

# Deep Dive Wednesday

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New Year 2026 Deep Dive Study: Rooted & Ready

**Wednesdays | Jan. 7 - Jan. 28, 2026**



# New Year 2026 Deep Dive Study: Rooted & Ready

## Welcome

Welcome to Antioch Christian Church's New Year 2026 Deep Dive Study. This workbook is designed to walk you through intentional alignment as we begin the year together through 21 Days of Prayer & Fasting and the Word of God.

This is not a rush into what's next. This is a call to LINE UP.

God is establishing us before advancing us—rooting us before releasing us—aligning us before accelerating us.

## CORE SCRIPTURE THEME

“As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith...”

Colossians 2:6–7 (NKJV)

## INTRODUCTION — LINE UP

As we enter 2026, God is calling Antioch Christian Church to line up—to come into alignment with His will, His Word, and His ways.

Lining up is not about speed; it is about position. Something can be moving and still be misaligned. Alignment determines stability, effectiveness, and fruitfulness.

To line up means:

- Aligning our hearts with God's truth
- Aligning our identity with who God says we are
- Aligning our disciplines with Kingdom priorities
- Aligning our obedience with God's direction

Before we move ahead, we must ensure we are aligned.

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## **PRAYER & FASTING + THIS STUDY**

The **21 Days of Prayer & Fasting** and **New Year Deep Dive** work **together**.

- Prayer & fasting **prepare the soil**
- The Word **establishes the roots**

We are fasting to align—not just abstain.

We are praying to listen—not just request.

We are studying to obey—not just learn.

## **HOW TO USE THIS WORKBOOK**

Each week includes:

- Teaching focus & Scriptures
- Scripture Study
- Reflection & journaling space
- Practical application
- Weekly declaration

# Week 1: THE WORD

## Building on a Solid Foundation

### Key Principle

Spiritual alignment begins with submission to God's Word as the final authority.

### Primary Scriptures

Psalms 1:1–3 | Matthew 7:24–27 | 2 Timothy 3:16–17

### Teaching Points

1. Alignment begins with truth, not emotion.
2. God's Word is our final authority.
3. Information without obedience weakens foundations.
4. Being rooted means being planted, not visiting.
5. Storms reveal foundations.
6. The Word produces fruit when followed.
7. During fasting, the Word stabilizes our faith.

### Scripture Study

#### Read Psalm 1:1–3

- What behaviors are avoided by the blessed person?
- What does the blessed person delight in?
- What results come from being planted in God's Word?

#### Read Matthew 7:24–27

- What action distinguishes the wise builder from the foolish builder?
- What same external experience did both builders face?
- Why did one house stand while the other fell?

#### Read 2 Timothy 3:16–17

- List the four purposes of Scripture mentioned in verse 16.
- According to verse 17, what does Scripture equip the believer to do?

### What is my Why?

- Why do I want to grow spiritually?
- Am I seeking transformation or confirmation?
- Am I willing to change?

# Week 1: THE WORD

## Building on a Solid Foundation

### Reflection & Journaling

### Practical Application

- **Commit to daily Scripture reading**
- **Obey one verse intentionally**

### Weekly Declaration

*I am rooted in truth. I build my  
life on the Word of God.*

# WEEK 2: IDENTITY

## Knowing Who You Are in Christ

### Key Principle

You cannot live confidently if you don't know who you are spiritually.

### Primary Scriptures

Ephesians 1:3–14 | 1 Peter 2:9–10 | Romans 8:14–17

### Teaching Points

1. Identity precedes assignment.
2. Identity is received, not earned.
3. Sonship replaces striving.
4. Knowing who you are silences comparison.
5. Chosen people live differently.
6. Prayer & fasting expose false labels.
7. Secure identity fuels obedience.

### Scripture Study

#### Read Ephesians 1:3–6

- List at least three spiritual blessings believers receive in Christ.
- According to verse 4, when did God choose us?
- What motivated God's decision according to verse 5?

#### Read 1 Peter 2:9–10

- Write every identity description used for believers.
- What purpose is attached to being chosen?
- How does verse 10 describe the believer's transformation?

#### Read Romans 8:14–17

- What identifies someone as a child of God?
- What does the Spirit help us cry out?
- What promise is connected to being heirs with Christ?

# WEEK 2: IDENTITY

## Knowing Who You Are in Christ

### Reflection & Journaling

### Personal Application

- **Write three identity truths from Scripture**

### Weekly Declaration

*I am chosen, called, and  
secure in Christ.*

# WEEK 3: DISCIPLINE

## Growing Through Spiritual Practices

### Key Principle

Spiritual discipline creates spiritual strength.

### Primary Scriptures

Matthew 6:1–18 | Daniel 6:10 | 1 Corinthians 9:24–27

### Teaching Points

1. Discipline is training, not punishment.
2. Private habits produce public strength.
3. Consistency matters more than intensity.
4. Discipline sharpens focus.
5. Structure sustains growth.
6. Habits anchor faith beyond feelings.
7. Fasting reveals areas for growth.

### Scripture Study

#### Read Matthew 6:1–6

- What warning does Jesus give about practicing righteousness publicly?
- Where does Jesus instruct believers to pray, and why?

#### Read Daniel 6:10

- What spiritual habit did Daniel maintain despite the threat?
- How often did Daniel pray, and in what posture?

#### Read 1 Corinthians 9:24–27

- What comparison does Paul use to describe the Christian life?
- Why does Paul discipline his body?



# WEEK 3: DISCIPLINE

## Growing Through Spiritual Practices

### Reflection & Journaling

### Personal Application

- **Set a protected prayer time**
- **Fast from one distraction**

### Weekly Declaration

*I am disciplined, consistent,  
and spiritually alert.*

# WEEK 4: OBEDIENCE & ALIGNMENT

## Walking Forward with God

### Key Principle

Obedience positions us for God's direction and blessing.

### Primary Scriptures

Proverbs 3:5–6 | Joshua 1:1–9 | James 1:22–25

### Teaching Points

1. Obedience is trust in action.
2. Partial obedience delays clarity.
3. Alignment precedes advancement.
4. Hearing without action leads to deception.
5. Courage grows through obedience.
6. Revelation requires response.
7. Faith is proven by action.

### Scripture Study

#### Read Proverbs 3:5–6

- What are believers instructed to do with their heart?
- What warning is given about leaning on understanding?
- What promise is attached to acknowledging God?

#### Read Joshua 1:7–9

- What instruction is repeated multiple times in this passage?
- According to verse 8, how does meditating on God's Word affect success?
- What assurance does God give Joshua in verse 9?

#### Read James 1:22–25

- What comparison is used to describe someone who hears but does not obey?
- What blessing is promised to the one who does the Word?

# WEEK 4: OBEDIENCE & ALIGNMENT

Walking Forward with God

## Reflection & Journaling

### Personal Application

- Identify one clear step of obedience to take this month.
- Pray daily for clarity, courage, and consistency.

### Weekly Declaration

*I trust God's leading. I walk in obedience and faith.*

# Am I Rooted & Ready?

**Rate each (1–4): Rarely → Consistently**

## **The Word**

☐ Scripture guides my decisions

☐ I obey what I read

## **Identity**

☐ I live from sonship

☐ I resist comparison

## **Discipline**

☐ I maintain spiritual habits

☐ I protect prayer time

## **Obedience**

☐ I respond quickly to God

☐ I trust Him fully

# Am I Rooted & Ready?

## Final Reflection

**Where have I grown most?**

**Where do I need alignment?**

### **Closing Prayer**

*Lord, establish me in Your truth. Root me deeply in Your Word. Align my life with Your will so I may walk confidently into what You have prepared.*  
*In Jesus' name, Amen.*