



# ROOTED



Spiritual Habits For The New Year



# **ROOTED:**

## Spiritual Habits for the New Year

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| <b>January 4</b>  | <b>Receive God's Word</b>        |
| <b>January 11</b> | <b>Rest in God's Provision</b>   |
| <b>January 18</b> | <b>Rejoice with God's People</b> |
| <b>January 25</b> | <b>Remember God's Promises</b>   |

# INTRODUCTION

Welcome to 2026. It's hard to believe, isn't it? Here we are at the start of a new year, and all of the excitement, hope, and optimism that comes with it.

This is a time for new beginnings and dreams, but also a time for new goals. As you are making lists of resolutions (either on paper or in your head) of what you would like to do this year, or how you would like your life to be improved, let me suggest one: "I would like to grow closer to Jesus, so that I might know more of His love and experience more of His grace, peace, and hope."

Sound good? Sign me up!

I'm guessing that goal is one many of us would gladly welcome, yet I'm also guessing that many of us are unsure what it takes to cultivate that in our lives. This is why we are going to spend a month, at the start of this year, looking at four relatively ordinary habits that can produce extraordinary fruit in your life.

These four habits – of regularly spending time in God's Word, in prayer, in church, and in dwelling upon God's promises – will strengthen us to grow as followers of Christ and flourish as disciples. We will explore what the Bible has to say about each of these habits, but also give helpful takeaways so that no matter where you're at on your journey you can jump into them and experience the life offered to you.

Habits are a wonderful thing. They form us, often in ways we don't fully even recognize. So what if 2026 was a year where we focused on cultivating the habits God tells us will best help us to thrive?

Join us on this journey of spiritual formation, and be ready for what God might teach you along the way.

## HOW TO USE THIS STUDY GUIDE

Our prayer is that the Lord will use this study in the life of our church to stir our hearts to rejoice in Christ today, anchored in looking back and looking forward.

In the pages that follow, you will find a series of questions accompanying each week of our sermon series. There will be questions for you to answer based on your own personal study of the text, and further questions to reflect on and discuss in groups.

In order for you to get the most out of this series, we encourage you to read the text and write down your observations before listening to the sermon each Sunday. Devote time in the week leading up to Sunday morning to explore the text for yourself.

You will notice that each week asks the same basic questions:

- What is one thing this passage teaches you about God?
- What is one thing this passage teaches you about the gospel?
- What is one thing this passage teaches you about yourself?
- What is one thing this passage teaches you about how God commands you to live?
- What is one question you have about this passage?

These questions form a good introductory tactic to studying the Bible. We often rush to application (what it means for my

life) without considering what the text really says, and we often read the Bible as if it is primarily about us when it is really about God. So we want you to begin each week by learning about God and the gospel, then by considering what the text says about us, before then moving to what the text calls us to. Remember: application is not simply what we do; application of the Bible is holistic: it is about what we do, say, think, believe, and love.

There will also be opportunities for you to write, and ask questions that arise during your study. We encourage you to write down these questions, and then share them.

Finally, there are a handful of questions designed to be reflected on and discussed with others. Perhaps your Grace Group will consider discussing them, or maybe you can talk about them with your family, or pull together a small group of trusted friends to walk through this series together with. However it happens, we must remember that Bible study is meant to be done in community.

After each section, you will then find blank pages for additional notes, particularly for note-taking during the sermons. This would allow all of your notes throughout this series, both in personal study and in sermon content, to be together in the same place. If this would be useful, it is there for your benefit.

We pray that this study guide, going along with our weekly sermon series, helps you to grow deeper in understanding and applying the words we will read in Scripture, and that the words you read and the truths you learn will fuel a delight in Jesus Christ that gives you strength to live where the Lord has called you today.

Week 1: January 4, 2026  
Receive God's Word

READ: Psalm 19:1-14

What is one thing this passage teaches you about God?

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What is one thing this passage teaches you about the gospel?

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What is one thing this passage teaches you about yourself?

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What is one thing this passage teaches you about God commands you to live?

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What is one question you have about this passage?

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**Questions for Further Reflection and Discussion:**

- How is the Word of God described in this text? What do these attributes teach us about Scripture? How should they shape the way we approach reading the Bible?
- Make a list of the different effects of reading Scripture that this passage includes. Which of these is most needed and encouraging to you today? Why?
- Do you sometimes view reading the Bible as restrictive, boring, and/or mundane? Why is this? How does David's delight in Scripture challenge the way you think about God's Word?
- What is one way you can grow to desire and delight in God's Word more this week?

## Sermon Notes:

Text:

Title:

Preacher:



Week 2: January 11, 2026  
Rest in God's Provision

READ: Matthew 6:5-34

What is one thing this passage teaches you about God?

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What is one thing this passage teaches you about the gospel?

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What is one thing this passage teaches you about yourself?

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What is one thing this passage teaches you about how God commands you to live?

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What is one question you have about this passage?

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### Questions for Further Reflection and Discussion:

- Do you think prayer, fasting, treasure, and anxiety are connected in this passage? What themes or takeaways might help to tie them together?
- Where do you find it hardest to rest in God's provision? How does this passage help you to trust Him more?
- How does this text shape the way that we are called to pray?
- What practice(s) can help you grow to lean more on the Lord in prayer this week?

## Sermon Notes:

Text:

Title:

Preacher:

Week 3: January 18, 2026  
Rejoice with God's People

READ: Hebrews 10:23-25

What is one thing this passage teaches you about God?

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What is one thing this passage teaches you about the gospel?

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What is one thing this passage teaches you about yourself?

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What is one thing this passage teaches you about how God commands you to live?

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What is one question you have about this passage?

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#### Questions for Further Reflection and Discussion:

- What is the author of this passage exhorting us to do?  
Why do we need one another for this?
- What reason(s) do people have today for not gathering?  
Why is the regular gathering of the church so important?
- How should remembering Christ's imminent return give greater meaning and value to church?
- How have you been encouraged by those in our church?
- Consider: how can you stir up others in our church to love and good works?
- What is one step you can take to better prioritize gathering with the church?

## Sermon Notes:

Text:

Title:

Preacher:

## Week 4: January 25, 2026

### Remember God's Promises

READ: 2 Peter 2:12-15

What is one thing this passage teaches you about God?

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What is one thing this passage teaches you about the gospel?

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What is one thing this passage teaches you about yourself?

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What is one thing this passage teaches you about how God commands you to live?

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What is one question you have about this passage?

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#### Questions for Further Reflection and Discussion:

- What does Peter intend to remind the believers of (read earlier in chapter 1 for help)? Why do we need reminded of things we already know?
- What role should repetition and remembering play in the Christian life?
- What does this teach you about the way you should relate to others in our church? How can you remind others of these truths?
- What truth(s) do you need reminded of right now?  
What can you do this week to help you remember this?



## Sermon Notes:

Text:

Title:

Preacher:



**grace church**

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