

## ROOTED: The Power of Quiet Choices!

Scripture used: [Colossians 2:6-7 \(NLT\)](#)

### OVERVIEW

In today's noisy world, growth often happens in silence. Steph Curry's legendary success as the NBA's top 3-point shooter comes from an invisible discipline: 500 practice shots a day, every day. It's not flashy, but it works. The same principle applies to spiritual growth—what happens in quiet, consistent moments transforms us. The early followers of Jesus understood this well. They didn't call themselves "Christians" at first; they were "The Way," people committed to a way of life shaped by Jesus. These early Christians practiced *regula*—a Latin word meaning "a straight piece of wood." Think of the wooden trellis that guides a grape vine as it grows. This kind of structure is not just helpful; it is necessary for growth. For us too, a *regula* isn't a list of religious obligations or demands on our time. It is a sacred structure, a rhythm of life that creates space for God to work in us. Without *regula*, faith can wither. With it, we create conditions where our lives can bear much fruit, just as Jesus said in John 15. For example, Pastor Hurmon goes for a walk with Jesus a few times every month. This simple practice of quietly spending time in the presence of our Lord and Savior sustains him and deepens his faith. This week's message invites us to ask: What's my *regula*? What rhythms am I building to grow deeper in Jesus?

### KEY POINTS

1. **There are many benefits to a good rule of life.** Our lives are fundamentally shaped by our habits. We either rule them, or are ruled by them. It produces peace, quieting the fear and anxiety that so often drive our days. It helps us live at the right pace—not scattered or hurried, but present. And it balances freedom with discipline, giving us space to grow while anchoring us in purpose. Isn't this the kind of life we all want? **Your system is perfectly designed to give you the results you're getting.**
2. **Jesus modeled four quiet choices.** These are available to use every day, even at the moment we read these words.
  - a. He practiced **solitude and silence** ([Mark 6:31 \(NIV\)](#), [Luke 5:16 \(NIV\)](#)), regularly retreating to be alone with the Father—because that's how He stayed rooted, and how God still speaks ([Matthew 6:8 \(NLT\)](#)).
  - b. He engaged in **prayer and fasting** ([Matthew 4:1–2 \(NLT\)](#)), preparing His heart and aligning His spirit before launching into ministry ([Matthew 6:17–18 \(NIV\)](#)).
  - c. He immersed Himself in **scripture reading and memorization**, quoting it to resist temptation ([Matthew 4:4–10 \(NLT\)](#)) because the Word was in Him.
  - d. And He lived a life of **generosity**, teaching us that one sign of spiritual maturity is the ability to let go of what we cling to—especially our money. When we invest in God, He invests in us.

### DISCUSSION

- 1) **HEAR** - What rhythms or structures are currently guiding your spiritual life, and are they helping you grow in the direction you hope to? As you reflect on the quiet choices modeled by Jesus, which one is He inviting you to deepen right now? What part of your life needs to be nurtured—and what might need to be let go?
- 2) **UNDERSTAND** - Read [John 15:1–4](#). What does God's role as the gardener reveal about His care and involvement in our growth? Have you ever experienced a "pruning" season? What was removed—and what grew after? What does "remaining" or "abiding" in Jesus look like on a typical day for you?
- 3) **DO** - Reflect on your current rhythms. Choose one habit to intentionally build into your week as part of your *regula*.