



Foundations – Planted

Doug Reid – May 3rd , 2026

Key Scripture – Colossians 2:6-7

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

"You Are _____ Before You Are _____"

"You Can't _____ What You Don't _____"

"The River Runs _____ Before It Runs _____"

Questions: Do you understand a spiritual foundation and do you have one?

How did you develop a spiritual foundation?

 <p>GIVING VOLUNTEERING EVENTS NEW GUEST</p>	<p><u>NEW GUESTS:</u> We're so glad you're here! We would love to get to know you, so please do us a favor and fill out a Connection Card and turn it in to one of our team members at the Connection Point under the sails in exchange for a small gift!</p> <p><u>KIDS 0-5th GRADE:</u> Please stop by the Children's Center lobby to check in your kids. Elementary school aged kids are in the Upstairs Auditorium!</p> <p><u>JR HIGH:</u> Join our 6th-8th graders in the UnderCurrent during our 9am & 10:30 am services.</p> <p><u>FAMILY ROOM:</u> If you are not ready to check in your littles, there is a Family Room available for you to watch the service with them if you need it. This room is located in the Children's Center. We also have a nursing mamas area right next to it!</p> <p><u>QUESTIONS?</u> Come visit us at the Connection Point after service, or speak to one of our Hosts.</p>	 <p>@coastcityca</p>
<p>info@coastcitychurch.com 760-439-1971</p>		

FOUNDATIONS

Weekly Study Guide • Planted by the Living Water

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." — Colossians 2:6-7

1. Known Before You Are Grown

2. Can't Grow What You Don't Plant

3. The River Runs Deep Before Wide

Set aside 15–20 minutes each day. Bring your Bible, a journal, and an open heart.

DAY	THEME	READ	PRACTICE	REFLECT
MON	Receive Your Identity <i>You are known</i>	Eph. 1:4-5 Ps. 139:13-16	<ul style="list-style-type: none"> • Read Psalm 139 slowly, aloud • Write: "I am a beloved child of God" • 5 min silence: Ask God, "What do You say about me?" 	<i>What lie about your identity have you been believing instead of God's truth?</i>
TUE	Root Yourself in the Word <i>Plant deep</i>	Ps. 1:2-3 Ps. 119:11	<ul style="list-style-type: none"> • Read Col. 2:6-7 three times slowly • Write out Psalm 119:11 by hand • Carry one phrase with you all day 	<i>What is keeping you from being consistently rooted in God's Word?</i>
WED	Learn to Listen <i>Be still</i>	1 Kings 19:11-12 Ps. 46:10	<ul style="list-style-type: none"> • Find a quiet place — no phone • Read 1 Kings 19:11-12, then 10 min of silence • Don't ask — just listen. Journal after. 	<i>What "noise" in your life is drowning out God's still, small voice?</i>
THU	Abide in the Vine <i>Stay connected</i>	John 15:4-5 Joshua 1:8	<ul style="list-style-type: none"> • Read John 15:1-11 as a whole passage • Mutter John 15:5 repeatedly (hagah) • Identify one area you're striving, not abiding 	<i>Where are you trying to produce fruit apart from the vine?</i>
FRI	Go Deeper <i>Surrender control</i>	Ezek. 47:3-5, 9 Rom. 12:2	<ul style="list-style-type: none"> • Read Ezekiel 47:1-12 slowly • Ask: Am I ankle-deep or waist-deep? • 15 min prayer walk: surrender one area to God 	<i>What would it look like for you to step into water you can't control?</i>
SAT	Overflow <i>Let it flow out</i>	Luke 6:45 2 Cor. 3:18	<ul style="list-style-type: none"> • Review your journal from this week • Write one truth God revealed to you • Share that truth with one person today 	<i>If your life is an overflow of your heart, what is your heart currently full of?</i>

Memory Verse: "I have hidden your word in my heart that I might not sin against you." — Psalm 119:11
Sunday is for rest, worship, and reflection. Let what God planted this week take root.