

Rooted + Rested Reflection

Episode 10: "Rooted in Reflection – What Are You Carrying Forward?"

Be Still + Know

Take a few moments to sit with these verses again. Read them slowly. Circle or underline words that stand out to you. Which verse speaks to your heart today? Why do you think that is?



Psalm 131:2



Exodus 33:14



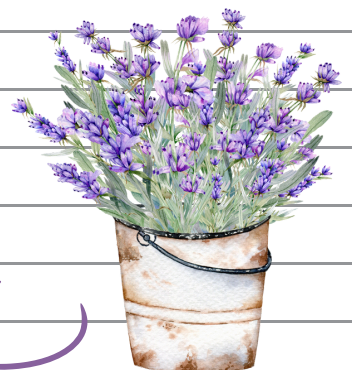
Isaiah 30:15



Reflection Questions

- 👉 What is God inviting you to carry forward from this time of stillness and study?
- 👉 Where is He asking you to slow down or trust Him more?
- 👉 How has your idea of worship or service shifted over the past few weeks?
- 👉 When and where do you feel closest to God – and how can you meet Him in the busyness too?
- 👉 Is there a practical way you can “carry it forward” this week (a habit, a pause, a prayer)?

What do you sense Him whispering over you in this season?



♡ Lisa

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