

Rooted + Rested Reflection

Episode 5 : Redeemed... but Still Carrying the Weight

Breathe & Gently

Before you begin, find a quiet place. Make yourself a warm cup of herbal tea (maybe lavender or mint), light a candle, or step outside in the breeze. Take three slow breaths. Invite the Holy Spirit to meet you here.



“Lord, show me what I’ve been carrying—and help me lay it at Your feet.”

Scripture to Meditate On

- Matthew 11:28-30 (CSB)
 - “Come to me, all of you who are weary and burdened, and I will give you rest...”
- Romans 12:2 (CSB)
 - “Be transformed by the renewing of your mind...”
- Psalm 55:22 (CSB)
 - “Cast your burden on the Lord, and He will sustain you...”

Confession & Truth

Write down anything you may have believed that doesn’t align with God’s heart. Be honest. Don’t clean it up—God already knows and still welcomes you.

“Confession isn’t just saying ‘I’m sorry.’

It’s naming what you really believe so Jesus can respond with truth.”

What false beliefs have I carried about myself, God, or others?

I feel like I’m not enough because...

I’ve believed that God helps others, but not me because...

I’ve feared that if I stop trying so hard...

Write your own confession below:

Now pause. Breathe.

Ask Jesus:

“How do You see me?”

“What do You want me to know today?”

Write what you sense or hear Him say:

Gentle Self-Care Moment

This doesn't have to be complicated
or require anything fancy.

Choose one small way to care for your
body as you quiet your heart:

Wash your face slowly with warm
water and a soft cloth.

Let each touch remind you:

“I don't have to carry it all. I am held
by grace.”

Step outside, even just for a minute.
Breathe in the air. Notice something
beautiful. Whisper: “Lord, thank You
that I am safe with You.”

Hold a warm mug of herbal tea
(lavender, mint, or whatever you have).
Feel the warmth in your hands. Let it
ground you. Invite Jesus into that
quiet moment.

Optional: If you received this month's lavender
products in your Rooted & Rested box, this is a
beautiful time to use them—whether it's the
mask, massage oil, or diffuser. Let each one
become a reminder that rest is holy, and your
soul is safe in God's care.

Closing Prayer

Lord Jesus, thank You for carrying what I
was never meant to hold.

Thank You that Your grace is enough—truly
enough—for me.

I lay down my fears, my striving, and my
self-doubt.

I receive Your love, Your truth, and Your
invitation to rest.

I am Yours. I am free. I am deeply loved.

In Your name, Amen.

A handwritten signature in black ink that reads "Lisa". The signature is written in a cursive, flowing style. To the left of the name "Lisa" is a simple line drawing of a heart.

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