

*Rooted to
Rise*

HALEY CRABTREE

ABOUT THE DEVOTIONAL

Join Haley Crabtree in *Rooted to Rise*, a 10-week journey designed to help guide high school girls on how to live boldly as they grow in their faith. From topics like identity and social media to gossip and waiting on the Lord, girls will learn they are “all in this together.” More than that, they will see that God is with them in this roller coaster of a season, and he desires each and every high school girl to draw near to him. We pray that *Rooted to Rise* will be a catalyst to the act of meeting with Jesus daily.

Each week covers a topic most high school girls will journey through in their high school season. Then, each day, girls will have the opportunity to open their Bibles to read God’s Word, take time to journal using a Scripture-based prompt, and spend time in intentional prayer with the Lord.

for
High School
girls

Rooted to Rise

LEARNING TO LIVE BOLDLY
AS YOU GROW IN YOUR FAITH



HALEY CRABTREE

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How it works

Over the next 10 weeks, each week will focus on a different topic.

Read the message for each topic on the first day of the week. After each message, there will be questions and prayer points to focus on for each day of that week.

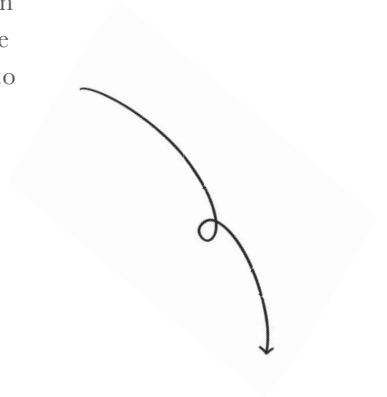
HOW TO JOURNAL: It's as easy as this: take the thoughts and conversations swirling around in your head and write them down!

HOW TO PRAY: Talk to God in your head or out loud in the morning as you sip some coffee, while you go to school or work, in the evening before climbing in your bed, etc. He doesn't care about big words or fancy talk. He just wants to hear from you! Repeat this process for 10 weeks. Allow yourself to be open with God! He already knows you intimately, but he wants to hear from you. This devotional will show you how you can communicate with him through prayer and journaling. I hope you enjoy talking with him!

NOTE: *All Scripture references are taken from the English Standard Version (ESV) of the Holy Bible; other versions of Scripture will work, but they may be worded a little differently.*

GROW AS YOU GO!

As you move through this devotional, you'll see an illustration of vines growing up the side of the pages. Color in the growing vines to track your progress as you study!



A note from the author

Hi, girls! My name is Haley.

I live in Dallas, Texas, and I have endured and survived (woo!) all four years of high school. I like to refer to those years as an emotional roller coaster in both positive and negative ways. Can I get an amen from anyone who can relate? During these four years, you will experience high school and all its life-changing moments. You'll take classes you hate (hey, chemistry) and classes you love (hey, history). You'll possibly learn how to drive and attend school dances (with friends as your dates or boys as your dates—both equally fun, might I add!). You'll gain friends, you'll lose friends, you'll argue with your parents, and then you'll cry saying goodbye to them as you move on to college or your first job in the real world. So many things will happen during these four years, and I wrote this devotional with the hope that it will help you navigate this season of life in a way that honors and glorifies Christ. Wherever you are in your high school journey I hope you feel the freedom to jump right in and relate with all the other girls working through this devotional, too. In this devotional, we will talk about some of the issues and topics that high school girls will most likely deal with during these four years. We will also work through how to seek Jesus even when it may seem like no one else around you is seeking him. God loves

you, chose you, and trusts you to carry out his work during your time on earth. What a joy it is to be given the gift of faith in Jesus. I pray by the end of this devotional that you would feel more deeply rooted in the Word of God and ready to boldly rise up and proclaim the good news of Jesus Christ.

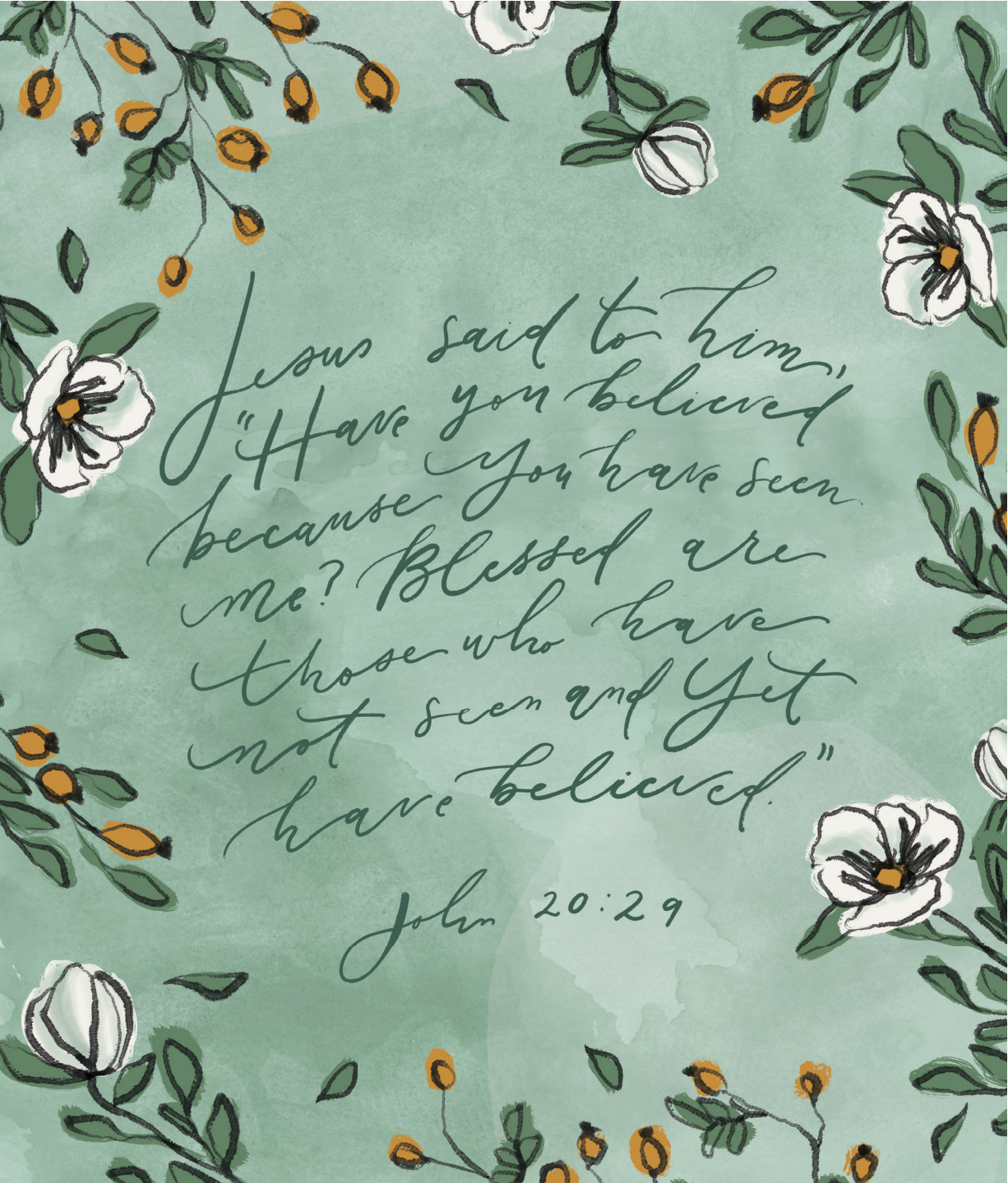
“Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.” — Colossians 2:6-7

Halley



Week 1

IS THIS CHRISTIANITY THING TRUE?



Jesus said to him,
"Have you believed
because you have seen
me? Blessed are
those who have
not seen and yet
have believed."

John 20:29



IS THIS CHRISTIANITY THING TRUE?

Before we dive into the following topics of this devotional, I want to ask if you've ever considered this question: *is this Christianity thing true?* I know I sure have. I vividly remember struggling with doubt at the end of my junior high years, and it was one of the darkest, most confusing times of my life.

As believers in Jesus Christ, we may struggle with doubt sometimes—and that's okay! Did you know that even some of Jesus' disciples doubted? Think about that. Experiencing doubt is biblical. The disciples lived and did life with Jesus when he walked among them in the flesh, had a front-row seat to his teachings and miracles, and yet some were still unsure.

GRAB YOUR BIBLE AND READ JOHN 20:24-29.

I love that piece of Scripture because, to me, it really humanizes the disciples, Thomas specifically. He hears of Jesus appearing to some of the other disciples following



Jesus' resurrection, and he says he won't believe Jesus resurrected unless he could physically see and touch the marks where nails were driven into the hands and where the side of Jesus was pierced. In this passage, we read it was only after all the physical evidence that Thomas fully believed.

As modern day believers in Jesus Christ, we cannot physically see Jesus in front of us to help us with our faith, but we have been given a Helper, the Holy Spirit, who freely gives us wisdom and knowledge of God's Word. The Holy Spirit is an amazing gift that the disciples of Jesus didn't even have until Jesus ascended to heaven, so we can be grateful that the Holy Spirit is always with us (John 16:7).

Christianity is very different from other world religions such as Islam, Buddhism, Judaism, etc., because Christianity is a religion based on having a personal relationship with God through Jesus. It is a religion based on love that teaches ideals that go against our natural tendencies such as loving your enemy and praying for them (Matthew 5:44), and turning your cheek when someone wrongs you (Matthew 5:39). That's what I love about Jesus. He knows we are broken and sinful in our nature, and he knows that praying for our enemies can seem impossible. Yet, because of Jesus, God sees us as holy and blameless and loves us even when we fall short (Colossians 1:22). He gives us hard tasks and helps us accomplish those tasks through the strength he gives us.

It's okay to doubt, but we can't allow ourselves to stay in that place of uncertainty. Read your Bible, pray to God, talk with other believers, and maybe even ask friends and family to lay their hands on you and pray over you. God never intended for us to deal with anything alone. Rally your community around you and do the same for them.

God has given us a gift through the words of the Bible. It is a true testament to Christianity that the Bible remains the best-selling nonfiction book in the world according to the *Guinness Book of World Records*. Many people before us have trusted in what the Word of God says, and we can too. His Word says he is faithful and true (Revelation 19:11), and he has proven that time and again.

Christianity is true, God is our creator, and I pray you believe that and seek this truth even when it seems impossible.



Day 1

PRAYER TIME: 5-10 MINUTES

REREAD JOHN 20:24-29. Do you relate to Thomas? In what way?

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PRAYER: *Thank God for the way he uses normal, common people like Thomas to show us how the people of the Bible are just like you and me. Thank God for his divine patience when we question his goodness and truth.*

Day 2

PRAYER TIME: 5-10 MINUTES

READ 2 TIMOTHY 3:16. What do you think it means for Scripture to be “breathed out” by God? Do you find that hard to believe? Why or why not?

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PRAYER: *Thank God for the way the Bible was “breathed out” by God. The Bible was written by people through the power of the Holy Spirit working within them, and we can praise God for the gift of his Word.*



Day 3

PRAYER TIME: 5-10 MINUTES

READ 2 TIMOTHY 3:16 AGAIN. If you have hesitations in believing the validity of God's Word, why do you think you have those hesitations? If you don't have any, what do you think has made your faith so sure?

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PRAYER: *Ask God to help your unbelief in whatever area of the Bible you have a hard time believing, or thank him for the sure faith you have.*

Day 4

PRAYER TIME: 5-10 MINUTES

READ ROMANS 1:20. Have God's invisible attributes (his eternal power and divine nature) always felt clearly understandable to you? If yes, when have you seen his divine nature at work in your life? If no, write to God below and ask him to open your eyes to his power at work around you.

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PRAYER: *Thank God for the little and big ways that he reminds us of his truth and love. If you are feeling any doubt, ask him to reveal himself to you in some way this week.*



Day 5

PRAYER TIME: 5-10 MINUTES

READ EPHESIANS 3:14-19. What you just read is a prayer for spiritual strength. Write to God and confess when it's difficult for you to keep your faith strong, then spend time in prayer asking for the Holy Spirit to strengthen your faith.

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PRAYER: *Thank God that he has chosen you to be one of his chosen people. Ask God to strengthen your faith through the Holy Spirit, reminding you of how deeply Christ loves and cares for you.*

Day 6

PRAYER TIME: 5-10 MINUTES

READ ROMANS 1:8-12. Are there any people in your life who you feel have a strong faith in the Lord? Who are they? Are they people you could talk to about your faith, whether to encourage them or be encouraged by them? How do you know them?

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PRAYER: *Ask God to create opportunities this week where you can openly talk with people you trust about their faith in the Lord and your faith in the Lord. Our faith in God will sometimes feel strong and other times feel weak. Having conversations about our faith with other believers—and being honest about where we are spiritually—is what we are called to do as Christians.*



Day 7

PRAYER TIME: 5-10 MINUTES

How can you use what you learned this week to continue growing in your relationship with the Lord?

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PRAYER: *Spend some time in prayer and reflect on what you've been praying for throughout the week.*

Loving this Bible Study?

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HosannaRevival.com/Rooted-to-Rise