



What Are You Becoming?

By Deborah Wassenberg

Introduction:

God designs boys and girls to grow into strong, rooted plants and beautiful, sculptured pillars—lives firmly established in Christ. This lesson also works wonderfully as a Bible Study resource for pre-teens and teens.

Bible Lesson: Established in the Faith

Bible References: Psalm 144:12; Colossians 2:6-7

Visuals You Will Need:

1. A mature Oak tree
2. Sculptured columns holding up a building
3. King David praying
4. Apostle Paul and verse Colossians 2:6&7
5. Teenage boy and teenage girl

Words:

1. Oak trees are magnificent, long-lived, hardwood trees.
As they grow, they develop a massive, vertical root called a taproot.
The taproot grows straight down for 4 to 6 metres (15 to 20 feet) into the earth!
The taproot finds underground water when the surface soil dries out.
It helps the oak tree resist the wind and prevents it from being toppled during intense storms.
And it absorbs minerals locked deep within lower soil layers.
Many oak trees live for 200 to 300 years, and they can reach a height of 43 metres (140 feet).
So, it's no surprise that King David, when he prayed for blessings for his people, that he asked God in Psalm 144...
'That our sons may be as plants grown up in their youth'.

2. A pillar is a column.
A vertical support that helps hold up a roof, bridge, or other structure.
Columns are statuesque and can be highly decorated with scroll shapes at the top or carved with leaf patterns.
You can still see columns standing at ancient sites, like those in Greece.
On grand historic homes or elegant palaces.
And government buildings like courthouses because they project strength and authority.
People are called a 'pillar of strength' or a 'pillar of society' because they hold others up by being strong and dependable.
So, it's also no surprise that King David prayed in the same Psalm...
**'That our daughters may be as pillars,
Sculptured in palace style.'**
3. King David was a wonderful king.
He desired the young men and women of his nation to be blessed.
The sons to have deep roots, good soil, steady growth, with resistance to the storms of life.
The daughters to be like pillars designed with intention, carved with care, with inner strength from God, and placed where they can provide the best support.
4. The Apostle Paul wrote a letter (an epistle) to the Christians living in Colosse (the Colossians).
He always prayed for them and thanked God for them, even though they had never met in person.
But he was worried the persuasive words of false teachers would deceive some of the Colossians into thinking Jesus wasn't enough for them.
That they needed extra rules, special visions, or human philosophy to make them truly whole or complete.
He wrote: **'Therefore, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in him and first in your faith just as you were taught, and overflowing with thankfulness.'**
(Colossians 2:6&7)
5. This was an important truth to be shared with the Colossians, and it's equally important for Christians today!
And it is God's desire for every young person:
That you are **rooted** like a tree: your faith goes deep enough to hold you steady.
That you are **built up**: your character grows upward, strong, wise and Christlike.
That you are **established**: you know what you believe and why.
That your life is **overflowing**: your life blesses God and others.
Whether God grows you like a plant or builds you like a pillar, His goal is the same – strength in Christ!
That is, the courage, stability, and inner power of the Holy Spirit that Jesus gives so you can stand firm, live wisely, and shine for Him.

Bible Study Discussion Q & A

Colossians 2:6&7

Therefore, as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and *now* being built up in Him and established in your faith, just as you were instructed, *and* overflowing with gratitude. (NASB)

1. What does it mean to 'receive Christ Jesus as Lord'?

Answer: To "receive Christ" means accepting Jesus as the One who saves you *and* the One who leads your life. It's not just believing He exists; it's choosing Him as the authority ('Lord') over your decisions, values, and identity. It's saying, 'Jesus, You get to guide my life, not just be part of it.'

2. Why does Paul say we must 'continue to live in Him'?

Answer: Because faith isn't a one-time moment; it's a daily walk. Paul teaches that the way you *start* with Jesus (trusting Him) is the way you *grow* with Him. You will face pressures, storms, and shifting expectations; staying connected to Jesus gives stability and direction.

3. What does it mean to be 'rooted' in Christ?

Answer: Being rooted means your faith goes deep like a tree whose roots hold it steady in storms. When your roots are in Jesus (His truth, His love, His Word), you won't be easily shaken by peer pressure, doubts, or challenges. Your 'roots' are the habits and truths that keep you strong when life gets messy.

4. What does 'built up in Him' mean?

Answer: It's construction language. Your life is being built brick-by-brick on Jesus' foundation. You grow stronger through Scripture, prayer, fellowship, and obedience. It's spiritual development over time. Every choice to follow Jesus adds another 'brick' to your faith.

5. What does 'strengthened in the faith as you were taught' mean?

Answer: It means learning truth and sticking to it. Paul warns that false ideas and fake wisdom can pull people away from Jesus. You need solid teaching so you can recognise lies, trends, or beliefs that contradict God's truth. Knowing what you believe helps you stand firm when others challenge your faith.

6. Why does Paul end with 'overflowing with thankfulness'?

Answer: Gratitude keeps your heart soft and your perspective healthy. Thankfulness shifts your focus from problems to God's goodness. It fuels joy and guards against complaining. Gratitude helps you see God at work even when life feels unfair.

7. What are some 'storms' you can face, and how does being rooted in Christ help?

Answer: Storms include friendship drama, identity pressure, academic stress, temptation, family conflict, and loneliness. When rooted in Christ, you have stability, comfort, and truth to hold onto. Jesus becomes the 'rock' that doesn't move even when everything else does. Jesus gives you strength and direction when everything feels chaotic.

8. What daily habits help you stay rooted and built up in Christ?

Answer:

- Reading and obeying Scripture, which is God's words (roots grow through truth)
- Prayer (staying connected to God)
- Christian fellowship and community (iron sharpens iron)
- Serving others (faith in action)
- Gratitude and thankfulness to God (keeps your heart aligned).

9. Why is Jesus 'enough' for your spiritual growth?

Answer: Paul warns the Colossians about teachers claiming Jesus wasn't enough. But Jesus *is* sufficient. He forgives, strengthens, guides, and sustains. You don't need extra mystical experiences or secret knowledge. Christ Himself is the foundation of real spiritual maturity. You don't need to chase spiritual trends because Jesus is everything you need!

10. What's one practical step you can take this week to 'walk in Him'?

Answer:

- Start a gratitude journal
- Read one chapter of the Bible each day
- Pray for someone who's struggling
- Choose a Christlike response in a tough situation
- Ask a mentor for guidance.

These small steps deepen your roots and strengthen your walk.

Memory Verse: Ephesians 3:17

I pray that Christ will live in your hearts by faith and that your life will be strong in love and be built on love.

Trust Walk

You will need:

- Clear indoor or outdoor space
- Blindfolds (or closed eyes)
- Memory Verse cards:
 - I pray that
 - Christ will live
 - In your hearts by faith
 - And that your life
 - Will be strong in love
 - And be built on love
 - Ephesians 3:17

What to do:

- Place Memory Verse cards around the clear space
- Pair the children (one guide, one walker)
- Guide uses only voice commands to direct the walker to a card
- Collect all the words of the Memory Verse
- Assemble the verse in order

Suggested Activities: Boys

Tree Top Adventure Challenge

A high ropes challenge can range from easy to extreme and often includes a zipline element that sends adrenaline soaring. It's a brilliant confidence-builder, but it does come with practical costs to weigh up.

Bush Walking

An alternative is a bush walk to a scenic lookout. Pack a backpack with food and water, and your only real cost is the transport to get there.

Suggested Activities: Girls

Sightseeing

Visit a stately home or take a city tour to spot buildings with sculptured columns. Book a High Tea. Or pack a picnic lunch, and the only other cost you'll need to factor in is transport. It's an easy, elegant outing that feels special.

Create a Journal

Use pictures of houses and municipal buildings with columns to create an individualised journal for prayer or Bible-reading notes. The only costs involved are the materials and the journal itself.

