

Psalm 1 Tree

First Baptist Church, Arlington

We believe each follower of Jesus is on a path of **spiritual formation**. Believers are followers of *The Jesus Way*. This involves a life-long process of discovery. We are to be disciplined in learning spiritual truths and integrating them into our daily lives. We have adopted these six areas to help gauge spiritual growth: Learn, Worship, Share, Love, Trust and Obey. *FBCA Core Beliefs and Values*

At First Baptist Church, our mission is to **become fruitful believers, influencing our world for Christ**. We believe that followers of Jesus (Christians) should always be on a journey of **spiritual formation... transformation...** being changed from the inside out. God expects us to keep growing and maturing throughout our lives. He wants us to be healthy and productive for his glory.

We use the imagery of the **Psalm 1 Tree** to help illustrate how this looks in our lives. There are 3 parts to the *Psalm 1 Tree* that we want to focus on:

IDENTITY (purpose) "**deep roots**"... **Who am I?**

The key to a healthy tree is a good root system. That's why we start by focusing on "*deepening our roots.*" What happens below ground (in private) determines what happens above ground (in public). Deep roots come from knowing who we are and what we believe. We need to be grounded in the Word of God and choose to actively orient our lives around it.

GROWTH (transformation) "**strong trunk**"... **What is God doing to me?**

In order for a tree to reach its full potential – and be able to support the weight of branches and leaves – it has to have a strong trunk. We have identified 6 key growth areas (Learn, Obey, Share, Love, Trust, Worship) that will help us in this process of spiritual formation.

IMPACT (influence) "**fruit and shade**"... **What is God doing through me?**

Ultimately, a *Psalm 1 Tree* should impact the world around it... providing fruit, shade, and shelter. God blesses us so that we can be a blessing to others. Followers of Jesus have been gifted to serve. We believe that transformed people impact culture and community. That starts at home and reaches around the world.

You can get a sense of your own journey of transformation by asking:

- *What kind of person am I becoming?*
- *How am I different than last year?*
- *How healthy are my closest relationships?*
- *What is my passion?*
- *How do I handle temptation, praise, and opposition?*
- *What kind of fruit am I producing (ministry, influence, fruit of the Spirit)?*

"They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do." Psalm 1:3

Impact

What is God doing through me?

Growth

What is God doing to me?

Public

that which is seen and enjoyed

Identity

Who am I?

Private

that which is unseen and essential

Psalm 1 offers a powerful image and explanation of what it means to follow The Jesus Way. It serves as a model for us as we seek to live out our calling of "becoming fruitful believers, influencing our world for Christ."

The Psalm 1 tree is not only a model for each individual. It represents who we are collectively as the body of Christ. The Psalm 1 tree illustrates our calling and commitment to be a transformational community.

The imagery of the Psalm 1 tree is reflected in [Colossians 2:6-7](#), the verses we speak over people who join our church...

"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."