

# *Sending Out Our Roots*

Oasis: A Self-Guided Prayer

*Blessed is the man who trusts in the Lord; whose trust is the Lord. He is like a tree planted by water; that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit. Jeremiah 17:7-8*

Life is not consistent; it seems to never plateau or become stagnant for more than a season. There are ups and downs in life that, left to ourselves, would inevitably drown us, scorch us, or destroy us.

We have Hope.

In this passage of Jeremiah we read that someone whose trust is the Lord will be like a tree planted by water, sending out its roots by the stream. The New King James Version states it as *whose Hope the Lord is*. The Hope of the Lord is a gift that we can choose to open or not. Sometimes when our worlds look hopeless it is work to get to the Hope of the Lord as we have to push past our false selves, the lies that the enemy tries to tell us, or past the disparity. This takes effort. In just the same way, there is an amount of energy given up in order for a tree to move its roots toward a stream. This is necessary for survival. If a tree does not find a water source, it will die. It might take time, it might take a few seasons, but it will inevitably die. If we do not open the gift of Hope from our Lord we will lack spiritual longevity and life.

The Lord is our Hope and He is Hope. Therefore, if we trust in the Lord, we are trusting in Hope.

Merriam-Webster defines *hope* as the following: *to expect with confidence: trust*.

The Lord is our expectation satisfied.

Hebrews 4:16 in the Mounce Reverse Interlinear New Testament states, *therefore let us approach with confidence the throne of grace, so that we may receive mercy and find grace for help when we need it*. We are called to have confidence in the Lord and to approach Him with confidence.

Where are you lacking confidence? Where are you lacking expectation that the Lord will be trustworthy? In what way do you need to extend your roots to the stream, even though it is uncomfortable or may not make sense?

Think about these places in your life and what it would look like to be stretched. Pray that God will give you the courage to come to His throne for the mercy and grace you will need for this circumstance. Begin stretching the rubber band in your hand, feel the tension and feel the slack. Allow God to begin warming up your roots so that you will be ready to stretch toward His Hope. Keep this rubber band this week as a reminder of the work God is doing in your life. Put it on your wrist, or in your billfold or in your purse. Every time you see it be reminded that the Lord is your Hope and embrace the courage He gives you to stretch out to Him.

There is an easel in the back of the sanctuary with a poster board and tacks on it; beside there is a plate of rubber bands. Take out as many rubber bands as you want, each one symbolizing a root in your life that you want to stretch toward your Hope. Stretch these rubber bands between two tacks on the board. Give thanks in expectation for the way God is going to stretch you in your faithfulness in trusting Him.

Go in peace and in the confidence of the Lord.