



GROUNDING IN  
*the Gospel*

A ROOTED IN TRUTH  
WORKBOOK FOR  
WELL-WATERED WOMEN

*By Maggie Combs*



# Meet the Author

Maggie Combs is the Content Director at Well-Watered Women. She is also the author of *Motherhood Without All the Rules: Trading Stressful Standards for Gospel Truths* and *Unsupermommy: Release Expectations, Embrace Imperfection, and Connect to God's Superpower*. Maggie is passionate about encouraging women to grow in holiness as they grow in relationship with God. She loves playing games with her husband and three boys, herding goats on their family farm, and reading young adult literature and cozy mysteries. It is her joy to disciple women in her local church and through her writing.



## THE HEART BEHIND OUR ROOTED IN TRUTH WORKBOOKS

Our mission at Well-Watered Women is to equip you to be rooted deeply in God's Word, so we created this Rooted in Truth Workbook with the goal of helping you search God's Word for yourself. In Acts 17:10–11, the Jews in Berea are described as noble because “they received the word with all eagerness, examining the Scriptures daily to see if these things were so.” Mature Christians do not believe a theological concept because it's what they've always been taught by people they trust; they search the Scriptures to see if the teaching lines up with the truth of God's Word.

But it is not only important for us to understand theology based on the Word of God—good theology must impact our lives. Rooted in Truth Workbooks use the spiritual disciplines of Bible study, prayer, confession, worship, and memorization to help God's Word travel from your head to your heart, creating opportunities for Spirit-led life transformation.

So we pray that you will learn to be Bereans, testing all things against the truth of God's Word, and that the deeper understanding you gain from studying God's Word for yourself will lead to your sanctification, for your good and God's glory.



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## *A Letter from Maggie*

Dear Sister,

I'm just going to come right out and say it—I'm not good at being alone. Introverts, please don't roll your eyes in disgust and quit reading. You are welcome here, reading a workbook written by a woman who sits alone in her home most days and types at her computer, all while longing to be near to her coworkers scattered across the country.

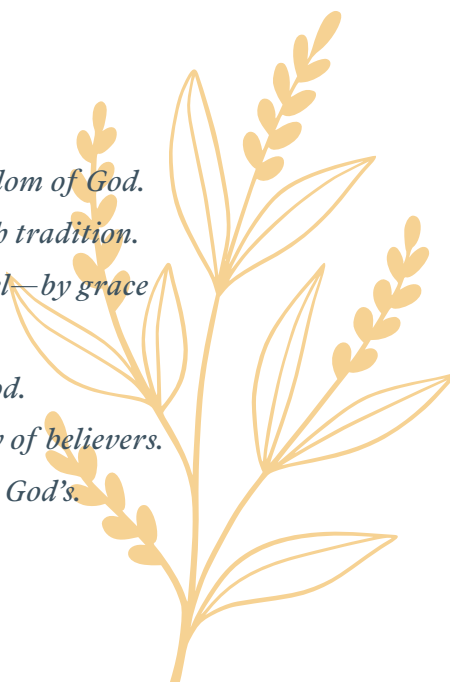
The world would probably say this isn't healthy of me, this sadness at being on my own. In the Western world, we value independence and self-care and self-sufficiency. Yet every time I log off a meeting with one of my coworkers, I feel desperately the truth of God's statement about man: "It is not good that [he] should be alone" (Gen. 2:18).

Instead of the interdependence God created in the garden, our culture values the individual self above all else. So it's not surprising that in a world where the individual is supreme, all truth is eventually lost. We're told to make our own truth, to determine our self-identity, that to be in a healthy relationship we have to be happy being alone.

The foundational truths of Scripture have been thrown out the window, and we see its effects everywhere. The church is considered archaic and backward and hateful so people worship at the altar of self or politics or identity. Marriage is demeaned and discarded. The lie that truth can be created leads to hopelessness when that shifting hope fails. These are the painful results that occur when a society discards God's Word as the standard of truth.

But Christians do not have to live in this darkness.

- *Instead of figuring everything out on our own, we have the wisdom of God.*
- *Instead of building theology on our own, we are part of a church tradition.*
- *Instead of saving ourselves by our own power, we have the gospel—by grace alone and Christ alone through faith alone.*
- *Instead of making up truth on our own, we have the Word of God.*
- *Instead of doing life on our own, we have fellowship with a body of believers.*
- *Instead of living for our own glory, we have the joy of living for God's.*





But the world invites us to forget, to wander, to lean into self-reliance. So we must remind ourselves of God’s truth by preaching the gospel to ourselves. Yet how can we preach something we don’t know? We need God’s Word sunk into the very marrow of our being so that it informs our lives. That’s the purpose of this *Rooted in Truth Workbook*.

This workbook helps you dig into the Bible to understand the basics of the gospel. It uses the spiritual disciplines of Bible study, prayer, confession, worship, and memorization to help God’s Word travel from your head to your heart, creating opportunities for Spirit-led life transformation. As biblical counselor and author Paul Tripp says, “The doctrines of the word of God were not intended just to lay claim on your brain, but also to capture your heart and transform the way you live.”<sup>1</sup>

You’ll find this workbook divided into five sections, walking through the historic doctrines of the five solas as a framework for understanding the gospel. Don’t know anything about the five solas? You’ll read a short introduction, and by studying Scripture for yourself, come to a robust understanding of why these historical doctrines have stood the test of time as a way for clearly understanding the different facets of the gospel.

So I echo Paul’s prayer as I consider the woman like you who will use this workbook:

*“And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.”*

Philippians 1:9–11

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TO GOD BE THE GLORY,

Maggie Combs



This workbook is designed with flexibility. You could decide to tackle one sola each week for a simple five-week study on the gospel, or you could use this workbook on top of your regular Bible study. Maybe you decide to set time aside each Sunday to complete a section or two at your own pace or to use this workbook as an opportunity to dig into God’s Word in the evening before you go to bed. However you decide to use it, commit to digging deeply and considering each verse instead of flying through to check something off your list. The goal is to understand the Bible and define terms for yourself using God’s Word as your foundation. This workbook could be used on your own or would be great to do with a friend or in a mentoring and discipleship relationship.

Each sola is divided into two to three concepts for further understanding. Under each concept you’ll complete the following sections:



## TRUTH UNDERSTOOD

In this section, you'll look up verses and seek to understand what the Bible says about each concept.



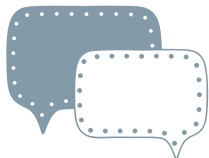
## TRUTH DEFINED

In this section, you'll synthesize the information you learned in the Truth Understood section into a definition or clear understanding of the concept.



## WORSHIP GOD IN TRUTH

Learning about God in his Word should always lead us to worship. His truth declares his glories to us, and our first response should be to worship him. This section will give you an opportunity to exalt God in prayer and provides a suggested worship song to exalt him with singing.



## TRUTH APPLIED

God's Word never changes, but it always changes us. This section will offer an opportunity to confess the areas of your life where your actions have not lined up with your beliefs and provide space to plan and consider how what you learned should influence your actions in the future. The section ends with a summary truth statement about how this theological concept changes our lives.



## REMEMBER TRUTH

We are forgetful people. It's simply too easy to close this workbook and walk away from what you learned about God and the gospel and forget. This section will present a key verse from your study and guide you through various memorization techniques to help you hide God's Word in your heart.

Because God's Word never changes but always changes us, we are expectant that God will use his truth to transform our lives. To him be the glory for this good work!



# The Five Solas

The five solas are a clear and simple summary of the basic doctrines of the Protestant Reformation. Although Martin Luther, John Calvin, and other reformers never used the language of the five solas, these concepts are scattered throughout their writings and represent a beautiful framework for the Protestant and evangelical understanding of the Christian faith. Here is a short explanation of each of the five solas based on the clear definitions found in the book *Sola: How the Five Solas Are Still Reforming the Church*:



## *Sola Scriptura*: SCRIPTURE ALONE

Scripture is the final authority for how we live our lives.

## *Solus Christus*: CHRIST ALONE

Our salvation comes only from the sacrificial work of Christ, and he alone is the mediator between God and man.

## *Sola Gratia*: GRACE ALONE

We are saved by grace, unmerited favor, received through Christ.

## *Sola Fide*: FAITH ALONE

We are saved by grace through faith in Christ, not by our works.

## *Soli Deo Gloria*: GLORY TO GOD ALONE

Our salvation is meant to bring glory to God, not to us.<sup>2</sup>



The idea that we should order our lives around our own truths has begun to seep its way into the cracks and crevices of our churches, so we must hold fast to the historically orthodox beliefs of the Christian faith that we see supported across the entire narrative arc of our Bibles or we'll be left with no foundation for our faith. Theologian Jason K. Allen asserts that the five solas “are the essence of the gospel. When we embrace them, we embrace the gospel. When we articulate them, we speak the gospel. When we live consciously of them, we live in the power of the gospel.”<sup>3</sup> So let's pick up our forks, dig into God's Word, and learn about the gospel for ourselves through the framework of the five solas.

**SOLA SCRIPTURA**



## **Scripture Alone**

**“EVERY DOCTRINE MUST BE GROUNDED IN  
AND MEASURED BY WHAT GOD HAS SAID IN  
HIS WORD, SCRIPTURE.” –FRED ZASPEL<sup>4</sup>**

# God's Unfailing Word



## TRUTH UNDERSTOOD

*In this section, let God's Word instruct you, tearing down any misconceptions you may have and rebuilding an understanding of each topic based on the truth offered in God's Word.*

Open your Bible to the table of contents page.

How many books are in the Old Testament?

How many books are in the New Testament?

In total, how many books are in the Bible?

Read 2 Timothy 3:16. Write down the first complete phrase of this verse that describes Scripture.

Look up this verse in multiple translations. What do you learn about God's Word from this phrase?

How does 2 Peter 1:19–21 affirm this truth and add to your understanding of the creation of the Bible?



What is God's Word according to John 17:17?

Who is God's Word primarily about according to Jesus in Luke 24:25–27?

Read Psalm 1:2 and Psalm 119:15–16. How should we interact with God's Word?

Read the following verses and write down what you learn about the purpose of God's Word from each of them.

**PSALM 119:9–11**

**PSALM 119:24**

**PSALM 119:50**

**PSALM 119:100**

**PSALM 119:105**



PSALM 119:114

PSALM 119:175

JOHN 17:17

2 TIMOTHY 3:15

2 TIMOTHY 3:16

1 PETER 1:23





## TRUTH DEFINED

*As you complete this section, read each question and then look back at what you wrote down in the Truth Understood section. Try to incorporate the language of Scripture into your answers.*

Why should Scripture alone be the only authority for our beliefs?

Write a definition of God's Word.





## WORSHIP GOD IN TRUTH

*The truth about God shouldn't just lead us to action; it should first lead us to worship. Use this section to write a prayer of worship to your Lord and Savior, praising him for who he is as discovered in the Scripture you read this week. You can use the verses below as a starting place to guide your prayer. Then use the suggested worship song to make melody to the Lord with your heart (Eph. 5:19).*

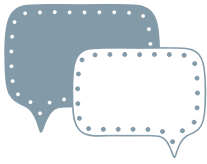
**All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.**

*2 Timothy 3:16–17*



JESUS, FIRM FOUNDATION

By Mike Donehey, Steven Curtis Chapman, Mark Hall, and Mandisa



## TRUTH APPLIED

*Don't rush through this section. Make an effort to remember your previous week and look forward to next week. Maybe even pull out your planner to remember what you did and what you will be doing. God's Word is living and active and changes our lives. Don't neglect considering how what you've learned impacts how you live.*

Consider last week. Confess to the Lord the ways your actions didn't line up with your beliefs about God's Word.

Consider next week. How might the knowledge you cultivated about God's Word impact your actions?

What verse or truth will you preach to yourself?

*The belief that the Bible is the inerrant, inspired Word of God provides a firm foundation for establishing the truth of the gospel in a wishy-washy world.*

YOUR WORD IS A LAMP TO MY FEET



and a light to my path.

Psalm 119:105





## REMEMBER TRUTH

*Take some time to hide this key verse in your heart, that the knowledge you gathered studying God's Word would not go in one ear and out the other but continue to bear fruit in your life.*

Write Psalm 119:105.

Write Psalm 119:105.

Write Psalm 119:105.

Fill in the blanks from memory.

YOUR \_\_\_\_\_ IS A \_\_\_\_\_ TO MY  
\_\_\_\_\_ AND A \_\_\_\_\_ TO MY  
\_\_\_\_\_ .

PSALM \_\_\_\_\_ : \_\_\_\_\_

Cover your Scripture memorization practice above and use the initials of the verse as a prompt to recite it out loud.

Y W I A L T M F  
A A L T M P.  
P 119:105

Cover your Scripture memorization practice above and write the verse from memory.

Find a friend or family member to recite this verse to today.

