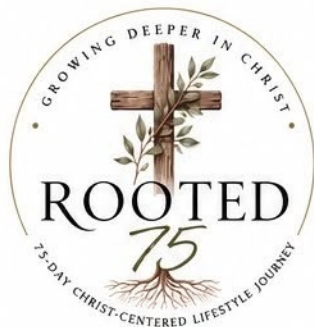


ROOTED 75 GROUP RULES



Welcome to the ROOTED 75 family! Our desire is to create a Christ-centered community where everyone feels encouraged, supported, and challenged to grow in their faith. By being part of this group, you agree to help us cultivate that environment.



1. KEEP JESUS AT THE CENTER

Everything we do should point back to Christ. Let's encourage one another with love, grace, and truth.



2. ENCOURAGE, DON'T COMPARE

Every journey is different. Celebrate victories, support one another through struggles, and remember that growth looks different for everyone.



3. SPEAK LIFE

No gossip, slander, bullying, shaming, or unnecessary negativity. Let your words build others up and reflect Christ's love.



4. BE KIND AND RESPECTFUL

Healthy discussions are welcome, but disagreements should always be handled with kindness, humility, and respect.



5. WHAT IS SHARED HERE, STAYS HERE

Many members may share personal prayer requests or struggles. Please respect their privacy and do not share posts or conversations outside this group without permission.



6. PRAY FOR ONE ANOTHER

One of the greatest gifts we can offer is prayer. If someone shares a need, take a moment to encourage them and pray for them.



7. PROGRESS OVER PERFECTION

This journey isn't about being perfect. If you miss a day, don't quit. Extend yourself grace, turn back to Jesus, and keep moving forward.



8. NO SELF-PROMOTION OR SPAM

This group exists to encourage one another in our walk with Christ. Please do not promote businesses, products, fundraisers, affiliate links, or other groups without prior approval from an admin.



9. KEEP CONTENT RELEVANT

Please keep posts related to ROOTED 75, faith, prayer, encouragement, healthy habits, personal growth, or topics that support our mission.



10. GROW TOGETHER

Ask questions. Share what God is teaching you. Celebrate your victories. Be honest about your struggles. Most importantly, encourage someone else along the way.



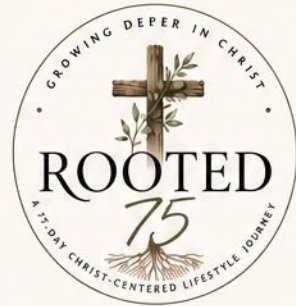
OUR MISSION

To become more rooted in Christ by building daily habits that strengthen our faith, renew our minds, care for our bodies, and encourage authentic Christian community.

"Therefore encourage one another and build each other up..."

— 1 THESSALONIANS 5:11

10 DAILY HABITS



SMALL, INTENTIONAL HABITS THAT LEAD TO A ROOTED LIFE.



1. DAILY SOAP BIBLE STUDY

Spend time in God's Word using the SOAP method to grow in understanding and application.



2. INTENTIONAL PRAYER

Talk with God throughout the day and keep your heart connected to Him.



3. DAILY MOVEMENT

Move your body with purpose to honor the strength God has given you.



4. TIME OUTSIDE

Get outside, breathe deeply, and soak in the beauty of God's creation.



5. HYDRATION

Drink enough water throughout the day to fuel your body and mind.



6. NOURISHING OUR BODIES

Choose foods that fuel your body and honor the temple God has given you.



7. PERSONAL & SPIRITUAL GROWTH

Invest time in learning, reading, and growing closer to the person God created you to be.



8. SPEAKING LIFE (NO GOSSIP)

Build others up with your words and choose encouragement over criticism.



9. A PERSONAL 75-DAY FAST

Surrender something to God and use this time to grow in dependence and self-discipline.



10. ENCOURAGE SOMEONE

Be intentional about lifting someone up and pointing them to Jesus.

*So then, just as you received Christ Jesus as Lord,
continue to live your lives in him, rooted and built up in him,
strengthened in the faith as you were taught, and overflowing with thankfulness.*

BIBLE READING PLAN

ROOTED IN HIS WORD. TRANSFORMED BY HIS TRUTH.

75 DAYS IN GOD'S WORD

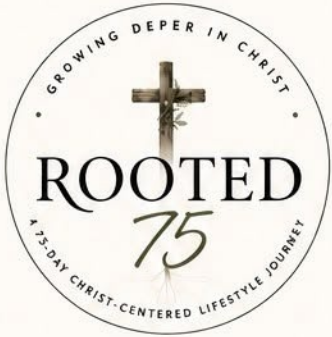
This 75-day plan is designed to help you grow closer to God through consistent time in His Word. Read, reflect, and let His truth take root in your heart each day.

DAY	DATE	PASSAGE	READ	REFLECT
1		Psalms 1	☐	
2		John 1:1-18	☐	
3		Psalms 23	☐	
4		Matthew 5:1-16	☐	
5		Proverbs 3:5-6	☐	
6		John 3:1-21	☐	
7		Psalms 37:4-7	☐	
8		Matthew 6:25-34	☐	
9		Psalms 46:1-3	☐	
10		John 10:1-18	☐	
11		Proverbs 16:3	☐	
12		Romans 8:28-39	☐	
13		Psalms 119:105	☐	
14		Matthew 7:7-12	☐	
15		Psalms 34:8-10	☐	
16		John 14:1-14	☐	
17		Proverbs 31:25-26	☐	
18		Philippians 4:4-9	☐	
19		Psalms 91:1-4	☐	
20		Matthew 11:28-30	☐	
21		Isaiah 41:10	☐	
22		John 15:1-11	☐	
23		Psalms 103:1-5	☐	
24		Joshua 1:8-9	☐	
25		Hebrews 11:1-3	☐	

CONTINUE ON THE NEXT PAGE



You can repeat this plan, start again, or continue reading wherever the Lord leads you next.



HOW TO USE THIS PLAN



READ

Read the daily passage slowly and prayerfully. Ask God to help you understand His Word.



REFLECT

Take a few minutes to think about what God is teaching you.



RESPOND

Apply what you've learned to your life and surrender it to God in prayer.



REPEAT

Consistency is key. Keep showing up, and watch God transform you.

NOTES

TODAY I PRAY FOR:

- _____
- _____
- _____
- _____

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

BIBLE READING PLAN

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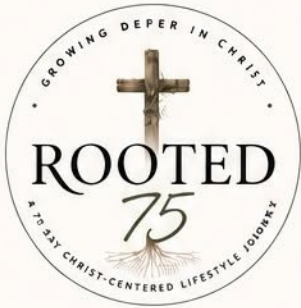
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DAY	DATE	PASSAGE	READ	REFLECT
26		Micah 6:6-8	☐	
27		Mark 4:35-41	☐	
28		Psalms 34:1-10	☐	
29		James 1:2-8	☐	
30		Proverbs 4:23-27	☐	
31		John 6:35-40	☐	
32		Psalms 16	☐	
33		Romans 5:1-8	☐	
34		Lamentations 3:22-26	☐	
35		Ephesians 4:17-32	☐	
36		Psalms 37:1-9	☐	
37		Philippians 2:1-11	☐	
38		Isaiah 40:28-31	☐	
39		Galatians 5:16-26	☐	
40		Psalms 46	☐	
41		John 8:31-36	☐	
42		2 Timothy 1:7-10	☐	
43		Hebrews 12:1-6	☐	
44		Psalms 121	☐	
45		Colossians 3:12-17	☐	
46		Matthew 6:25-34	☐	
47		Psalms 91:1-7	☐	
48		1 John 4:7-12	☐	
49		Proverbs 18:10-14	☐	
50		Revelation 21:1-7	☐	



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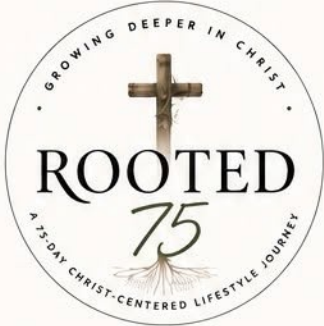
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DAY	DATE	PASSAGE	READ	REFLECT
51		1 Peter 1:3-9	☐	
52		Psalms 62:5-12	☐	
53		Matthew 11:28-30	☐	
54		Isaiah 43:1-7	☐	
55		Philippians 4:10-23	☐	
56		Proverbs 3:5-12	☐	
57		Romans 12:1-8	☐	
58		Psalms 139:1-18	☐	
59		2 Corinthians 4:16-18	☐	
60		1 Thessalonians 5:12-24	☐	
61		John 15:1-11	☐	
62		Ephesians 2:1-10	☐	
63		James 1:19-27	☐	
64		Psalms 23	☐	
65		2 Timothy 3:14-17	☐	
66		Hebrews 4:12-16	☐	
67		1 John 1:5-2:2	☐	
68		Psalms 27:1-6	☐	
69		Galatians 5:13-26	☐	
70		Matthew 25:31-40	☐	
71		Zephaniah 3:17-20	☐	
72		John 16:33	☐	
73		Romans 8:31-39	☐	
74		Joshua 1:6-9	☐	
75		Matthew 28:18-20	☐	



You can repeat this plan, start again, or continue reading wherever the Lord leads you next.



HOW TO USE THIS PLAN



READ
Read the daily passage slowly and prayerfully. Ask God to help you understand His Word.



REFLECT
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RESPOND
Apply what you've learned to your life and surrender it to God in prayer.

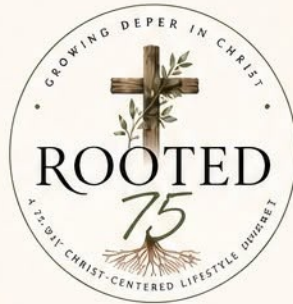


REPEAT
Consistency is key. Keep showing up, and watch God transform you.

NOTES

TODAY I PRAY FOR:

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.



SOAP

BIBLE STUDY GUIDE

A SIMPLE METHOD. A POWERFUL TIME WITH GOD.

WHAT IS SOAP?

SOAP is a simple and effective way to study God's Word daily.

It helps you slow down, understand Scripture, apply it to your life, and talk with God about it.

THE 4 STEPS:

- S - Scripture
- O - Observation
- A - Application
- P - Prayer

*"Your word is a lamp
to my feet and
a light to my path."*

PSALM 119:105



S SCRIPTURE

Choose a passage of Scripture.
Read it slowly and prayerfully.
Ask God to speak to your heart.



O BSERVATION

What does the passage say? Look for key words, phrases, and details. Who, what, when, where, why, and how?



A APPLICATION

How does this apply to your life today? What is God teaching you or asking you to do?



P PRAYER

Talk to God about what you've read. Praise Him, thank Him, confess, surrender, and ask for His help.

EXAMPLE SOAP STUDY

S	SCRIPTURE: Philippians 4:6-7 <i>"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."</i>
O	OBSERVATION: Paul tells us not to be anxious. Instead, we are to pray about everything and give thanks. God's peace is promised to guard our hearts and minds.
A	APPLICATION: I often worry about things I can't control. God is reminding me to bring those worries to Him in prayer and trust Him for His peace.
P	PRAYER: Lord, thank You that I don't have to carry my worries alone. Help me to pray about everything and trust in Your perfect peace. Amen.

TIPS FOR A MEANINGFUL TIME

- ✓ Find a quiet place where you can focus.
- ✓ Ask the Holy Spirit to guide you.
- ✓ Don't rush—take your time.
- ✓ Write it down to help you remember what God is teaching you.
- ✓ Be honest with God in your prayer.
- ✓ Apply what you learn and watch your faith grow.

REMEMBER:

God's Word is alive and active.
The more time you spend in it,
the more it will transform your life.



YOUR SOAP STUDY

DATE: _____

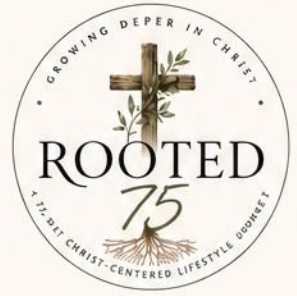
S	SCRIPTURE:
O	OBSERVATION:
A	APPLICATION:
P	PRAYER:



"Be still, and know that I am God." PSALM 46:10

SOAP

BIBLE STUDY



GOD'S WORD. MY HEART. OUR CONVERSATION.

DATE: _____

SCRIPTURE:

S



SCRIPTURE

What does the passage say? Write out the verse or key verses.

O



OBSERVATION

What do you notice? Look for key words, phrases, and details.

A



APPLICATION

How does this apply to your life today? What is God teaching you?

P



PRAYER

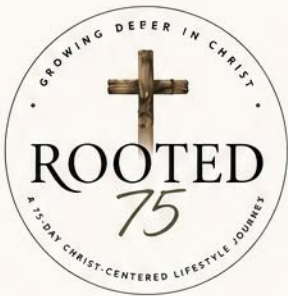
Talk to God about what you've read. Praise, thank, confess, surrender, and ask.



"Your word is a lamp to my feet and a light to my path."

PSALM 119:105

PRAYER GUIDE



A GUIDE TO A DEEPER CONVERSATION WITH GOD

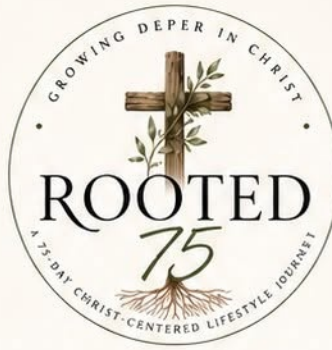
*"Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus." – 1 Thessalonians 5:16-18*

• THE 7 AREAS OF PRAYER •

 1. PRAISE Honor God for who He is. Adore His character and His greatness.	
 2. THANKSGIVING Thank God for what He has done and for His goodness toward you.	
 3. CONFESSION Confess your sins and ask God for forgiveness.	
 4. SURRENDER Surrender your will, plans, and desires to God. Trust His perfect plan.	
 5. PETITION Bring your needs and personal requests before God.	
 6. INTERCESSION Pray for others—family, friends, our church, our nation, and the world.	
 7. LISTEN Be still and listen for God's voice. He speaks.	

PRAYER PROMPTS • What is on your heart today? • What are you grateful for? • What are you worried about? • Who can you pray for? • Is there anything you need to surrender to God? • How can you seek God more today?	SCRIPTURE TO PRAY • Philippians 4:6-7 • Jeremiah 29:11 • 1 John 1:9 • Psalm 46:10 • Matthew 6:33 • 1 Timothy 2:1-4 • Hebrews 4:16	ANSWERED PRAYERS Date: _____
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NOTES & REFLECTIONS



WEEKLY HABIT TRACKER



BUILDING DAILY HABITS. GROWING DEEPER IN CHRIST.

WEEK OF: _____

M

T

W

T

F

S

S



Daily SOAP Bible Study

☐☐☐☐☐☐☐

Intentional Prayer

☐☐☐☐☐☐☐

Daily Movement

☐☐☐☐☐☐☐

Time Outside

☐☐☐☐☐☐☐

Hydration

☐☐☐☐☐☐☐

Nourishing Our Bodies

☐☐☐☐☐☐☐

Personal & Spiritual Growth

☐☐☐☐☐☐☐

Speaking Life (No Gossip)

☐☐☐☐☐☐☐

A Personal 75-Day Fast
GIVE SOMETHING UP

☐☐☐☐☐☐☐

THIS WEEK, I AM GRATEFUL FOR...

1. _____
2. _____
3. _____



THIS WEEK'S WIN:



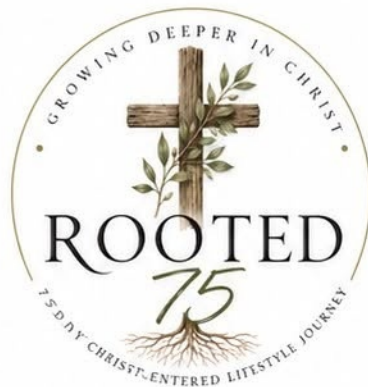
PRAYER REQUESTS:



WEEKLY Reflection



PAUSE. REFLECT. GIVE THANKS.
REALIGN. KEEP GROWING.



WEEK OF: _____



WINS & BLESSINGS

What went well this week?
What are you thankful for?



GROWTH & PROGRESS

What did you learn?
What progress did you make?



CHALLENGES & LESSONS

What was difficult this week?
What is God teaching you through it?



FAITH & FOCUS

How did you grow closer to God
this week? What helped you stay
focused on Him?



LOOKING AHEAD

What are your intentions for
next week? How can you keep
showing up for yourself and God?

*Not perfection, but progress. Keep showing up.
God is proud of your faithfulness. ♥*



— WEEKLY —

Gratitude & Reflection

•

A WEEKLY PAUSE TO SEE GOD'S GOODNESS

MONDAY

1. _____
2. _____
3. _____

One thing God showed me today...

TUESDAY

1. _____
2. _____
3. _____

One thing God showed me today...

WEDNESDAY

1. _____
2. _____
3. _____

One thing God showed me today...

THURSDAY

1. _____
2. _____
3. _____

One thing God showed me today...



FRIDAY

1. _____
2. _____
3. _____

One thing God showed me today...

SATURDAY

1. _____
2. _____
3. _____

One thing God showed me today...

SUNDAY

1. _____
2. _____
3. _____

One thing God showed me today...



*Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.*

PSALM 46:10

— • —



For I know the plans
I have for you, declares the Lord,
plans to prosper you and not to
harm you, plans to give you
hope and a future.

JEREMIAH 29:11



This is the day
the Lord has made;
we will rejoice and
be glad in it.

PSALM 118:24



I can do all things
through Christ
who strengthens me.

PHILIPPIANS 4:13



Trust in the Lord with
all your heart and lean not on
your own understanding; in all
your ways submit to him, and
he will make your paths straight.

PROVERBS 3:5-6



Even though I walk through
the darkest valley, I will fear
no evil, for you are with me;
your rod and your staff,
they comfort me.

PSALM 23:4



Be strong and courageous.
Do not be afraid; do not be
discouraged, for the Lord your
God will be with you
wherever you go.

JOSHUA 1:9



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.

COLOSSIANS 2:7



The Lord will fight for you;
you need only
to be still.

EXODUS 14:14