

# FRUIT TO ROOT

THE FRUIT OF YOUR LIFE  
IS SEEN AT THE SURFACE

“Each tree is known by its  
own fruit.” (Luke 6:44)



## FROM FRUIT TO ROOT

### 4) How should I live?

*What is hanging on the fruit of  
my life?*

### 3) Who am I?

*What do my actions reveal that  
I'm believing about my identity?*

### 2) What has He done (in and through Jesus)?

*What does my belief about my  
identity say about the work of  
God?*

### 1) Who is God?

*What does my belief about the  
work of God say about His  
character and nature?*

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Asking the 4 Questions in a reverse order can provide a helpful framework for uncovering what's going on in our hearts -- how our beliefs are shaping our thoughts, words, and actions. By beginning with the obvious fruit in our lives and working down to our heart motives (which are "hidden in darkness" according to 1 Corinthians 4:5), we go from "fruit to root."

Essentially, the idea is that our actions reveal what we are believing about our identity; what we are believing about our identity reveals our perspective on what God has done in and through Jesus; and our perspective on the work of God reveals what we're affirming about the character and nature of God.

Here's a brief example: *When we are filled with worry and fear, we could be believing that we are alone, unprotected, and unloved. If we're believing that we are alone and unloved, our perspective on what God has done might be that he is against us, that he doesn't have our best interests in mind, and that he is not in control. If we believe these things about the work of God, then we might be accusing him of being small, powerless, and unloving.*

**The goal of going from fruit to root is for the Spirit to bring us to repentance and renewed faith in Jesus.**

Repentance means to change our mind about who or what is God. Our sinful thoughts, words, and actions spring from unbelief in our hearts, which is false worship, or idolatry. Therefore, our repentance must address the root and not merely the fruit. "I repent of my belief that you are small, powerless, and unloving! More control will not save me. I am not god!"

Faith is when we reaffirm our faith that Jesus is the One True God. We exercise true faith when we look at Jesus and say, "You are powerful and in control! You loved me so much that you died for me. I am protected by You. You are my rock and my refuge."

*Note: The "fruit to root" process asks the 4 Questions in reverse, beginning with what we see in the fruit of our lives and leading to what we're really believing about who God is -- and this should always be followed up immediately by using the 4 Questions in regular order, beginning with the Bible's truth about God's character and work which leads to our identity and the fruit our lives produce (i.e. working from "root to fruit").*