

# Rooted Resistance

Family Devotion | Lent 1 | The Work of Imagination

## Gather

Find something small to place in the center of your space: a plant or seed, a rock, or even a drawing of roots. Take one deep breath together.

## A Story to Share

Jesus began Lent in the wilderness. There was no crowd. No applause. No shortcuts. Jesus was hungry, tired, and tested. The voices around him said things like: “Take the easy way.” “Prove yourself.” “Grab power now.” But Jesus chose something different. Jesus chose to trust God. Jesus chose to stay.

Around the same time in scripture, God’s people were living far from home. They wanted to leave and escape. But God told them to do something surprising: Build houses. Plant gardens. Take care of the place where you are. Both stories remind us that sometimes the bravest thing we can do is grow roots, even when life feels hard or uncomfortable.

## Wonder Together

- What are roots for?
- Why do you think God cares so much about roots and staying?
- When is it hard to wait instead of taking a shortcut?
- What helps you feel strong when things are hard?

## A Simple Activity: Deep Roots, Strong Lives

Have each person finish one of these sentences out loud or on paper:

- I feel rooted when \_\_\_\_\_.
- A shortcut I sometimes want to take is \_\_\_\_\_.
- Something that helps me grow strong inside is \_\_\_\_\_.

Younger children can draw a plant with big roots and label the roots with words like love, kindness, patience, or God.

## A Short Prayer

God of love,  
Help us grow deep roots.

When things are hard, help us stay.

When shortcuts look tempting, help us choose what is good.

Grow love in us, so we may share it with the world.

Amen.

### Lenten Practice for the Week

This week, practice rooted resistance as a family. When someone feels frustrated, rushed, or upset, pause together and say: "No shortcuts. Deep roots." Take one breath, then choose the next right thing.