



ROOTED

*Growing Deeper, Standing Strong,
Living Fruitfully*

2026 Women's Life Group Study Guide

New St. Hurricane
Baptist Church

ROOTED: Growing Deeper, Standing Strong, Living Fruitfully

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New St. Hurricane Baptist Church

Pastor Derick Easter Ph.D. , Senior Pastor

Dear Women of New St. Hurricane,

It gives me great joy to introduce this year's Women's Life Group study, *Rooted: Growing Deeper, Standing Strong, Living Fruitfully*.

This guide was prayerfully created to bring all our women together around one spiritual focus — growing deeper in your walk with God. Each month, you will journey through a theme that speaks to who you are as women of God: strong, steadfast, and Spirit-led.

Our prayer is that these sessions will do more than spark discussion — they will spark growth. As you study, pray, and share together, may your roots in Christ grow deeper, your relationships with one another grow stronger, and your witness to the world grow brighter.

You'll find that each lesson includes time for reflection, prayer, and celebration. We want these gatherings not only to teach truth but to build community — where each woman feels seen, supported, and spiritually strengthened.

Let's commit to walking through this year with hearts open to what God will do. Remember, fruitfulness begins with faithfulness. Stay rooted, and God will do the rest.

With love and gratitude,

Pastor Derick Easter

Senior Pastor, New St. Hurricane Baptist Church

Month 1 — Rooted in Relationship

Scripture Focus: *“Blessed is the one who delights in the law of the Lord and meditates on it day and night. She is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.”* — Psalm 1:1–3 (NIV)

Opening Thought

The strength of a tree is not seen in its branches or its blossoms—it’s found in its roots. The same is true for us. A woman’s beauty and fruitfulness flow from what (and Who) she’s rooted in.

In a busy world filled with endless demands, it’s easy to be “connected” to everything except God. But real growth begins when we slow down, sink deep, and allow our relationship with Him to nourish our hearts. The psalmist says that the woman who delights in God’s Word and meditates on it is like a tree planted by streams of water. She doesn’t depend on the weather of her circumstances to thrive. Her strength comes from her connection to the Source.

When your relationship with God is strong, everything else in your life flows from that strength—your peace, your purpose, your patience, and even your power to endure difficult seasons.

Key Truth:

The depth of your relationship with God determines the fruitfulness of your life.

Discussion Questions

- *Personal Reflection:* What are some signs that your spiritual “roots” are growing deeper? What are some warning signs that you’re spiritually drying out?
- *Biblical Connection:* Psalm 1 compares a woman of faith to a tree planted by streams of water. What might that “stream” look like in your daily life (devotion, prayer, worship, community)?
- *Practical Application:* What is one intentional step you can take this month to strengthen your connection to God?

Prayer Focus

Ask God to help each woman in your group become deeply rooted in relationship with Him. Pray for spiritual consistency—time with God that is steady and sustaining.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”
(Allow time for each woman to share a praise and a prayer request.)

Faith in Action

This week, take one “root-deepening” step:

- Choose a consistent time to spend in God’s presence—start small but stay steady.
- Memorize Psalm 1:3 and speak it over your life each morning.
- Share one truth from your personal devotion with a friend or family member to encourage them.

Closing Encouragement

When your roots go deep, your life stands strong—no matter what season you’re in. Stay planted by the stream. God is not asking you to be perfect, just to stay connected. In Him, your soul will stay watered, and in time, your life will bear fruit that blesses others.

Month 2 — Rooted in Love

Scripture Focus: *“I pray that you, being rooted and established in love, may have power... to grasp how wide and long and high and deep is the love of Christ.”* — Ephesians 3:17–18 (NIV)

Opening Thought

If roots determine strength, then love is the soil that keeps us grounded. God’s love is not fragile or fleeting—it’s faithful and firm. Paul’s prayer for the Ephesians was that they wouldn’t just know God’s love in theory but experience it deeply.

We live in a world that measures worth by appearance, approval, and achievement. But the woman rooted in God’s love doesn’t need to perform to be accepted—she simply rests in the truth that she already is. When you begin to believe that you are loved completely, insecurity loses its grip, and you can love others freely.

Love doesn’t just change how we feel—it changes how we live. It frees us to forgive, serve, and care without fear of rejection.

Key Truth:

You are not working for God’s love—you’re growing in it.

Discussion Questions

- *Personal Reflection:* How has understanding God’s love changed the way you see yourself?
- *Biblical Connection:* What does it mean to be “rooted and established in love”?
- *Practical Application:* Who in your life needs to experience God’s love through you this month?

Prayer Focus

Thank God for His unchanging love.

Pray for hearts that rest in His acceptance instead of chasing human approval.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”

Faith in Action

- Each morning, declare: “I am fully loved by God—nothing can change that.”
- Do one act of kindness for someone without expecting anything in return.
- Write down one way you’ve seen God’s love at work in your life this week.

Closing Encouragement

God’s love is not shallow; it’s deep enough to hold you and strong enough to heal you. Stay rooted in that love—it will steady you in every season.

Month 3 — Rooted in the Word

Scripture Focus: *“All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness.”* — 2 Timothy 3:16 (NIV)

Opening Thought

The Word of God is not just information—it’s transformation. When you open your Bible, you’re not just reading words; you’re meeting the living God who speaks, corrects, comforts, and guides.

Our hearts and minds are constantly being shaped by voices—media, culture, opinions—but when we’re rooted in Scripture, truth becomes our foundation. The more time we spend in His Word, the more we recognize His voice above the noise.

God’s Word is the water that nourishes faith and the light that guides our steps.

Key Truth:

The Word of God feeds your roots and forms your character.

Discussion Questions

- *Personal Reflection:* How has a particular Scripture brought direction or peace to your life?
- *Biblical Connection:* What does it mean for Scripture to be “God-breathed”?
- *Practical Application:* How can you create a daily rhythm of Scripture reading this month?

Prayer Focus

Pray for a renewed hunger to study and obey God's Word.
Ask the Holy Spirit to bring clarity and revelation as you read.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”

Faith in Action

- Commit to reading one book of the Bible (e.g., James or Philippians).
- Share a verse that spoke to you in your group chat or with a friend.
- Write one Scripture on an index card and carry it as a reminder.

Closing Encouragement

The more rooted you are in God's Word, the less shaken you'll be by the world. Keep opening your Bible—God is speaking every day.

Month 4 — Rooted in Prayer

Scripture Focus: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”* — Philippians 4:6 (NIV)

Opening Thought

Prayer is more than words—it's connection. It's where anxiety meets peace and where worry turns into worship. God never intended for us to carry the weight of life alone; He invites us to bring it to Him.

Sometimes we overcomplicate prayer, thinking it must be long, formal, or eloquent. But prayer is simply an honest conversation with a loving Father. The more we talk to God, the more we trust Him, and the more we recognize His presence even in our ordinary moments.

When we plant our worries in prayer, peace grows in their place.

Key Truth:

Peace grows where prayer is planted.

Discussion Questions

- *Personal Reflection:* What's one thing you've been carrying instead of praying about?
- *Biblical Connection:* How does Philippians 4:6–7 describe the relationship between prayer and peace?

- *Practical Application:* How can you make prayer a rhythm rather than a reaction this month?

Prayer Focus

Pray for peace that surpasses understanding.

Lift up one another's burdens and thank God for answered prayers.

Group Reflection:

- "What can we pray for with you this month?"
- "What can we celebrate with you this month?"

Faith in Action

- Begin a "Prayer & Praise" journal—record requests and updates.
- Pause three times each day to whisper a short prayer.
- End each night thanking God for one blessing from your day.

Closing Encouragement

Prayer may not always change your situation right away, but it will always change you. Keep the conversation going—God hears, He cares, and He answers.

Month 5 — Rooted in Purpose

Scripture Focus:

"And who knows but that you have come to your royal position for such a time as this?" —
Esther 4:14 (NIV)

Opening Thought

As women of God, we are never placed anywhere by accident. God's hand is intentional. He weaves purpose into every season, even the ones that feel ordinary or uncomfortable. Esther's story reminds us that courage and calling often meet in the same moment.

When Mordecai told Esther, *"You have come to the kingdom for such a time as this,"* he was reminding her that divine timing requires divine trust. Like Esther, there are moments when our obedience may feel risky—but that's where God's purpose shines brightest.

You may not have a royal title, but you have a royal assignment. Every day you walk in faith, speak encouragement, serve in love, and represent Christ, you are living out your "for such a time as this."

Key Truth:

God has placed you where you are on purpose—for His purpose.

Discussion Questions

- *Personal Reflection:* Where do you see God's hand guiding your current season?
- *Biblical Connection:* How did Esther's faith in God shape her courage?
- *Practical Application:* What step of obedience is God calling you to take this month?

Prayer Focus

Pray for clarity, courage, and bold obedience to God's call.

Thank Him for divine positioning, even when you don't fully understand it.

Group Reflection:

- "What can we pray for with you this month?"
- "What can we celebrate with you this month?"

Faith in Action

- Write a declaration: "*For such a time as this, God has called me to...*" and post it where you'll see it daily.
- Encourage another woman of God by reminding her that her life has purpose and value.
- Step out in faith in one area where fear has been holding you back.

Closing Encouragement

You were made for this moment. Walk boldly, speak wisely, and trust that the God who called you is already preparing the way.

Month 6 — Rooted in Joy

Scripture Focus:

"I have told you this so that My joy may be in you and that your joy may be complete." — John 15:11 (NIV)

Opening Thought

Joy is not the same as happiness. Happiness depends on what's happening—but joy depends on Who's holding you. As women of God, our joy is not dictated by circumstances but by our connection to Christ.

When we remain close to Him, His joy becomes our strength. Even in difficult seasons, joy whispers that God is still good. Gratitude fuels joy; complaining drains it. That's why Jesus said, "*Abide in Me,*" because lasting joy is born from daily fellowship with Him.

True joy isn't loud—it's steady. It shows up in quiet confidence, gentle hope, and the ability to smile even when life feels uncertain.

Key Truth:

Joy that flows from Christ remains unshaken by life's changes.

Discussion Questions

- *Personal Reflection:* What has tried to steal your joy lately?
- *Biblical Connection:* How does abiding in Christ produce lasting joy?
- *Practical Application:* What can you thank God for today, even if it's small?

Prayer Focus

Pray for joy that overflows from your relationship with Christ.

Ask God to help you trade worry for worship and discouragement for delight.

Group Reflection:

- "What can we pray for with you this month?"
- "What can we celebrate with you this month?"

Faith in Action

- Start a "Joy Journal" and record one reason to rejoice each day.
- Encourage another woman of God with a smile, text, or Scripture of joy.
- Spend 5 minutes each morning thanking God for something new.

Closing Encouragement

Joy is not the absence of storms—it's the assurance that Jesus is in the boat. Stay close to Him, and your joy will remain full.

Month 7 — Rooted in Service**Scripture Focus:**

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love." — Galatians 5:13 (NIV)

Opening Thought

As women of God, we are called to serve—not because we have to, but because we get to. Service is love in action. It's how we show the heart of Jesus to a watching world.

True service isn't about recognition; it's about reflection—reflecting Christ's humility and compassion. When Jesus washed His disciples' feet, He reminded us that greatness in the Kingdom always begins with a towel in hand and love in the heart.

When we serve others, God multiplies joy. The more we pour out, the more He pours in.

Key Truth:

Serving others is how love comes alive.

Discussion Questions

- *Personal Reflection:* How does serving make your faith stronger?
- *Biblical Connection:* What can we learn from Jesus' example of humble service?
- *Practical Application:* Who can you serve intentionally this week—without expecting anything in return?

Prayer Focus

Pray for a heart that serves willingly and joyfully.

Lift up opportunities to serve within your church, home, or community.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”

Faith in Action

- Perform one hidden act of kindness each week this month.
- Volunteer for a ministry or outreach that stretches your compassion.
- Write a note of appreciation to someone who faithfully serves others.

Closing Encouragement

Serving may not always be seen, but it's always significant. Every act of love done in Jesus' name plants a seed that heaven notices.

Month 8 — Rooted in Faith**Scripture Focus:**

“Now faith is confidence in what we hope for and assurance about what we do not see.” — Hebrews 11:1 (NIV)

Opening Thought

Faith is the heartbeat of the believer. It's what keeps us standing when life tries to knock us down. As women of God, our faith is not blind—it's anchored in the character of a trustworthy God.

Faith doesn't mean we always understand; it means we keep believing even when we don't see. Every challenge is an invitation to trust God more deeply. Abraham, Sarah, and countless others remind us that faith walks forward even when the destination is still unfolding.

When we choose faith over fear, heaven moves on our behalf.

Key Truth:

Faith grows when we trust what God said—before we see what He promised.

Discussion Questions

- *Personal Reflection:* Where is God asking you to trust Him right now?
- *Biblical Connection:* What do the heroes of faith in Hebrews 11 teach us about perseverance?
- *Practical Application:* How can you remind yourself of God's past faithfulness this month?

Prayer Focus

Pray for bold, unwavering faith.

Ask God to strengthen every woman of God in seasons of uncertainty.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”

Faith in Action

- Write down three things you're believing God for and pray over them daily.
- Share one testimony of faith with your group to encourage others.
- Speak faith-filled words over your family, health, and goals this week.

Closing Encouragement

Faith doesn't always make things easy—but it makes them possible. Keep believing. God's promises are worth the wait.

Month 9 — Rooted in Community

Scripture Focus:

“Be devoted to one another in love. Honor one another above yourselves.” — Romans 12:10 (NIV)

Opening Thought

God never intended for His daughters to grow in isolation. As women of God, we thrive in community—where love, accountability, and encouragement meet.

The church is not just a building; it's a family. When we gather, share, and support one another, we reflect Christ's love to the world. Healthy sisterhood makes faith stronger and hearts lighter.

Community doesn't require perfection—it requires participation. Showing up, praying, and being present can transform someone's life more than we realize.

Key Truth:

We grow stronger together than we ever could alone.

Discussion Questions

- *Personal Reflection:* How has sisterhood strengthened your walk with God?
- *Biblical Connection:* What does Romans 12 teach us about loving one another well?
- *Practical Application:* What's one way you can help foster unity and belonging this month?

Prayer Focus

Pray for unity and love among the women of God in your church.
Ask God to deepen relationships and remove division or comparison.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”

Faith in Action

- Invite a sister to coffee or prayer who may feel disconnected.
- Encourage another Life Group by visiting or sending a note.
- Practice hospitality—open your home or heart to someone new.

Closing Encouragement

Community is God's idea. Stay connected, stay compassionate, and remember—you don't have to do life alone.

Month 10 — Rooted in Hope

Scripture Focus:

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” — Romans 15:13 (NIV)

Opening Thought

Hope is the anchor of the soul. As women of God, we cling to hope when life feels uncertain, because our confidence isn't in circumstances—it's in Christ.

Hope is not wishful thinking; it's settled assurance. It looks forward with faith and rests in the truth that God is still writing our story. When the future feels unclear, hope reminds us that God's promises are still true.

Every act of trust, every prayer whispered in pain, every step forward in faith—these are roots of hope reaching deeper into grace.

Key Truth:

Hope in Christ keeps us steady when life feels uncertain.

Discussion Questions

- *Personal Reflection:* What has recently tested your hope?
- *Biblical Connection:* How does the Holy Spirit help us “overflow with hope”?
- *Practical Application:* How can you become a carrier of hope to others this month?

Prayer Focus

Pray for renewed hope in weary hearts.

Ask the God of hope to fill every woman with fresh joy and peace.

Group Reflection:

- “What can we pray for with you this month?”
- “What can we celebrate with you this month?”

Faith in Action

- Write a note or send a message of hope to someone discouraged.
- Speak hope-filled Scriptures over your circumstances daily.
- Remind another woman of God that her story is not over yet.

Closing Encouragement

Hope is not fragile when it's anchored in Christ. Keep looking up, keep trusting, and keep believing—because the God of hope always finishes what He starts.