

Rooted + Rested Reflection

Episode 1: Finding Peace in the Chaos

A Gentle Invitation to Pause...

Take a few quiet moments to reflect with the Lord. Brew a cup of tea, find a cozy spot, and let this be a sacred time.

Reflect

- 1. When was the last time you felt truly rested—physically, emotionally, and spiritually?
Write a few words or a full journal entry—there’s no wrong way.**
- 2. What tends to get in the way of your rest?
Think about your current season of life, responsibilities, mindset, etc.**
- 3. What does “holy rest” look like for you right now?
Even just five minutes can be sacred if your heart is focused on Him.**

Today's Self-Care Tip from the Episode 1:

Take five minutes to be still. Step outside.
Feel the air. Breathe. Be with God.

Check here once you've done it!

Scripture to Meditate On

A Simple Prayer

"Come to me, all
of you who are
weary and
burdened, and I
will give you
rest"

- Matthew 11:28 (CSB)

Lord, in the middle of
my busy days and full
heart, help me pause
and rest in You.
Remind me that I
don't have to do it all.
You are my peace.
You are my rest.
In Jesus' name, Amen.

(You may want to print this page on cardstock paper and cut out for display)

 Lisa