

# Rooted + Rested Reflection

Episode 6: He Left the 99...For Me

## Scripture Focus

**“What man among you, who has a hundred sheep and loses one of them, does not leave the ninety-nine in the open field and go after the lost one until he finds it? When he has found it, he joyfully puts it on his shoulders...”**

**–Luke 15:4-5 (CSB)**

Take 10 quiet minutes—no distractions—and prayerfully journal your answers.

- What lies have I been believing about myself, God, or others?
- Do I feel like I’m striving to earn God’s love or approval?
- What does it mean to me that Jesus left the 99 to come find me?
- When have I felt “stuck in the weeds” lately? What was I believing in that moment?
- What truth does God want me to remember today?

## **A Prayer to Pray**

Jesus, thank You for coming after me. For carrying me. For calling me Yours. Help me stop striving and start resting in the truth that I am already found, already loved, already redeemed. I give You the lies I've been believing. Fill those spaces with truth. I want to walk in grace today. Amen.

## **A Self-Care Prompt**

**Create space to hear from the Shepherd.**

- Brew a calming cup of tea (maybe with lavender + mint).
- Sit outside, or by a window.
- Read Luke 15:1-7 slowly.
- Ask: "Lord, what do You want me to know?"
- Write down one truth to carry with you this week.

*"Lord, what do You want me to know?"*

*Love Lisa*