

artisan church

# Roots

values exploration



# INTRODUCTION

The purpose of this kit is to help you to explore what Artisan's values mean to you, how you are living them out in your day-to-day life, and to foster collective re-engagement of the Artisan community to develop ways we can more fully embody our values.

This kit can be completed by individuals, friends, families, or small groups -whatever is right for you. You should complete the activities at your own pace, but we would suggest to try to work through one activity from each section (Define, Reflect, Immerse, Challenge, and Act) at a time.

## GENERAL INSTRUCTIONS

Journaling activities can be done on an individual basis or in community. You can choose to write down your answers in a notebook, or share with others.

When practicing meditation, particularly if you are new to the practice, it is important that you forgive yourself for being distracted. We suggest meditating for 5-10 minutes, but an even shorter period will work, just find what works for you. Find a quiet place and set a timer to countdown so you are not distracted by the time. Sit in a posture that is comfortable, but still feels like you are alert. Take a few deep breaths to begin and consciously relax your shoulders and other tense areas. The meditations suggested will give you a focus, or you can focus on your breath. Every time you notice yourself distracted, gently guide your attention back to your focus, without judgement. Try to increase the amount of time you meditate as you go along.



# Define

## Activity 1: Journaling

How do you define roots?

Describe a time you recently experienced the value of roots.

Ask two people what they think of when they hear the word roots.

Roots is defined by the Merriam Webster dictionary as:

**Root** *noun; plural noun: roots*

1: the part of a plant which attaches it to the ground or to a support, typically underground, conveying water and nourishment to the rest of the plant via numerous branches and fibers.

2: the persistent underground part of a plant

a: any plant grown for its edible root.

b: the embedded part of a bodily organ or structure such as a hair, tooth, or nail.

c: the part of a thing attaching it to a greater or more fundamental whole; the end or base.

3: the basic cause, source, or origin of something.

4: family, ethnic, or cultural origins, especially as the reasons for one's long-standing emotional attachment to a place or community.

Other definitions are used in the fields of linguistics, music, mathematics, and computing

**Root, Roots** *verb*

1: cause (a plant or cutting) to grow roots

2: take root, grow roots, become established

3: establish deeply and firmly

4: have as an origin or cause

5: cause (someone) to stand immobile through fear or amazement.

How does this definition compare to or change how you define roots?

## Activity 2: Word Association Exercise

Write down the words that pop into your head as you consider the word "roots". Alternatively, if you have access to the internet, visit [Visuwords.com](http://Visuwords.com) and type in the word origin or establish. By double-clicking on the connected words, you can expand the word network.

Did these connections make you consider roots in a new light? In what ways?

## Activity 3: Bible Study - Lectio Divina

Artisan Church's value of Roots reads:

We are deeply rooted in the historic Christian faith as revealed in scripture and worked out in the life of God's people through the ages.

*Proverbs 12:3b; Proverbs 12b; Jeremiah 6:16a; Jeremiah 17:7-8; Matthew 13:6b; Colossians 2:6-7; 2 Thessalonians 2:15*

Choose one of these verses to study using the [spiritual practice of lectio divina](#).

Step One: **Read** the passage, listening with the "ear of your heart." What phrase, sentence or even one word stands out to you?

# Define

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Step Two: Read the passage again and **Reflect** on the word of God. Be aware of what touches you, a thought or reflection that is meaningful. Allow a minute or two of silence.

Step Three: Read the passage again and **Respond** spontaneously to the word of God. Be aware of any prayer that rises up within that expresses the experience. Allow a minute or two of silence.

Step Four: Read the passage a final time and **Rest** in the word, reflect or pray and allow God to speak in the silence. Allow three or four minutes of silence.

**What stood out to you in the verse you studied? How does that change the way you see the value of roots?**

## Activity 4: Bible Study - Lexicon/Blue Letter Bible

Let's look some more at how roots is talked about in the bible. If you have access to the internet, go to [BlueLetterBible.org](http://BlueLetterBible.org) or download the Blue Letter Bible app on your phone or tablet.

Using their search engine, search for verses in which the word roots or ancestors is used. Note that the number of uses may vary between translations, so check out a few different ones.

Read the verses. If you have time, go to each verse and look at the context for each use of the word.

**What do these verses have in common?**

**How do these verses expand your idea of roots?**

# Reflect

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## Activity 1: Journaling

**Why did you choose to explore this value?**

**What images, objects, or ideas capture your imagination when you think of roots?**

## Activity 2: Journaling

**How have you experienced the value of roots?**

**At what time in your life did you feel most connected to this value?**

**What feelings are stirred when you consider this value?**

# Reflect

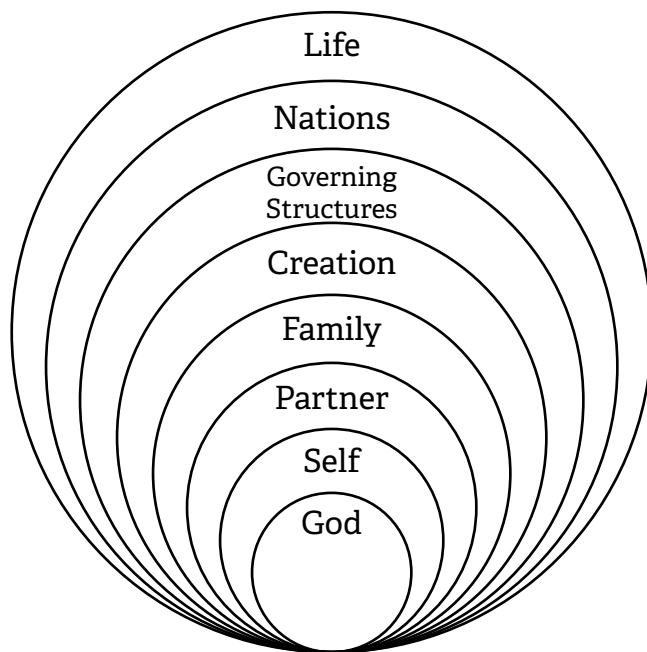
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## Activity 3: Journaling

**How have you seen roots exhibited in people's lives, including your own?**

**Who in your life embodies this value well? In what ways?**

Lisa Sharon Harper uses this diagram in *The Very Good Gospel* to illustrate the different circles of relationship. There may be layers of this diagram that do not resonate for you. That's okay. Feel free to skip layers that don't connect with you or add layers beyond what's listed here.



**Starting with your relationship to God, how could you express the value of roots in these relationships?**

## Activity 4: Meditation

Meditate for 5 min, using the word roots or another related word as your mantra. When distracted, forgive yourself and return your focus to the word.

**Afterward, write down any thoughts about this value that arose during your meditation.**

# Immerse

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## Activity 1: Candle Meditation

Find a space where you feel comfortable and calm. Sit in a comfortable spot. If it's safe for you, light a small candle and put it in a safe place within your eyesight. If a flame isn't safe for you or those around you, you can use a battery-operated candle or any other light source. With your eyes fixed on the candle or other light source, take a few deep breaths, breathing in through your nose and out through your mouth. Then, with your eyes still fixed on the candle or other light source, meditate on the value. Perhaps say the value out loud or silently. Give yourself a few minutes to meditate on the value and observe the light. Close by taking a few deep breaths, breathing in through your nose and out through your mouth. Reflect on how you felt during this meditation time. Make sure to blow out the candle if you're using one.



# Immerse

## Activity 2: Ignatian Reading

St. Ignatius of Loyola created a method of Scripture engagement that allows us to connect with Scripture personally. The idea is to place yourself in the biblical story, becoming a person in the crowd, a disciple or the boy with the loaves and fish. Imagine the sights, sounds, smells, feels, and tastes of this ancient world. You step into the story and let it enter your mind, not just a series of facts, but as a story with actual characters who felt and experienced life.

This method is especially helpful for those who tend to connect to Scripture on a purely cognitive level. It involves our emotions, enveloping our whole person. With the Ignatian method, you are no longer just reading a book, you are living a story. God has given us the biblical stories so we can connect with them on all levels so we can know who he is and what he cares about.

Though the Ignatian method can be deeply engaging and helpful, we must be discerning during the practice to not let our imaginations run ahead of us, supposing that everything we can imagine is what a passage actually means. Instead, our hope is that we will use the Ignatian method to penetrate a passage more holistically.

### **Acts 10:34-48**

*Opening his mouth, Peter said: "I most certainly understand now that God is not one to show partiality, but in every nation the man who fears Him and does what is right is welcome to Him. The word which He sent to the sons of Israel, preaching peace through Jesus Christ (He is Lord of all)—you yourselves know the thing which took place throughout all Judea, starting from Galilee, after the baptism which John proclaimed. You know of Jesus of Nazareth, how God anointed Him with the Holy Spirit and with power, and how He went about doing good and healing all who were oppressed by the devil, for God was with Him. We are witnesses of all the things He did both in the land of the Jews and in Jerusalem. They also put Him to*

*death by hanging Him on a cross. God raised Him up on the third day and granted that He become visible, not to all the people, but to witnesses who were chosen beforehand by God, that is, to us who ate and drank with Him after He arose from the dead. And He ordered us to preach to the people, and solemnly to testify that this is the One who has been appointed by God as Judge of the living and the dead. Of Him all the prophets bear witness that through His name everyone who believes in Him receives forgiveness of sins."*

*While Peter was still speaking these words, the Holy Spirit fell upon all those who were listening to the message. All the circumcised believers who came with Peter were amazed, because the gift of the Holy Spirit*

# Immerse

*had been poured out on the Gentiles also. For they were hearing them speaking with tongues and exalting God. Then Peter answered, "Surely no one can refuse the water for these to be baptized who have received the Holy Spirit just as we did, can he?" And he ordered them to be baptized in the name of Jesus Christ. Then they asked him to stay on for a few days.*

## **Begin**

Take time to consider God's presence and love for you. Kneel, sit, bow, however you wish to be comfortable for your time of prayer.

## **Preparatory Prayer**

Offer God your time and focus. Ask for any grace you need during this time (peace, consolation, hope, focus etc.).

## **Contemplate**

- *Read the text:* Read the text slowly, truly taking time to understand what is happening in the story. Take time as soon as you are done to recall what occurred in the story.
- *Place yourself inside the text:* Use your imagination and place yourself in the story. Pretend you are one of the characters or place yourself in the story as an independent character that interacts with the others in the text.
- *Participate:* Become part of the scene. Talk to the other characters in the story and interact with them.
- *Observe:* Look around. What is happening around you? Where are you? Think about the sensory experience during this time. What does the place, feel, sound, look, smell like. Try to really

imagine it. Also, gain a sense of who these people are. Why are they here, what are they doing, and what does that tell us about them? Remember, ground your imaginings in the text, but feel free to explore it. This takes practice, but becomes easier with time.

- *Dialogue with the characters:* Ask yourself: What are those around me saying, to each other and to me? What do I say to them? What is our discussion like?
- *Notice what is going on inside you:* Ask yourself what you're feeling as you interact with the text in this way. Are you happy? Joyful? Full of sorrow? Peaceful? Confused? Full of love?

## **Colloquy**

Have a short personal conversation with Jesus. Pretend that he is right there next to you and you are having a face-to-face conversation with a close friend.

## **Closing Prayer**

Conclude with a prayer of your choice. You may stand, kneel, bow, raise your hands, etc.

When you have finished this practice review what you have experienced. Journaling is a great way to record your feelings and to help you remember what you experienced.





# Immerse

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## Activity 3: Audio

Listen to some of the following songs or read through the lyrics ([links to audio and lyrics](#) can be found in the online version of the values exploration kit)

*Anchored in Love* - Jenny & Tyler

*Future Past* - John Mark McMillan

*Simple Gospel* - United Pursuit

*Eyes on the Prize* - Traditional

*Faith of our Fathers* - Robbie Seay Band

*Hineh Ma Tov* - Joshua Aaron

**What images of or connections to roots do the artist's lyrics bring to mind?**

**What new connections to roots did you find in the song(s)?**

## Activity 4: Art Engagement Coloring, Creative Expression, and Contemplation

Choose a coloring page (included at the end of this booklet) or create your own image using the medium of your choice related to the value of Roots. If you choose, add words to your coloring page/drawing (i.e. writing words in the branches or roots of your tree) that personally root you to your faith. Try to enjoy the creative process in a relaxed and meditative way while reflecting on what you have read, thought, and written about this value so far.

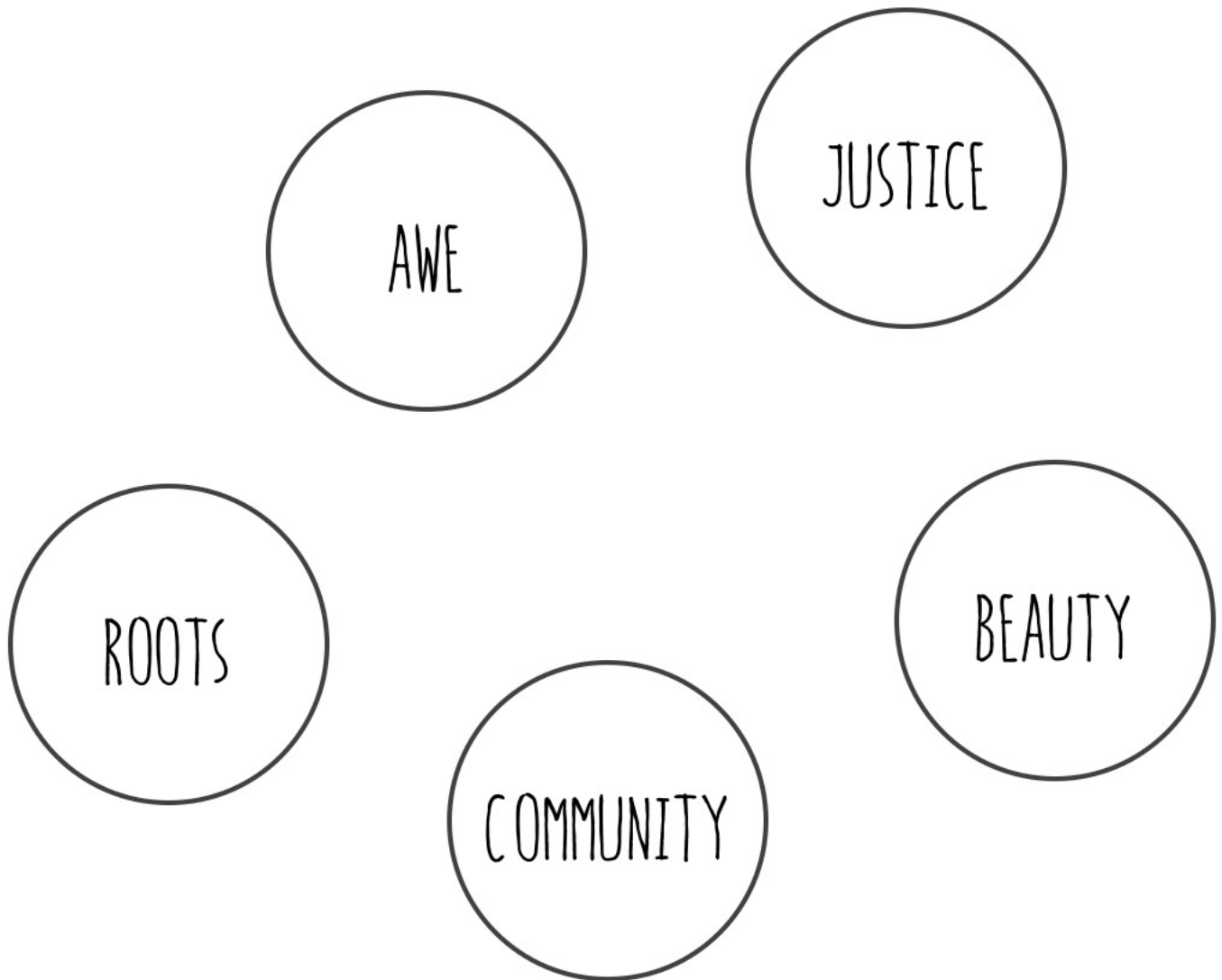


# Immerse

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## Activity 5: Connections

In this activity, consider how the value of roots connects to the other four Artisan values: awe, justice, community and beauty. **Use the diagram below to explore these connections by drawing or writing in the connections you come up with.**



# Challenge

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## Activity 1: Journaling

How well do you feel that you embody this value? In what ways?

If you don't feel that you embody this value very well, what do you think is holding you back?

## Activity 2: Journaling

Can you think of ways that this value or verses associated with this value have been or could be used to harm others?

What could we do to prevent that?

## Activity 3: Journaling

Not everyone connects with each value. Is there anything in the description of this value or the accompanying verses that you think is problematic?

What could be added to the description that would make it easier for you to connect with this value?

There are many gifts and virtues discussed in the Bible. What other values do you think we're missing?

What roots are we leaving for future Christians?

# Act

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## Activity 1: Journaling

What does it look like to live this value everyday?

What act will you do to show yourself and others that you value roots?

## Activity 2: Learn

Learn more about how to live out this value. You can learn from a book/website/social media personality, or really any source. If you can, post the resources you find on Instagram #ArtisanValuesRoots.

## Activity 3: Practice

While we encourage you to explore how to express this value in your everyday life, we don't have to do it all ourselves. Find a place/organization/person who engages with this value and give them some support. Volunteer, affirm, donate.



# Act

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## Activity 4: One Little Thing

Here is a list of little things you can do to embrace roots in your life. Or come up with your own!

- Talk with an older relative about your family history
- Find a tree and spend some time observing it and reflecting on how the roots connect to the tree as a whole and to the surrounding area
- Spend a little time researching an early Christian writer and read one of their texts
- Attend a [liturgical service at The Abbey of the Genesee](#)
- Discover your family tree
- Tend a garden
- Write out a favorite verse in the original Greek or Hebrew
- Listen to traditional and/or modern hymns
- Plant a time capsule







**Blessed** is the man who  
& whose **HOPE** is the **LORD**.  
For he shall be as a tree  
planted by the waters.

who spreads out its roots  
by the river, & shall  
**NOT FEAR** when heat comes,  
but its leaf shall be green;

& shall **NOT BE ANXIOUS** in  
a year of drought, neither  
shall cease bearing **FRUIT**.

Jeremiah 17:7-8

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