Lesson 3: Rooted in Love**

Here, we'll focus on being firmly rooted in God's love. When we're rooted in Him, we're able to stand strong in the face of challenges and grow in faith.

### **Lesson 4: Overflowing with Love**

God's love isn't just for us to receive—it's meant to overflow into the lives of those around us. This lesson will inspire you to reflect His love to others in tangible ways.

### **Lesson 5: Perfected in Love**

We'll explore how God's love transforms us, freeing us from fear and insecurities. His perfect love shapes us into the people He's called us to be.

### **Lesson 6: Living in Love**

Finally, we'll talk about living a life of love. Love is at the heart of our purpose, and this lesson will encourage you to live intentionally, letting God's love guide every part of your life.

Each lesson includes reflection questions, a faith-activating exercise, and a prayer to help you apply what you've learned. My prayer is that you'll use this study to grow spiritually, deepen your relationship with God, and experience the fullness of His love in your everyday life.

As we go through this together, I encourage you to approach each lesson with an open heart. Be honest in your reflections, listen to what God is speaking to you, and trust His love will meet you exactly where you are.

Let's grow together, rooted in the love that never fails.

With love and blessings

## PRE-STUDY REFLECTION QUESTIONS

As we prepare for our study, I encourage you to ponder the following questions:

1. How would you describe your understanding of God's love?

Take a moment to reflect on how you perceive God's love for you. Do you feel deeply connected to it, or does it sometimes feel distant or difficult to grasp?

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2. In what ways do you see God's love shaping your daily life?

Think about how His love influences your relationships, decisions, and sense of purpose. Are there areas where you long to experience His love more deeply?

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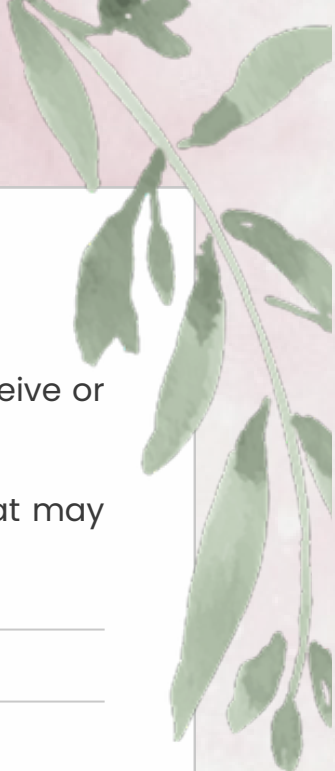
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### PRE-STUDY REFLECTION QUESTIONS

3. What challenges or barriers make it difficult for you to receive or share God's love?

Consider any past experiences, fears, or misconceptions that may hold you back from fully embracing or expressing His love.

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4. What are you hoping to gain from this Bible study?

Spend time thinking about your spiritual needs and desires. Are you seeking a deeper relationship with God, greater clarity about His love, or tools to live out your faith more fruitfully?

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Take time to pray over these questions and invite God to prepare your heart as you begin this journey. Let His love guide and transform you through this study.

## PRE-STUDY PRAYER

Lord, thank You for Your unfailing love. Prepare my heart to grow closer to You through this study. Open my eyes to the depth of Your love and help me to live rooted in it every day. Guide me to trust, grow, and reflect Your love in all I do. Amen.

Now, take a moment to write your own prayer. Share your hopes, aspirations, and expectations with God as you prepare for this journey. Let it be an honest conversation with Him about what you long to learn and experience through this study.



**LESSON ONE:**

**THE SOURCE OF LOVE**

**KEY SCRIPTURE**

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” – 1 John 4:7-10

**INTRODUCTION**

Love is a word we hear all the time. We use it to describe how we feel about people, places, and even things. But the love we’re talking about in this study is so much deeper. It’s the kind of love that only comes from God. His love is perfect, unchanging, and the foundation for everything we need in life.

Before we can truly love others, we need to understand this: God is the source of all love. His love for us is where it all begins. Let’s take a closer look at what that means for our faith and daily lives.

## SCRIPTURE REVIEW

In 1 John 4:7-10, we learn two key truths about love:

### 1. **Love comes from God.**

All real love has its roots in Him. He's the origin of love, and without Him, we cannot fully understand or show love.

### 2. **God showed His love through Jesus.**

God didn't just say He loves us. He proved it by sending His Son to die for us so that we could be forgiven and have a relationship with Him.

This passage reminds us that God's love is not earned. We don't have to be perfect or do something special to deserve it. His love is a gift, freely given to us because of who He is.

- God's love is personal. He knows you by name and loves you just as you are.
- God's love is sacrificial. It cost Him everything to save us.
- God's love is unending. No matter what happens, His love will never fail.

When we see God as the source of love, it changes how we see ourselves and others. We realize we are deeply loved by the Creator of the universe, and that truth gives us the ability to love others, even when it's hard.



## REFLECTION QUESTIONS

1. What does it mean to you that "God is love"?

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2. How does knowing that God loves you unconditionally change the way you view yourself?

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3. Why is it important to start with God's love as the foundation of our faith?

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4. How can you let God's love influence the way you treat others this week?

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## ACTIVATING FAITH EXERCISE

Take some time today to write down three ways you've seen God's love in your life. It could be through His provision, answered prayers, or even the people He's placed around you. Reflect on how these moments remind you that His love is real and active.

## PRAYER

Father, thank You for being the source of perfect love. I am so grateful that Your love never fails and never ends. Help me to trust in Your love more deeply and to share it with those around me. Thank You for loving me first, even when I didn't deserve it. Amen.



## LESSON TWO: **ABIDING IN LOVE**

### KEY SCRIPTURE

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in His love.”

– John 15:9-10

### INTRODUCTION

Life is full of distractions. Our schedules are busy, our minds are often racing, and staying connected to God’s love can feel like a challenge. But Jesus gives us a simple, powerful invitation: “Remain in My love.”

### SCRIPTURE REVIEW

In John 15:9-10, Jesus uses the relationship between Him and His Father as an example of abiding in love. The Father’s love for Jesus is perfect, eternal, and unbreakable. Jesus invites us into that same kind of relationship with Him.

#### 1. **Remaining in His love requires obedience.**

Jesus tells us that keeping His commands is how we stay connected to His love. This doesn’t mean we have to be perfect, but it does mean we intentionally live in ways that honor Him.

## 2. **God's love for us doesn't change.**

Even when we mess up, His love remains constant. But when we walk in obedience, we experience the fullness of that love in our lives.

To abide means to stay, to dwell, or to live in something. Jesus is asking us to stay close to Him, to live our lives rooted in His love. Abiding in God's love isn't a one-time decision. It's a daily choice to stay connected to Him through faith, obedience, and relationship. Explore what it means to remain in His love and why it's so important for a fruitful, joyful life.

- Abiding brings peace: When we remain in God's love, we don't have to strive or perform to feel accepted. We can rest in His unchanging love.
- Abiding brings joy: A close relationship with Jesus fills our hearts with joy, even in tough seasons.
- Abiding requires intentionality: Staying connected to Jesus takes effort. We need to spend time with Him in prayer, read His Word, and trust Him daily.

Abiding isn't about being perfect; it's about being present with God. When we make time for Him and obey His Word, we experience His love in a deeper, more personal way.



## REFLECTION QUESTIONS

1. What does it mean to you to “remain” in God’s love?

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2. How can obedience help you stay connected to Jesus?

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## **ACTIVATING FAITH EXERCISE**

Set aside 10 minutes each day this week to connect with Jesus. Use this time to pray, read Scripture, or simply sit quietly in His presence. Focus on His love for you and ask Him to help you abide in Him.

### **NOTES & REFLECTIONS**

### **PRAYER**

Lord, thank You for inviting me to remain in Your love. Help me to stay connected to You in every moment of my life. Teach me to obey Your Word and to trust Your plans. Thank You for loving me so deeply and for always being near. Amen.



**LESSON THREE:**

**ROOTED IN LOVE**

**KEY SCRIPTURE**

“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.”

– Ephesians 3:17-18

**INTRODUCTION**

Have you ever seen a tree with strong roots? No matter how hard the wind blows or how heavy the rain falls, that tree stays standing because it’s anchored deep in the ground. Our lives are meant to be like that tree, grounded in God’s love. When our faith is rooted in His love, we can stand firm no matter what challenges come our way.

In this lesson, we’ll talk about what it means to be “rooted and established” in God’s love. His love is the solid foundation we need to grow, thrive, and stay strong in life.

**SCRIPTURE REVIEW**

In Ephesians 3, Paul is praying for believers to truly understand the love of Christ. He uses the image of being “rooted and established” to show how important it is for God’s love to be our foundation.

### 1. **Rooted in love.**

Just like a tree's roots keep it stable, being rooted in God's love gives us strength and stability.

### 2. **Established in love.**

When love is our foundation, everything else in life falls into place. We make better decisions, build stronger relationships, and find peace in difficult times.

### 3. **Grasping the depth of God's love.**

Paul says God's love is wide, long, high, and deep. That means it's limitless. There's no situation too big or too small for His love to cover.

Being rooted in God's love doesn't mean life will always be easy. It means we have a steady foundation to hold us up when life feels hard.

- Roots take time to grow. A tree doesn't develop deep roots overnight, and the same is true for us. Growing strong in God's love takes time, but it's worth the effort.
- God's love strengthens us. When we're rooted in His love, we can face trials with confidence, knowing He will never leave us.
- God's love nourishes us. Just as roots draw water and nutrients from the soil, God's love gives us everything we need to grow spiritually.

When we stay connected to God and His love, we become strong, steady, and unshakable.



## REFLECTION QUESTIONS

1. What does it mean to you to be “rooted and established” in God’s love?

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2. Are there areas in your life where you feel unsteady or unsure? How can God’s love help?

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3. How have you seen God's love strengthen you during difficult times?

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4. What can you do to deepen your roots in God's love this week?

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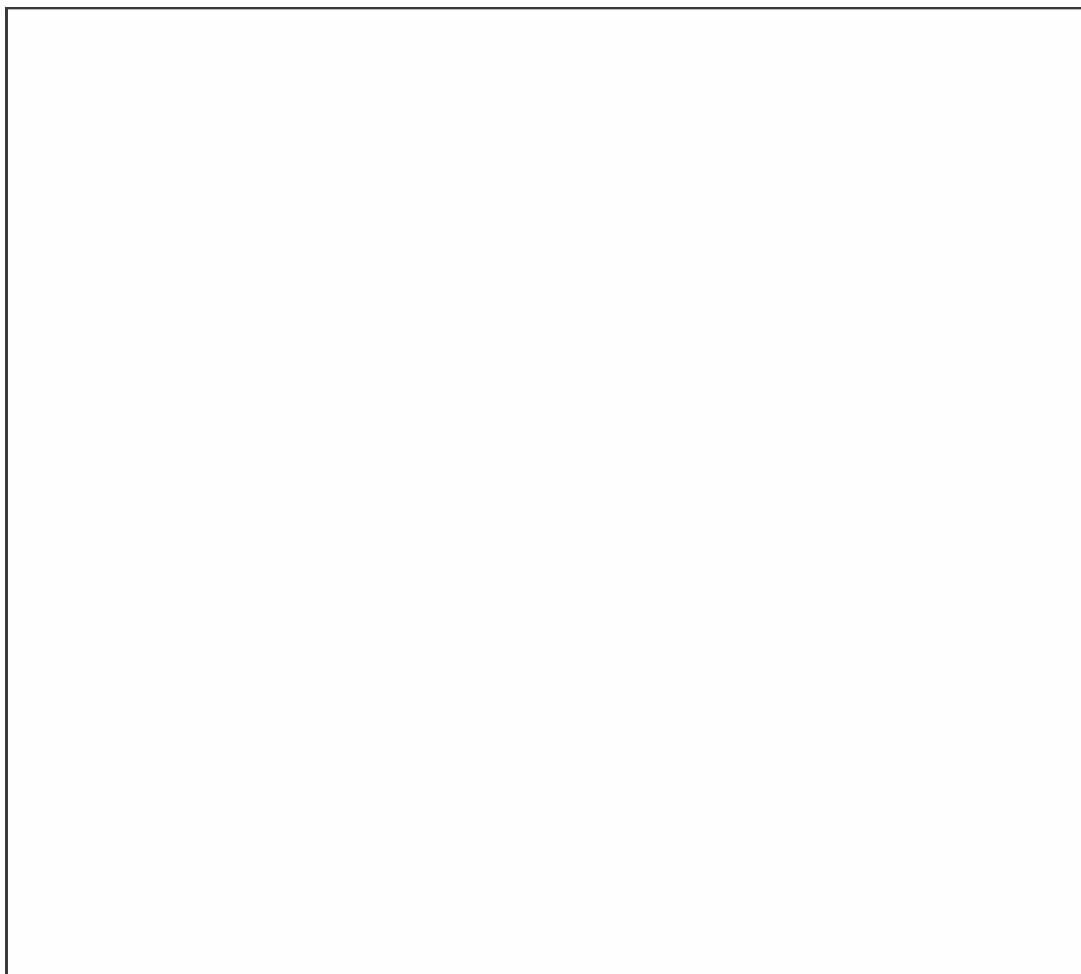
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### ACTIVATING FAITH EXERCISE

Draw a tree below with deep roots. Write “God’s love” at the base of the tree. Then, on the branches, write down areas of your life (like family, work, or struggles). As you do this, thank God for being the foundation that holds everything together.

A large, empty rectangular box with a thin black border, intended for a drawing of a tree. The box is centered on the page and occupies a significant portion of the lower half of the page.

### PRAYER

Father, thank You for being my steady foundation. Help me to grow deeper roots in Your love so I can stand strong no matter what life brings. Teach me to trust You more each day and to rely on Your love in every part of my life. Amen.



LESSON FOUR:

## OVERFLOWING WITH LOVE

### KEY SCRIPTURE

"My command is this: Love each other as I have loved you."  
– John 15:12

### INTRODUCTION

God's love is never meant to stop with us. He pours His love into our lives so that we can pour it out to others. When we are rooted in His love, it overflows into the way we treat people—our family, friends, neighbors, and even strangers.

In this lesson, we'll talk about what it means to love others as God loves us. It's not always easy, but it's the life we're called to live as followers of Christ. When we love others with His love, we reflect His heart to the world.

### SCRIPTURE REVIEW

In John 15:12, Jesus gives us a clear command: love one another the same way He loves us. Let's look at how Jesus loves and what that means for us:

#### 1. **His love is sacrificial.**

Jesus gave His life for us. He put our needs above His own comfort and chose to serve instead of being served.

## **2. His love is unconditional.**

Jesus loves us no matter what. Even when we mess up, His love remains the same.

## **3. His love is active.**

Jesus didn't just say He loved people—He showed it through His actions. He healed, forgave, fed, and encouraged those around Him.

When Jesus tells us to love others as He loves us, He's calling us to live with the same kind of selfless, unconditional, and active love.

- Love is a choice. Loving others isn't always easy. Sometimes people hurt us or disappoint us, but we can choose to love them anyway because God loves us.
- Love makes an impact. When we show God's love, it can change someone's life. A kind word, a helping hand, or a listening ear can make a bigger difference than we realize.
- Love draws us closer to God: The more we love others, the more we understand God's heart. Loving others helps us grow in our relationship with Him.

When we allow God's love to flow through us, we become a light in a world that desperately needs hope and kindness.



## REFLECTION QUESTIONS

1. How does Jesus' example of love challenge you?

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2. Who in your life needs to experience God's love through you?

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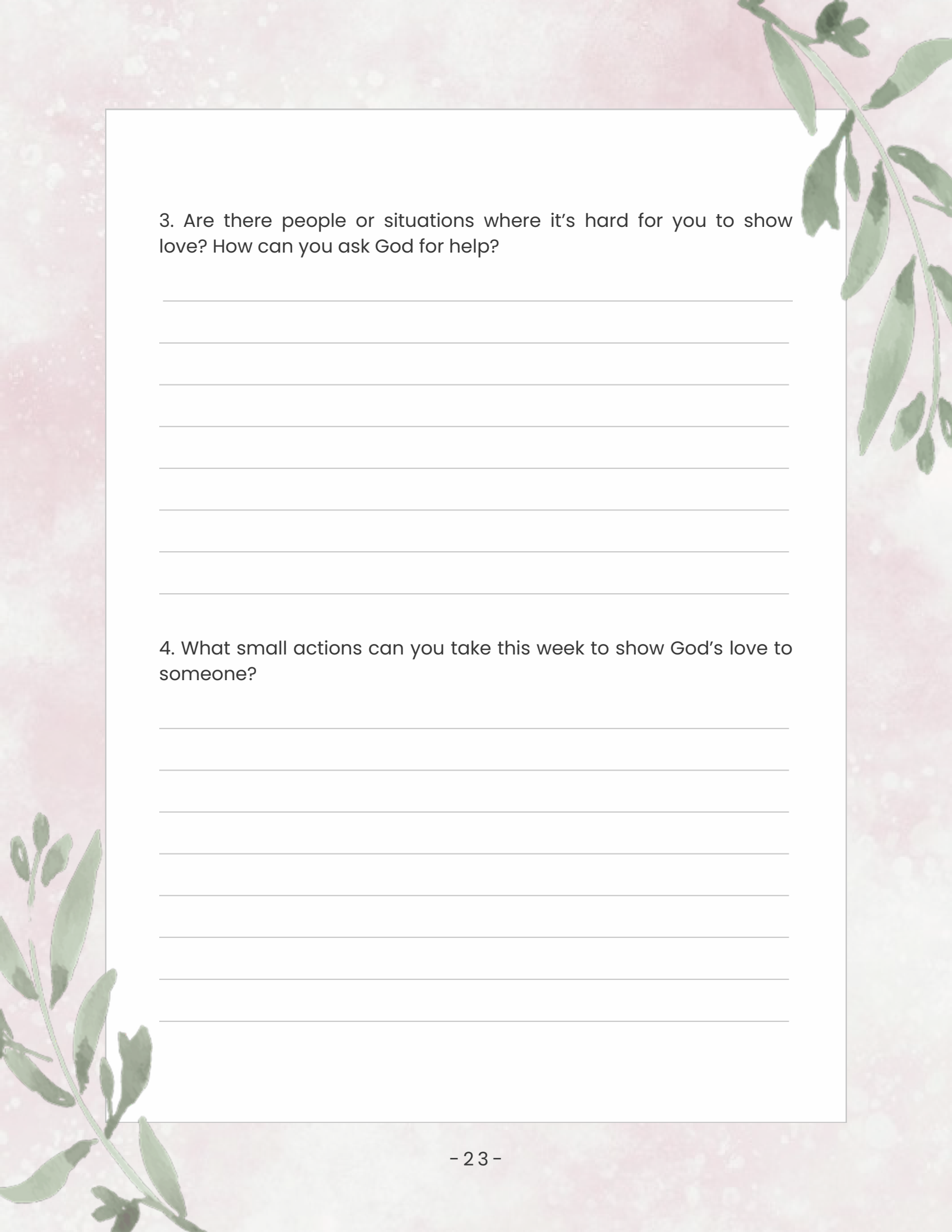
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3. Are there people or situations where it's hard for you to show love? How can you ask God for help?

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4. What small actions can you take this week to show God's love to someone?

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### **ACTIVATING FAITH EXERCISE**

Think of one person in your life who could use encouragement. This week, do something to show them God's love. It could be writing them a note, making a phone call, or helping with a need they have. Pray for them as you take this step of love.

### **NOTES & REFLECTIONS**

### **PRAYER**

Lord, thank You for loving me so much. Help me to love others as You love me—with patience, kindness, and a heart that serves. Teach me to see people the way You see them and to share Your love with those around me. Let Your love overflow in my life. Amen.



## LESSON FIVE:

# PROTECTED IN LOVE

### KEY SCRIPTURE

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love." – 1 John 4:18

### INTRODUCTION

Fear can take hold of our hearts in so many ways. We fear failure, rejection, the unknown, or even not being enough. But God doesn't want us to live in fear. His love is powerful, and when we fully embrace it, fear loses its grip on us.

In this lesson, we'll explore what it means to be "perfected in love." This isn't about being perfect in the way we act. It's about letting God's love transform us so completely that fear is replaced with confidence, peace, and trust in Him.

### SCRIPTURE REVIEW

1 John 4:18 reminds us of a powerful truth: God's love drives out fear. Here's what that means:

#### 1. **God's love gives us security.**

We don't have to live in fear of punishment or rejection because God's love is constant and unchanging.

## **2. Fear fades when love grows.**

The more we focus on God's love, the less fear controls our thoughts and actions.

## **3. Love and fear cannot coexist.**

When we trust in God's perfect love, it leaves no room for fear.

This doesn't mean we'll never feel afraid. But when fear comes, we can turn to God, knowing His love is stronger than anything we're facing.

- God's love gives us courage. When we know we are loved by God, we can step out in faith, even in uncertain situations.
- God's love frees us from shame. We don't have to be weighed down by guilt or fear of judgment. His love forgives and restores us.
- God's love helps us love others. When fear no longer rules our hearts, we can love people freely without holding back.

Letting God's love perfect us is a process. It means trusting Him daily and letting His love shape how we think, feel, and live.



## REFLECTION QUESTIONS

1. What fears tend to hold you back in life?

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2. How does knowing God's perfect love help you face those fears?

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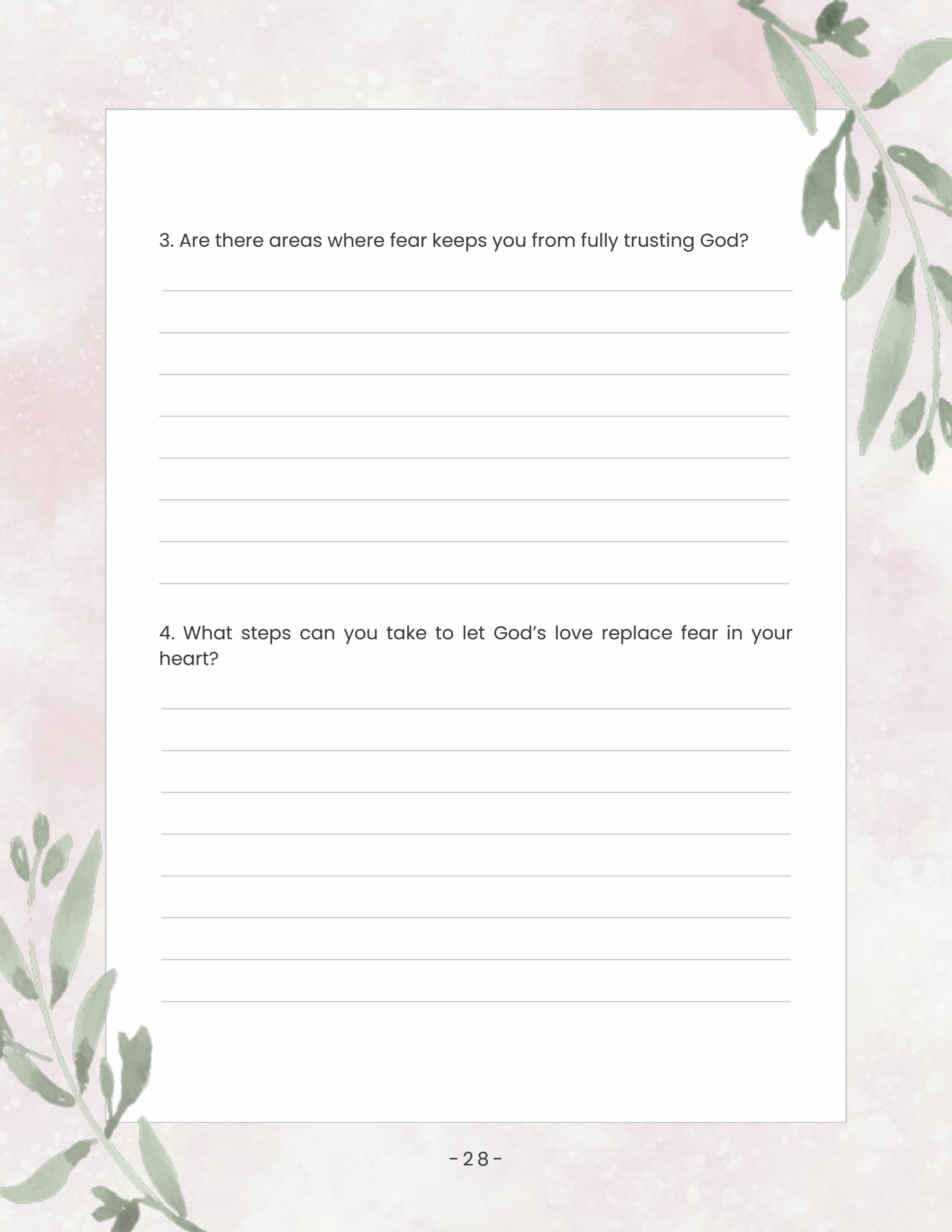
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3. Are there areas where fear keeps you from fully trusting God?

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4. What steps can you take to let God's love replace fear in your heart?

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Something  
and trust  
helps

Lord,  
trust  
rest in  
for You

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LESSON SIX:

## LIVING A LIFE OF LOVE

### KEY SCRIPTURE

“And now these three remain: faith, hope, and love. But the greatest of these is love.” – 1 Corinthians 13:13

### INTRODUCTION

Love is the heart of the Christian life. It’s more than a feeling or a nice idea—it’s what we’re called to live out every day. The Bible tells us that love is the greatest of all virtues because it reflects who God is. When we love others, we show the world a glimpse of His heart.

In this final lesson, we’ll focus on what it means to live a life of love. How do we let God’s love guide our words, actions, and attitudes? Let’s learn how to make love the foundation of everything we do.

### SCRIPTURE REVIEW

1 Corinthians 13:13 reminds us that faith, hope, and love are eternal. But love is the greatest because it’s the essence of God Himself. Let’s break this down:

#### **1. Faith connects us to God.**

Faith is trusting in God’s character and His promises.

## **2. Hope gives us confidence in God's plan.**

Hope reminds us that God is working for our good, even when we can't see it.

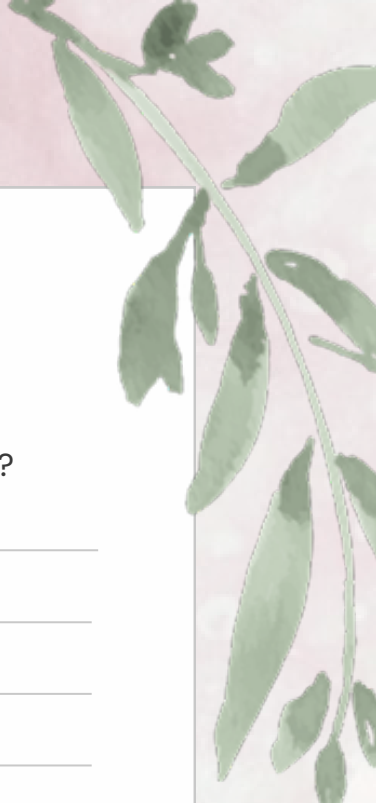
## **3. Love is how we reflect God to the world.**

Love is the outward expression of our faith and hope. It's how we show God's presence in our lives.

Love isn't just about big gestures. It's in the small, everyday choices to be kind, patient, and selfless.

- Love is a commitment. It's not based on emotions or circumstances. It's a decision to treat others with the same grace and compassion God shows us.
- Love is selfless. True love puts others' needs before our own. It seeks to serve, not to be served.
- Love is powerful. When we live in love, we can bring healing, encouragement, and hope to a hurting world.

Living a life of love doesn't mean we'll always get it right. But as we grow in God's love, we'll be able to love others more like Jesus does.



## REFLECTION QUESTIONS

1. How can faith, hope, and love work together in your daily life?

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2. Who in your life needs to experience God's love through you right now?

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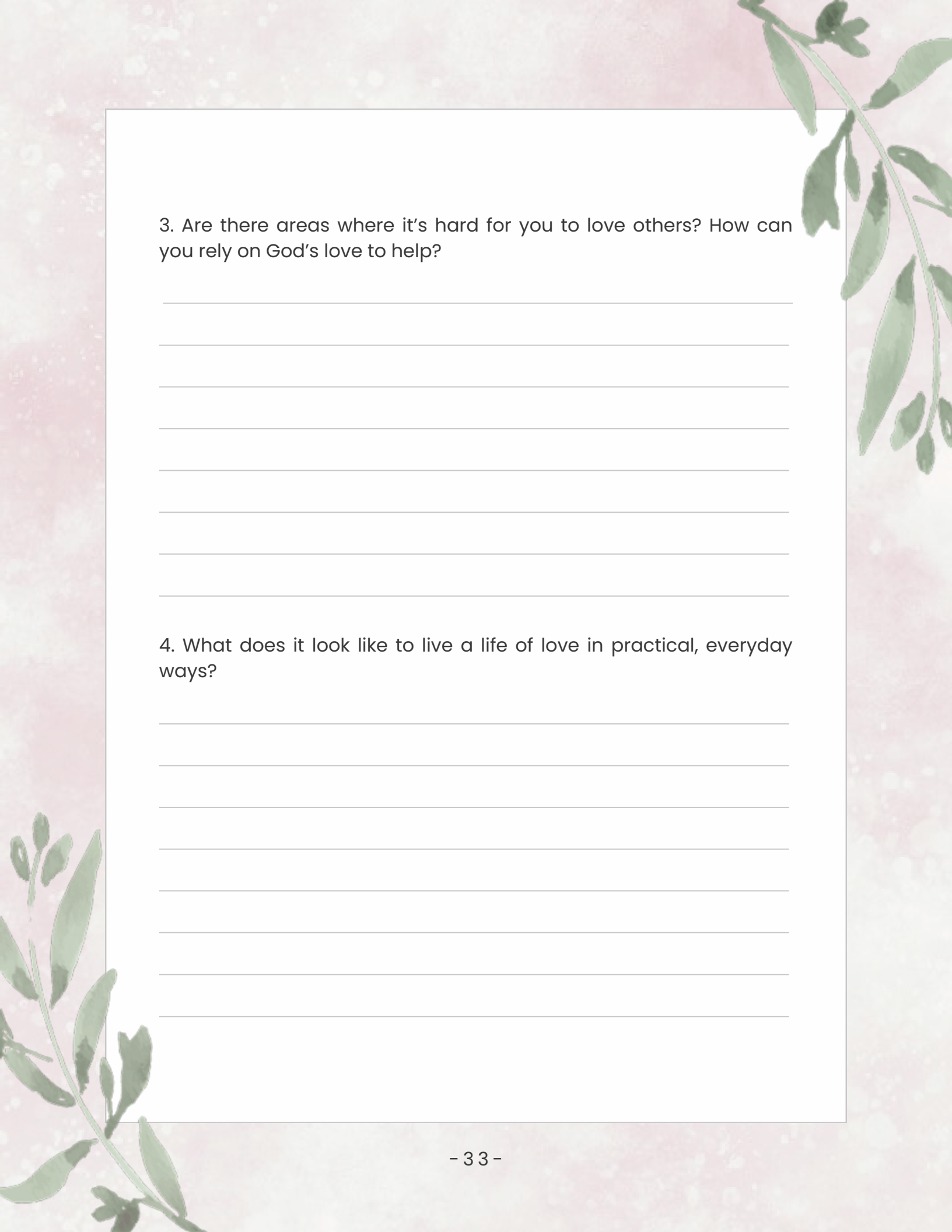
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3. Are there areas where it's hard for you to love others? How can you rely on God's love to help?

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4. What does it look like to live a life of love in practical, everyday ways?

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### **ACTIVATING FAITH EXERCISE**

Choose one specific way to show God's love this week. It could be through an act of kindness, forgiving someone, or simply listening to a friend in need. Write down what you did and how it reflected God's love.

### **NOTES & REFLECTIONS**

### **PRAYER**

Father, thank You for teaching me how to live a life of love. Help me to walk in faith, hope, and love every day. Show me how to love others the way You love me—with patience, kindness, and a heart that serves. Let my life be a reflection of Your love. Amen.



When your heart  
is rooted in  
*God's love,*  
no storm can  
shake your faith.



His love is your *foundation,*  
your *strength,*  
and the wellspring of  
every *blessing.*

