

Rooted *Deeply*

Spiritual Practices Guide for the Year



Wellington
METHODIST CHURCH

I believe God can help us grow deeper roots in 2026.



In the following guide, you will find the five practices we're focusing on as a church the next five weeks and beyond: Rooted in Prayer, Spiritual Community, Serving, Generosity, and Invitation. Our challenge for you is to lean in with an expectant heart to what God might want to teach you, grow in you and do through you. Be on a lookout for places where you can grow deeper roots.



There's space for you to take sermon notes, be guided in pray, to evaluate your own spiritual health, and so much more.



Will you be willing to allow the Holy Spirit to speak to you during this series? Let's spend some time with God and allow Him to do His work through us.



Pastor Isaac Chua

Start Here

Before you can begin to grow, let's evaluate where you already are. There's room for growth for everyone! Take a moment to think about your spiritual practices in the last month, then fill out the Spiritual Health Check below. Answer honestly, between you and God.

Spiritual Health Check

Praying Daily	Struggling	1	2	3	4	5	Faithful
Spiritual Community	Struggling	1	2	3	4	5	Faithful
Serving regularly	Struggling	1	2	3	4	5	Faithful
Generosity	Struggling	1	2	3	4	5	Faithful
Inviting	Struggling	1	2	3	4	5	Faithful

Based on your spiritual health check, which areas do you faithfully follow Jesus?

Which areas need improvement?

Which area are you least excited about trying? Which area are you most excited about trying?

Rooted in Prayer

Pray this: Give me a heart to grow in prayer, O Lord. Remind my heart that nothing will satisfy like resting in your presence. God, help me develop a regular practice of prayer. I want to pray more often, I want to hear from You. Give me the discipline to become a person of prayer, starting now. Amen

Rooted in Prayer

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Main Scripture:

Key takeaways from the sermon:

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What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

Prayer Practices

Daily Prayers

Not sure how to start praying?

Start here, by reading these Scriptures out loud each day of the week.

Sunday – I was glad when they said to me, “Let us go to the house of the LORD.”
Psalm 122:1

Monday – May the words of my mouth and the meditation of my heart be
pleasing to you, O LORD, my rock and my redeemer. Psalm 19:14

Tuesday – Send out your light and your truth; let them guide me. Let them lead me to
your holy mountain, to the place where you live. Psalm 43:3

Wednesday – But the time is coming – indeed it’s here now – when true worshipers
will worship the Father in spirit and in truth. The Father is looking for those who will
worship him that way. John 4:23

Thursday – Both day and night below to you; you made the starlight and the sun.
You set the boundaries of the earth, and you made both summer and winter.
Psalm 74:16-17

Friday – I will bless the LORD who guides me; even at night my heart instructs me.
I know the LORD is always with me. I will not be shaken, for he is right beside me.
Psalm 16:7-8

Saturday – So now there is no condemnation for those who belong to Christ Jesus.
And because you belong to him, the power of the life-giving Spirit has freed you from
the power of sin that leads to death. Romans 8:1-2

Pray Today

Thank God for who He is and His faithfulness in your life.

Who are you praying for today?

What challenge or situation do you need God's guidance in this week?

What is a need your family has this week?

My Prayer Plan

Make a plan to grow in your prayer life in the next 4 weeks, 6 months, and one year.

For the next 4 weeks, I plan to pray:

☐ Each Sunday

☐ Each day

☐ Other: _____

In the next 6 months, I plan to pray:

☐ Each day

☐ Out loud with my family

☐ Other: _____

In the next year, I plan to pray:

☐ Each day

☐ By joining a Prayer Gathering

☐ On the Prayer Team at church

☐ Other: _____

**Need prayer? Want to join our prayer team?
Or searching for a quiet space to meet with God?**

Our Prayer Room is set apart just for that.

Scan this code to learn more and take your next step.



Rooted in Spiritual Community

Pray this: Father, thank You for calling us into community, not isolation.

Teach me how to show up — to listen, encourage, and love well. Knit my heart closer to Yours & to the people You've placed around me. Make our community a place where Your love feels tangible and Your Spirit moves freely. Amen.

Main Scripture:

Key takeaways from the sermon:

[illegible]

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

Spiritual Community

When have you felt most connected to others in your faith journey? What made that experience meaningful?

It's not always easy to be vulnerable or step into new spaces of community. What holds you back from opening up or becoming more involved right now?

Who has encouraged your faith lately? How could you return that encouragement to someone else?

Pray Today

Thank God for who He is and His faithfulness in your life.

Who are you praying for today?

What challenge or situation do you need God's guidance in this week?

What is a need your family has this week?

My Connection Plan

Make a plan to invest in spiritual community in the next 4 weeks, 6 months, and one year.

For the next 4 weeks, I plan to connect by:

- ☐ Reflect: How is God calling me to grow deeper in relationships through Christ?
 - ☐ If not already involved in a small group, explore and ask questions about becoming a part of one.
 - ☐ Other: _____
-

In the next 6 months, I plan to connect by:

- ☐ Try and/or join one of the existing groups.
 - ☐ Invite a friend or family member to church or small group.
 - ☐ Other: _____
-

In the next year, I plan to connect by:

- ☐ Finding someone to hold me accountable in my spiritual disciplines.
 - ☐ Starting a new group that does not exist yet and invite others.
 - ☐ Other: _____
-

Faith grows in community. No matter your age or stage of life, there's a group for you to connect, learn, and grow in faith. Scan this code to explore all of our groups and find your place!



Rooted in Service

Pray this: Spirit of God, help me to be present with all who need me. Would you point out giftings of mine I could use to serve You? I want to use my time and talents to meet the needs of others. Give me patience when it's inconvenient, and stir up joy in me to serve those who You love. More than anything else, let my service reflect your love for those I'm serving. Amen.

Main Scripture:

Key takeaways from the sermon:

[illegible]

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

Spiritual Gifts

What activities bring you joy? What do you find yourself looking forward to? (e.g., cooking, teaching, organizing, listening to others, being creative)

Each of us is uniquely gifted by the Spirit. Recognizing those gifts can help us serve in ways that feel natural and fruitful. Circle 2–3 gifts or strengths that best describe you. Put a star next to one you'd like to grow in. You can also ask a friend a family member which of these gifts they see in you.

Hospitality – making people feel welcome and cared for.

Teaching – helping others understand God's Word.

Leadership – guiding and inspiring others toward a goal.

Mercy/Compassion – noticing and caring for those who are hurting.

Encouragement – uplifting others with words of hope.

Generosity – joyfully sharing time, money, or resources.

Service/Helps – quietly stepping in to meet practical needs.

Administration – bringing order, structure, and planning to help ministries thrive.

Creativity – expressing God's beauty through art, music, writing, or design.

Faith – trusting God deeply and helping others believe.

Pray Today

Thank God for who He is and His faithfulness in your life.

Who are you praying for today?

What challenge or situation do you need God's guidance in this week?

What is a need your family has this week?

My Service Plan

Make a plan to serve in the next 4 weeks, 6 months, and one year.

For the next 4 weeks, I plan to serve by:

- ☐ Learning about volunteer needs at my church and begin praying about where to serve.
 - ☐ Trying to serve once in a small way (help with a meal, greet on Sunday, serve with kids/youth ministry, etc.)
 - ☐ Other: _____
-

In the next 6 months, I plan to serve by:

- ☐ Exploring my spiritual gifts & try serving in areas at WMC that align.
 - ☐ Committing to regularly serving in one ministry area.
 - ☐ Other: _____
-

In the next year, I plan to serve by:

- ☐ Serving on a mission project.
 - ☐ Serving regularly on a team at WMC.
 - ☐ Other: _____
-

**Where is God calling you to serve next?
Scan this code to explore ways to get involved and
put your gifts into action!**



Rooted in Generosity

Pray this: God, I have seen Your faithfulness in my life. In response to Your goodness and faithfulness help me to live with open hands. I am letting go of control and leaning into radically trusting you, Lord. As I grow in trust, I know it will challenge me to grow in generosity. When opportunities arise, give me the faith to live in trust, knowing that what is given for Your Kingdom has eternal value. Amen.

Main Scripture:

Key takeaways from the sermon:

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What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

Take time to reflect and pray.

God, thank You for the generosity You’ve shown me through others. Help me to notice opportunities to bless someone else and give me courage to act in love today.

How have you noticed the ways that God has shown up and provided for you?

Your gifts make ministry possible. They meet the daily needs of our church and create spaces where lives are changed. Through your generosity, children, youth, and adults experience God’s love in real and lasting ways. The steps below can help you reflect on your own journey — exploring what it means to begin giving, grow in generosity, and live a life of faithful tithing.

	<u>Monthly Income</u>	<u>Percentage</u>		<u>Giving Amount</u>
Tithe (10%)		x .1	=	
Grow (5%)		x .05	=	
Explore (1%)		x .01	=	

Pray Today

Thank God for who He is and His faithfulness in your life.

Who are you praying for today?

What challenge or situation do you need God's guidance in this week?

What is a need your family has this week?

My Generosity Plan

Make a plan to grow in generosity the next 4 weeks, 6 months, and year.

For the next 4 weeks, I plan to be generous by:

☐ Thanking God for what I have & asking how much to give.

☐ Increasing my giving by 1% or more of my income.

☐ Other: _____

In the next 6 months, I plan to be generous by:

☐ Setting up a recurring gift.

☐ Praying over my offering.

☐ Other: _____

In the next year, I plan to be generous by:

☐ Giving a gift above and beyond.

☐ Praying over my offering.

☐ Other: _____

If you'd like to learn more about giving or take your next step in generosity, scan this code. Every gift — big or small — helps share the love of Jesus and grow His kingdom through our church.



Rooted in Invitation

Pray this: God, thank You for adopting me into Your family, for the grace that has gone before me, for saving me. You call us to follow Your example of reaching out and inviting others into Your story of salvation. Provide me with opportunities to do that.

Open my eyes to recognize those moments when my invitations might be well-received. May my invitations be a faithful echo of Your own. Amen.

Main Scripture:

Key takeaways from the sermon:

[illegible]

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

Inviting Resources

Did you know?

Studies have shown that 86% of non-church goers would say yes to an invite to church if someone asked them. Let this encourage you to invite those on your heart to church!

Follow, like, & share

One simple way to invite others is to like and share posts from our social media pages. Whether it's an upcoming event or a sermon that really spoke to you, if you share it, you never know who you might reach or speak to. If you're not already, make sure you are following the church on Facebook, Instagram, and YouTube.

Share your story

We're on a mission to help people follow Jesus and know His goodness, and that doesn't happen without you. You are a part of God's story of redemption for all people. You have a unique story to share and other's need to hear what God is up to, so they have confidence to take a next step towards Jesus.

So the question is, do you have a story about God's faithfulness through your praying, spiritual community, serving, generosity, or maybe inviting over these past 5 weeks or even before? We want to hear about it! Send us an email at admin@wellingtonmethodist.com, this isn't a commitment to speak on video or in front of people, it's just a chance for us to hear about what God is doing at WMC.

Pray Today

Thank God for who He is and His faithfulness in your life.

Who are you praying for today?

What challenge or situation do you need God's guidance in this week?

What is a need your family has this week?

My Invitation Plan

Make a plan to invite in the next 4 weeks, 6 months, and year.

For the next 4 weeks, I plan to invite by:

- ☐ Praying for a friend who doesn't follow Jesus.
 - ☐ Inviting one or more people to join me at church.
 - ☐ Other: _____
-

In the next 6 months, I plan to invite by:

- ☐ Sharing a WMC social media post encouraging your friends and family to join you at worship or a church event.
 - ☐ Inviting one or more people to join me at church.
 - ☐ Other: _____
-

In the next year, I plan to invite by:

- ☐ Sharing about what God is doing in my life with one friend.
 - ☐ Inviting one or more people to serve with me.
 - ☐ Other: _____
-

Looking for practical ways to invite friends, neighbors, or co-workers to explore faith and community? Scan this code to find resources to make inviting feel natural and loving.



Six months ago, you took a snapshot of where you were in these five areas: prayer, spiritual community, service, generosity, and invitation. Now it's time to pause and look again. This tool is not to compare with anyone else, but to notice how God has been at work in your life. It's not about perfection, but about progress and God's ongoing work in you.

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Which areas have you improved?

Which areas could still use some attention?

In the last 6 months, how have you seen God moving in your life? How has He used these teachimgs to stretch and strengthen your faith?