



FIVE MINUTES  
TO DEEPER  
ROOTS

A white line-art illustration of a tree with a thick trunk, a dense canopy of leaves, and a complex root system extending downwards. The tree is centered within the circular text.

Let your roots grow down to him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and then you will overflow with thankfulness.

*Colossians 2:7*

*Spend one minute on each step. May your roots grow deeper in Christ and may you become more thankful as you remember and share it with others today!*

1

1ST MINUTE

### Get real with God.

*Tell God what's on your heart and mind. Unravel your thoughts and tell Him all that's going on.*

2

2ND MINUTE

### Be still.

*Be still and silent. Try to allow the things in your mind to go towards God and stay there while you reset your mind.*

3

3RD MINUTE

### Read His word.

*Read your passage for the day. Try 4 or 5 verses or a chapter of Proverbs. Read until your minute is up and then stop.*

4

4TH MINUTE

### Memorize.

*Memorize one of the verses you just read. Repeat it to yourself or write it down as a way of journaling.*

5

5TH MINUTE

### Give praise and thanks.

*Thank God for this verse and what it can do in you and through you today. Thank him for everything else in your life. This might be longer than a minute, but one minute is a great start.*