

Rooted + Rested Reflection

Episode 3: Abide: Lessons in the Lavender

Scripture Focus

John 15:4-5 | Galatians 5:22-23 | Galatians 5:25

Reflection Prompt

Do I welcome or resist God's pruning?

What might He be removing so I can abide more fully?

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Pruning Confessions

Write down any lies, fears, or false beliefs you've been holding,

What needs to be pruned from your heart?

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Rooted in Truth

Now write what is true. Use Scripture or what you know about God's character to replace those lies with truth.

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Fruit I'm Praying to See Grow in My Life

(Check or circle the ones you're focusing on this week)

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-Control

Rest + Abide Moment:

Take 5-10 minutes today to sit quietly with a cup of herbal tea. Breathe deeply.

Say a simple prayer:

"Jesus, help me remain in You. Let Your Spirit grow lasting fruit in me."

