



# **ROOTED in CHRIST**

**January 2026**  
**Kids Assembly Topic**



## KIDS ASSEMBLY TOPIC FOR THE MONTH OF JANUARY

### TITLE:

# Rooted in Christ

### OBJECTIVES:

At the end of the Kids Assembly, MFC Kids will be able to:

- understand what it means to be "rooted in Christ" from Colossians 2:6-7;
- appreciate that being rooted in Jesus gives us strength, love, and a strong foundation for our lives; and
- recognize practical ways to grow our roots in Christ every day.

### MOTIVATION:

#### A. "Question and Answer Portion"

QUESTION:

*What is something strong that has roots? (A tree! A plant! A flower!!)*

Welcome to our January Kids Assembly! Today we're talking about being ROOTED, but not in dirt! The Bible has a special verse for us in Colossians (2:7). It says we should let our lives be **ROOTED IN CHRIST**. That means just like a tree needs roots to be strong and healthy, our hearts and lives need to be connected to Jesus. He is our soil, our water, and our sunshine!

### EXPANDED OUTLINE



#### I. HEAD

A tree with deep, strong roots doesn't fall over when the wind blows. When we are rooted in Jesus, we stand strong too! When we feel sad, scared, or confused, our connection to Him holds us up. Being rooted means Jesus is our best friend and our foundation. We grow our roots by talking to Him through prayer, learning about Him by reading the Bible, and loving Him. The more we do this, the stronger and happier we become!




#### II. HEART

***"As you have received Christ Jesus the Lord, you must live your life in him, rooted in him and built up in him and strengthened in the faith as you were taught, overflowing with thanksgiving"***

*Colossians 2:6-7*





When a tree is healthy and rooted, it does amazing things! It grows leaves, gives shade, and makes fruit for others to enjoy. When we are rooted in Christ, amazing things happen too! His love grows inside us and then flows out of us to everyone around us. We become kinder, more patient, and full of joy. We become a blessing to our family, our friends, and our neighbors, just by being connected to Jesus!

**A. Rooted in Christ for My Family** - When you are rooted in Jesus, your family sees it! You can show His love by obeying your parents with a happy heart, being kind to your siblings, and helping out at home without being asked. You can say, "Let's pray about it" when someone is worried. Your strong roots in Jesus help your whole family feel God's peace and love.

**B. Rooted in Christ for My Friends** - A friend rooted in Jesus is a great friend to have! You can share His love by being honest, forgiving quickly, and including others. You can stick up for someone who is being left out. You can encourage a friend by saying, "God loves you and I do too!" Your friendship becomes a safe and happy place because it's connected to Jesus.

**C. Rooted in Christ for My Neighbors** - You can show your neighbors what being rooted in Christ looks like! Be the kid who is always kind. Smile, say hello, and offer to help. Invite friends to MFC Kids where they can learn about Jesus. When you are polite, respectful, and joyful, people see Jesus shining through you, right in your own neighborhood!



### III. HAND

#### A. Kids at Play (3-5 years old)

**Activity:** Strong Roots Coloring Page (Appendix A)

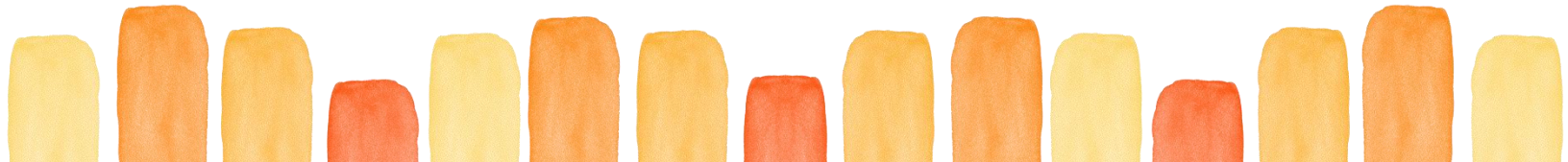
**Materials:**

- Coloring Material
- Printed Activity Sheet

**Instruction:**

- Print the "Rooted in Christ" coloring sheet
- Color the beautiful tree.
- On the trunk of the tree, write or have a helper write your name. This shows that YOU are the tree!
- On the roots, draw little hearts or color them brightly. These roots are your love for Jesus!

*Note to the Facilitator: After doing the activity, before the assembly ends, check the answers to each accomplished task.*





## B. First Step (5 - 7 years old)

**Activity:** My Root System Craft

**Materials:**

- Paper
- Pencil
- Coloring materials
- Scissors
- Glue

**Instructions:**

1. Trace your hand and forearm on a piece of paper. Your arm is the "trunk" and your fingers are the "branches."
2. At the bottom of your "trunk," draw a set of strong roots spreading down into the soil.
3. On the roots, write the things that connect you to Jesus (e.g., Prayer, Bible, Church, MFC Kids, Worship).
4. On the branches/fingers, write the good "fruit" that comes from those roots (e.g., Kindness, Joy, Peace, Patience, Love).
5. Color and decorate your "Faith Tree"!

*Note to the Facilitator: After doing the activity, before the assembly ends call some representatives and let the kids share their work with the group.*

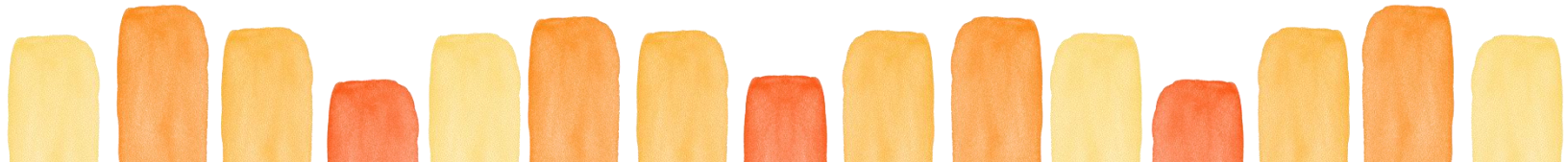
## C. Footsteps (8-10 years old), and Step Up (10-12 years old)

**Activity:** We Love our Friends

**Materials:**

- Paper
- Pen

**Instructions:**

1. Find the words that Jesus says about being a true friend.
  2. Choose one word that you can relate with as a friend. Share to everyone why did you choose it.
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## D. Step Up (10-12 years old)

**Activity:** Loving your Neighbor

**Materials:**

- Paper
- Pen

**Instructions:**

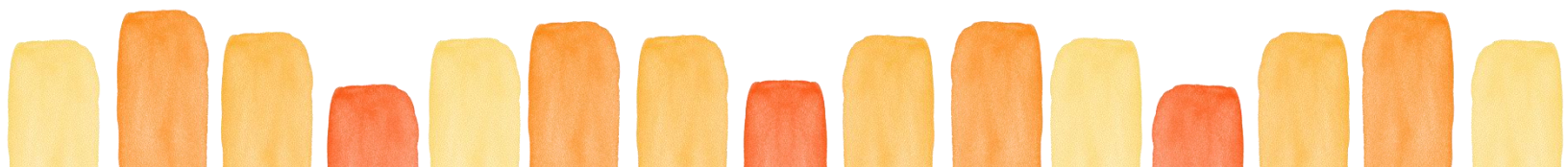
1. Post a paper on your front window to see.
2. Write encouraging words to make their day.
3. Remind them that God loves them.

## TAKE AWAY

Always remember, MFC Kids! Our life needs to be ROOTED IN CHRIST. He is our foundation. When we stay connected to Him through prayer, His Word, and our MFC Kids family, we grow strong in our faith. Then, we can't help but share His love and goodness with the world! Let's be strong, rooted trees for Jesus this month!

## CLOSING PRAYER

Dear Jesus, I want to be rooted in You. Help my roots grow deep through prayer and learning about You. Make me strong so I can stand for You and share Your love with everyone I meet. Amen.





## RECITATION OF MFC KIDS PROMISE

### **1. I will imitate Jesus.**

- I will pray to God and read the Bible every day.
- I will make Jesus as my role model by obeying rules and doing good in school.

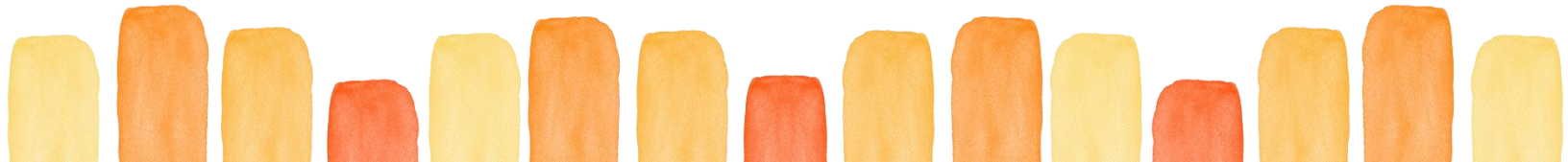
### **2. I will be a good family member.**

- I will be a good son/daughter to my parents by obeying and respecting them.
- I will be a good sister/brother to my siblings through sharing and supporting them.

### **3. I will be an active member of MFC Kids**

- I will always attend and participate in all MFC Kids activities.
- I will share my time, talents, and treasures to others especially to my brothers and sisters in MFC Kids
- I will love, respect and be loyal to my MFC Kids family.

### **4. I will tell others about Jesus.**

- I will love my brothers and sisters, relatives, and friends by doing good deeds every day that will reflect God's love.
  - I will serve in our Parish Church.
  - I will love the poor by sharing what I have with them
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**Dear Parents/Guardians,**

Happy New Year and Blessings for 2025!

We want to start this year by thanking you. Thank you for beginning this new chapter with us at MFC Kids and for your dedication to nurturing your child's faith. It is a joy and a privilege to partner with you.

For our first assembly of the year, we are focusing on a powerful foundation for the months ahead: being "Rooted in Christ," based on Colossians 2:7. As we make new plans and resolutions, we are teaching the kids that true strength and growth for the whole year come from being deeply connected to Jesus—like a strong tree with deep roots.

You are the key to helping this lesson take root at home. Your daily influence is the "soil" where their faith grows strongest. As we step into January, here are 3 Root-Building Resolutions you can practice as a family:

**PLANT A PRAYER HABIT:** Decide on one consistent time for a family prayer this month. It could be a one-sentence prayer of thanks at breakfast or a moment of gratitude before bed. Let this be the daily "water" for your family's roots.

**SHARE THE "WHY":** When you see your child make a good choice, connect it back to their faith. You might say, "I saw you share your toy so kindly. That's how we show we're rooted in Jesus' love!" This helps them see their faith in action.

**GROW TOGETHER:** Choose one simple, new spiritual activity to try together this month. Maybe it's reading a children's Bible story once a week, singing a worship song in the car, or talking about a "kindness challenge" for the week. Doing it together makes faith a family journey.

We invite you to display your child's "Rooted in Christ" craft from today's assembly on your fridge or a family bulletin board. Let it be a cheerful reminder of your family's spiritual goal for the year. If you'd like to share your family's fresh start in faith, please feel free to post a photo online to encourage other families. You can use the hashtags: #MFCKidsRooted #NewYearNewRoots #MFCKids2026

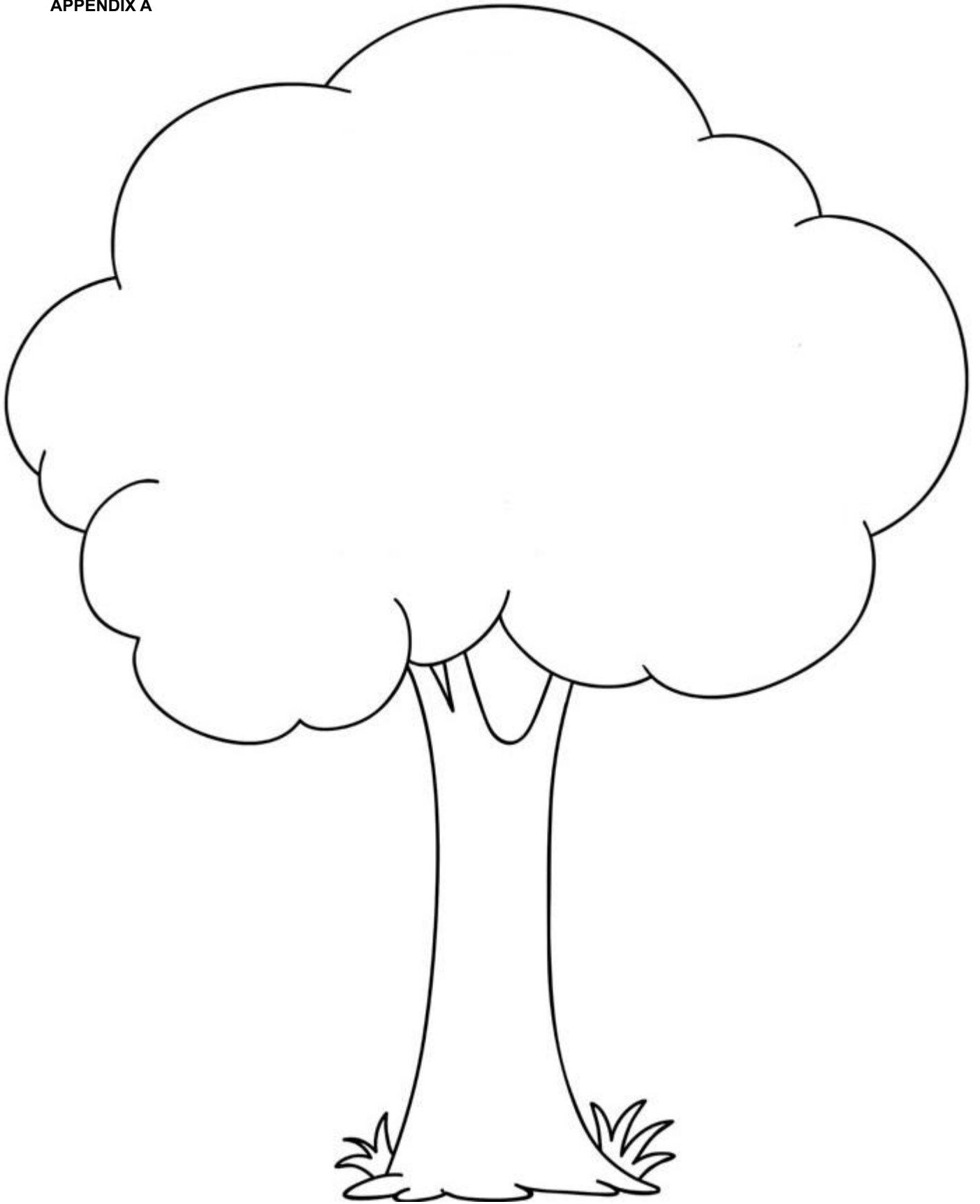
Thank you for your trust and partnership. Let's make 2026 a year where our families grow stronger, deeper, and more joyful in faith.

With hope and gratitude for the year ahead,

**The MFC Kids Servants**



APPENDIX A





APPENDIX B

# A TRUE FRIEND

Can you describe what a true friend is like?

This word find will help you.

Directions: Find the capitalized words to see what Jesus says about being a true friend.

Jesus said, " My **COMMAND** to you is **THIS: LOVE** each **OTHER** as I **HAVE** loved **YOU**. **GREATER** love has no **ONE THAN** this, that he **LAY DOWN** his **LIFE** for his **FRIENDS**. You are **MY** friends **IF** you do **WHAT** I command." *John 15: 12-14*

W	E	L	R	E	T	F	Y	R	U	O	Y
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