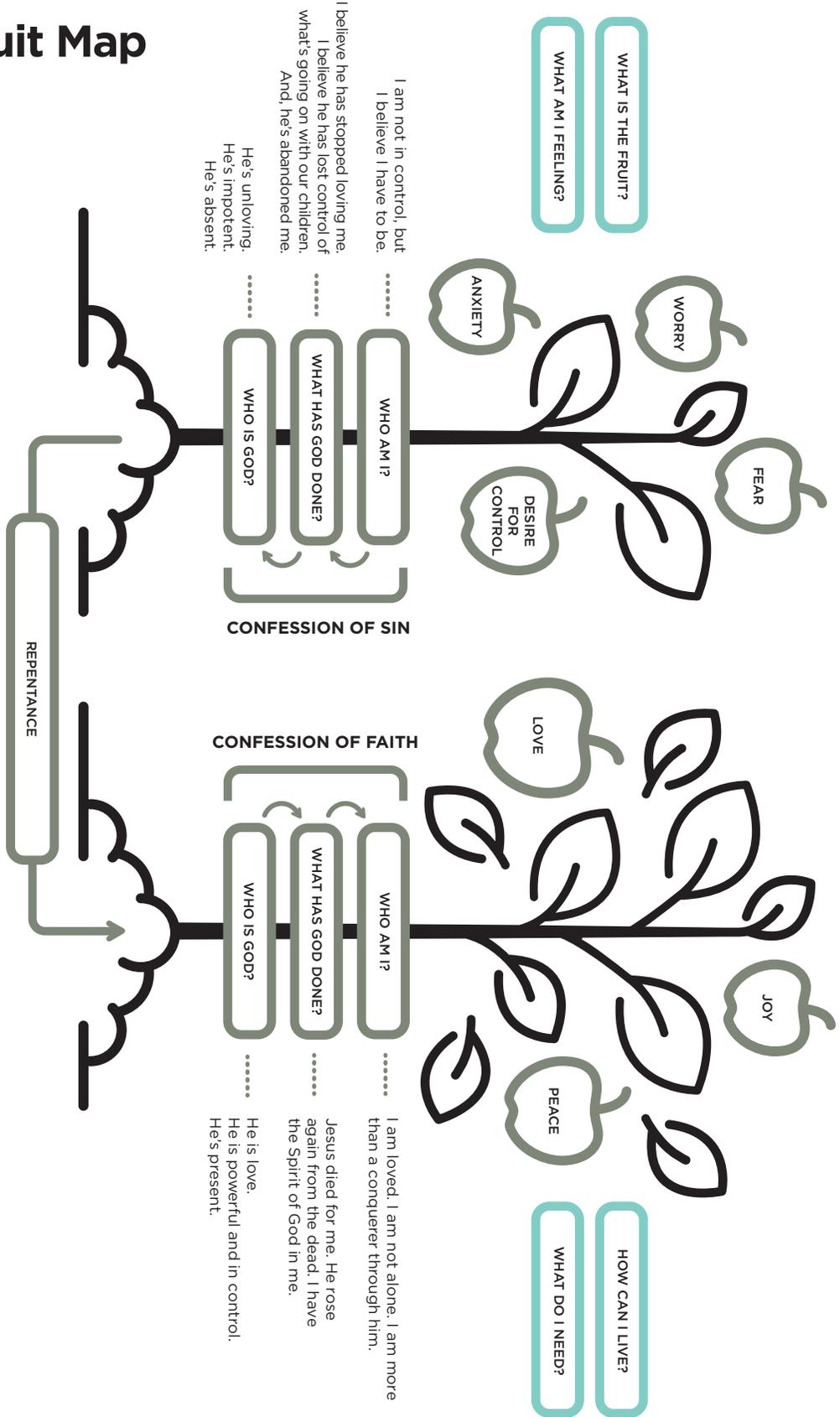


Root to Fruit Map



Root to Fruit

BEGIN

Slow down and settle into the space you're in. Take a moment to quiet your mind and body. Invite the Holy Spirit to illuminate your heart and ask for the renewal of your mind through the Gospel as you engage in this journaling exercise.

FRUIT (BAD) TO ROOT

STEP ONE:

WHAT IS THE FRUIT? WHAT AM I FEELING?

Identify a specific situation that feels challenging or stressful, where you notice "bad fruit" emerging in your life. Let your emotions be a signpost. Ask yourself:

- What am I anxious about?
- What am I feeling depressed about?
- Is there rage or frustration bubbling up?
- Am I feeling hurt or offended?
- What habits or hang-ups are draining life and love from my soul and my relationships?

QUESTION #1:

WHAT IS THE FRUIT?

Now, choose **one situation, habit, or hurt** where you're noticing bad fruit. Give it a short name or title.

MY SITUATION OR AREA:

QUESTION #2:

WHAT AM I FEELING ABOUT THIS FRUIT?

Before getting into details or descriptions on the situation or area, let's begin with a Feelings Check-In using The Feelings Chart. Answer the following:

- Which emotions from the list below am I experiencing?
- Focus on the Truth, Impairment, and Isolation columns to find the words that best describe what you're feeling.
- Take note of the underlying need behind each emotion you're experiencing. You'll find that in the far right column.

Be honest with yourself. Don't condemn yourself if you notice you're on the impaired or isolation side of the chart—receive grace. There's no need to go into great detail—simply list the emotions you're feeling.

MY FEELINGS:

MY ASSOCIATED NEEDS:



**STEP TWO:
WHO AM I?**

In light of what I am doing, feeling, or experiencing, what am I believing about myself and my identity right now? What are the lies or illusions around my identity that I am accepting?

**STEP THREE:
WHAT HAS GOD DONE?**

What do I believe God is doing, has done or not done in this situation? Where do you think He has acted out of character...in a way this is unlike Jesus?

**STEP FOUR:
WHO IS GOD?**

What do I believe God is like as a result of that?

ROOT TO FRUIT (OF THE SPIRIT)

**STEP FIVE:
BEGIN AGAIN**

At this point, you might uncover some difficult beliefs you've been carrying about God or yourself. Take a deep breath. Remember, Jesus knew all of this before you did—and it hasn't changed His love for you one bit. In fact, many people find it freeing to voice these things directly to Jesus. For example, "Lord, I've believed You were distant, uncaring, and uninvolved in this situation! My heart needs Your comfort."

You'll find this kind of honest, raw confession throughout the Psalms—where people bring their deepest struggles and lay them openly before the Lord. Now, take a moment to do the same. Let it out, unedited and from the heart. Now, we will move from this unbelief to belief, embracing the Good News about who God is and who you are, as revealed by Jesus and the Scriptures.

**STEP SIX:
WHO IS GOD?**

Who is God (His true character we know as revealed in Jesus Christ)? Which of the Four G's speaks to this? It may be more than one of the Four G's. List as many things as you can about God's identity that relate to this area.



**STEP SEVEN:
WHAT HAS GOD DONE?**

How has God proven each Himself in His work in the world and in the person and work of Jesus? Also, recall how He has been faithful to you in similar areas in your life in the past.

**STEP NINE:
WHAT DO I NEED?**

Remember the need behind the feelings you identified earlier. Describe that need in detail and bring it to God.

**STEP EIGHT:
WHO AM I?**

List as many true statements about who you are in Christ that you can think of.

**STEP TEN:
HOW CAN I LIVE IN LIGHT OF WHO I AM, WHO
GOD IS AND WHAT HE HAS DONE?**

What is the Spirit of God saying to you about your next step? Write an "I will..." statement.



The Feelings Chart

ISOLATION	IMPAIRMENT	TRUTH	GIFT	NEED
Self-will Run riot	Depression	Anger	Passion	Voice to be heard
Revenge	Resentment	Hurt	Healing & Courage	Attention
Evil	Apathy	Lonely	Into-me-see	Be known
Demand	Self-Pity	Sad	Acceptance	Comfort
Rage	Control/ Anxiety	Fear	Faith & Wisdom	Protection Help, refuge
Utter Isolation	Toxic Shame	Shame	Humility	Attunement
Shamelessness	Toxic Shame	Guilt	Freedom	Forgiveness
Empty tragedy	Sensuality w/o heart	Glad	Joy w/ sadness	Celebration

