

Getting the Big Picture

Tracing the fruit of your life down to its roots — Luke 6:43–45

“...each tree is known by its own fruit... The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.”
— Luke 6:44–45

How to use this worksheet. Jesus teaches that a tree is known by its fruit, and the fruit is determined by the root. We are the same: our visible responses (the fruit) grow out of what our heart believes and wants (the roots). It is tempting to blame our circumstances — “I act this way because of what happened to me” — but circumstances are only the occasion, not the source. Real change happens at the roots. Work through the four areas below in order.

1. Name the **SITUATION** honestly — but remember it is the occasion, not the cause.
2. Describe the **FRUIT** — your actual emotions, words, actions, and reactions.
3. Dig to the **ROOTS** — what you were believing and wanting in that moment. Here the heart, and its idols, come to light.
4. Bring the roots to God in **repentance and faith**, asking Him to replace them with the truth and desires of His Word.

1. Situation

What is going on? (Circumstances, the behavior of others)

2. Fruit

How are you responding to what is going on? (Emotions, actions, reactions)

3. Roots — What You Believe

What do you think about what is going on? (About God, myself, others, and life)

4. Roots — What You Want

What do you want? (Goals, desires, wants, demands)

The deepest root is usually a desire — something you want so much that you are willing to sin to get it, or to sin when you don't. That ruling desire is an idol of the heart. Name it, and bring it to the One who alone belongs on the throne. — Jas 4:1–3; 2 Cor 5:9

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