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# ROOTED (IN)

THRIVING IN CONNECTION WITH GOD YOURSELF & OTHERS

SUSAN F. CARSON

We are all on a journey of becoming who we already are. We are already fully loved, created with intention to live with joy and significance. To thrive in spirit, soul, and body. To live deeply connected with God, with our true selves, and with others.

But something is in the way.

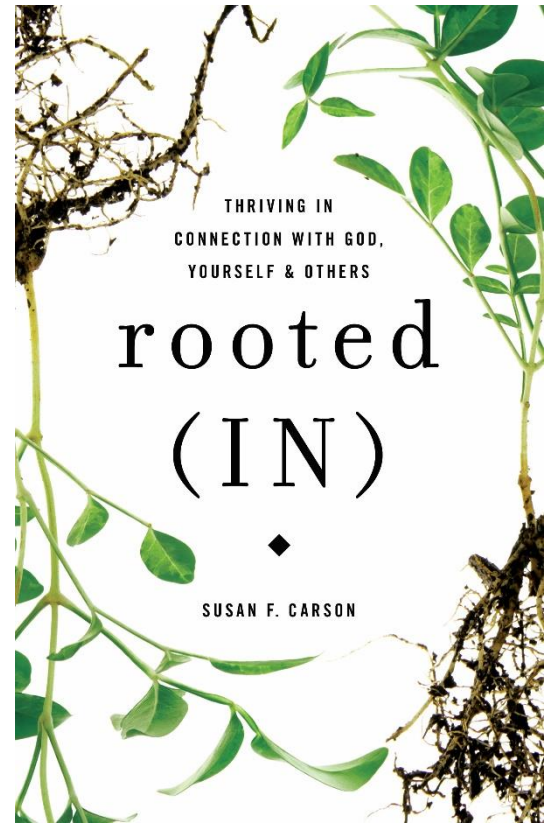
Author Susan Carson says she has experienced it, too—the shame, pain, and disappointments of life leave you isolated and separated from God, your true self, and others. You end up drifting through life outside yourself, longing to experience love and acceptance and grace.

**You are made to live rooted in a deep and lasting experience of God’s love.**

*Rooted (IN)* is a journey out of shame and into love. The spiritual paths and practices in this book open the way to living rooted and grounded in the love of Christ that heals and restores. Over the last few decades, serving as a Director of Roots&Branches Network, Susan Carson has had the honor of praying with hundreds of people. She has learned the only way out of our shame and pain is a journey in.

*Rooted (IN)* will equip you with the principles and prayerful practices you need to stop being stuck and start living a life full of joy and meaning with your tribe.

For more info please contact [media@deeperiverbooks.com](mailto:media@deeperiverbooks.com)



# About the Author

## SUSAN F. CARSON



**Susan Carson** is founder and director of Roots&Branches Network, a listening and healing prayer ministry in Cincinnati, Ohio. With her team, she helps people encounter God in ways that transform and restore. As a speaker, she helps communities create shame-free, noise-free, formula-free cultures of healing. Since graduating from Vanderbilt University, Susan has watched God weave her passions for writing, communicating, and healing together in unexpected ways.

Following over 25 years in educational publishing, Susan has served as Director of Curriculum at Vineyard Community Church, and Communications Director for Kerus Global Education. Her greatest joys are being a wife, mom, stepmom, and friend.

## Connect with the Author:

\*\*\*Waiting for info...\*\*\*

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# *What Others Are Saying About*

## **Rooted (IN)**

Susan has written such an accessible guide to spiritual growth and transformation. Personal, practical, and authentic in style, this book will help you go to the next level in your relationship with God and your enjoyment of life in Him.

— **Chuck Mingo, Crossroads Church Teaching Pastor and Oakley Community Pastor**

Susan Carson shapes a space for freedom and transformation. She's learned it from years in ministry—drawing on ancient practices, scriptural wisdom and personal experience—and now makes that space available in this book. If you will enter *Rooted (IN)* to this gracious, imaginative, hopeful space, you may just find yourself in a new place with God.

— **Mandy Smith, Pastor, University Christian Church, and author of *The Vulnerable Pastor***

With wit and candor, Susan Carson masterfully weaves story and scripture and sages' quotes into this inspiring book. Clearly she knows what it means to live deeply rooted in the love of God—a relationship forged through her own healing journey with Jesus and the remarkable friendship that has ensued. No reader will be untouched or left doubting that Jesus is still very much among us working miracles in the midst of life's most confounding challenges!

— **Beth A. Booram, Co-founder and Director of Fall Creek Abbey, spiritual director and author of *Starting Something New* and co-author of upcoming book, *When Faith Becomes Sight***

With disarming vulnerability, Susan Carson deftly balances her own story and experiences with scripture and time-tested practices. This is not the work of a theoretician, but a fellow sojourner and practitioner offering practical help and hope. In our hurried, frantic culture, this deeply life-affirming book is much needed cool water for thirsty souls, gently reminding readers of the Father's love and the much richer life He offers.

— **Dave Workman, President of Elemental Churches and author of *Elemental Leaders: Four Essentials Every Leader Needs...And Every Church Must Have* and *The Outward-Focused Life: Becoming a Servant in a Serve-Me World***

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# Suggested Interview Questions

For Susan F. Carson, author of

*Rooted (IN)*

*Thriving in Connection with God, Yourself, and Others*

## **Q: Who did you write this book for?**

**A:** In many ways I wrote this book for my daughter. It's dedicated to her. I felt it was time to share key moments in my journey and what have become my most important learnings to date about healing and living a life that's rooted and grounded in love. This book is for anyone on a journey of becoming who they already are, growing in loving God, themselves, and others.

## **Q: How is this book different from other books on spiritual growth and healing?**

**A:** This isn't a three-steps-to-a-better-life kind of book. I offer no formulas. No self help. This book is centered on ancient and modern practices and principles that help us live more connected with the love of God and our true selves. Knowing this love in an experiential way isn't about doing more of the right things. It's actually about doing less. It's about living from a place of rest and grace that enables us to heal, to remove the things that block and hinder love, and to thrive.

As a perfectionist and performer always seeking approval and finding my identity in all the doing, I've lived rooted in lies about God and about myself. As I've learned to invite God into these places in my story, to reveal the roots, to come with grace, bringing his truth and love, I'm being progressively healed and restored, roots to fruit. We are all invited on this journey. As I've had the honor of praying with hundreds in our prayer room, I've watched as God meets each person to do the same. To reveal the roots, the places where they're stuck, where they've experienced wounding and shame, and to bring them into the truth of who they really are, fully loved and accepted, created with intention.

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**Q: You invite people to journey (IN). What is the (IN) journey about?**

**A:** My favorite prayer in scripture is from the book of Ephesians. The Apostle Paul prays that the readers of his letter would be “rooted and grounded in love, and that they would know this love that surpasses knowledge, that they would be filled to the full measure with the fullness of God.” That, in a nutshell, is the prayer that heals us at the very core. Journeying into this love, living in and from this love, this is our healing and our becoming. We move out of the stuck and broken place in our lives as we progressively live more and more in the love of God.

**Q: You write about the importance of living a connected life with God, with our true selves, and with others. Why is this important in our culture today?**

**A:** Isolation is an epidemic in our culture today. We live disconnected lives. The noise, the business, the stress, the division in our society all work to separate us from God, from ourselves, and from others. I believe the greatest need in our lives today is connection. As we listen to God, to our own hearts, and to others, connection is restored. In this place of heart-to-heart connection, we can bring our struggles, our shame, our pain out into the open to heal. And we can receive the love that restores.

**Q: You write a lot about the importance of abiding in love with God, ourselves, and others. What does an abiding life look like?**

**A:** In the fifteenth chapter of the book of John, Jesus tells his friends what they’re going to need to know when he’s gone. They don’t fully get it. We still don’t fully get it. But he talks again and again and again about abiding. About remaining in his love. He’s telling them to stay connected because life is about to get really hard. He’s going away. And he’s sending his Spirit to them so they can live in Him as He will live in them. They will live as one with Him in love as they remain, as they simply stay connected. For me, this abiding place is the place of union with God centered in rest, trust, and listening. Only from this place can I offer the world anything that will last.

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**Q: You begin each chapter with a bit of your personal story. How has your own journey shaped the themes of the book?**

**A:** I've tried to capture in this book the principles and practices that, over time, have been the most transformative for me. I invite readers to explore spiritual practices for living more deeply rooted (IN) loving connection with God, with ourselves, and with our world. In each chapter of this book, readers experience new ways to connect, to put down roots deep and wide in grace that nourishes and heals the soul. Each chapter represents a place or practice that's helping me live more rooted. Listening in the quiet. Listening to God, to myself, to others. Silence. Solitude. Sacraments. Grace. Truth. Healing. Prayer. Old and new places and practices that have brought and are bringing life.

We are all on a journey of becoming who we already are. We are already fully loved, created with intention to live with joy and significance. To thrive in spirit, soul, and body. To live deeply connected with God, with our true selves, and with others. But something is in the way. I've experienced it, too. Shame, pain, and disappointments leave us isolated and separated from God, ourselves, and others. We end up going through life outside ourselves, striving for acceptance, longing for love and grace. But we are all made to live rooted in a deep and lasting experience of God's love.

*Rooted (IN)* is a journey out of shame into love. The spiritual paths and practices in this book open the way to living rooted and grounded in the healing, restoring love of Christ. Over decades and as Director of Roots&Branches Network, I've had the honor of praying with hundreds of people, helping them do the same. And I've learned the only way out of our shame and pain is (IN).

**Q: You say that a rooted life is lived in community. How can a church or community cultivate a rooted culture?**

**A:** This rooted journey is best taken with a tribe, large or small. People who will encourage you in your becoming. People who will partner in creating safe, healing

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spaces for connection with God and with one another. A rooted community is noise-free, shame-free, and formula-free.

Rooted communities are full of listening people. People who value listening to God and listening to one another. Who make silence safe and cultivate contemplative spaces for prayerful connection.

Rooted communities are full of safe people. People who encourage, cheer, and challenge. Who do not judge. Who accept you, see the best, offer grace, and call you in love into your true self.

Rooted communities are full of people who embrace process. People who do not offer easy answers or steps to growth and freedom. Who are on a lifelong journey of healing and becoming as they live by Spirit and follow Jesus together.

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