

Rooted + Rested Reflection

Episode 9: "When God Asks You to Stay"
(Even When You'd Rather Go)

Scripture Focus

"You will keep the mind that is dependent on You in perfect peace,
for it is trusting in You."

—Isaiah 26:3 (CSB)

Devotional Thought

Sometimes, obedience looks like staying when everything in
you wants to run. Staying in the hard place. The
uncomfortable space. The quiet middle.

But God promises peace—not necessarily in the absence of
struggle, but in the presence of trust.

He doesn't ask us to carry everything, just to lean into Him.

He holds us steady when we stay close.

You may not feel strong. You may not feel seen.

But when your heart chooses trust over escape, and prayer
over reaction, His perfect peace settles in.

Stay rooted. Stay dependent. Peace will meet you there.

♡ Lisa

Prayer

Lord, when it's easier
to leave, but You ask us
to stay... give us peace.
When the way forward
is unclear, be our
clarity.

When we feel weary
and unseen, be our rest
and our comfort.

Make us like
hummingbirds—carriers
of grace, steady in the
storm, bringing life to
dry places.

Let our obedience
speak louder than our
frustration,
and let Your presence
be the anchor of our
staying.

May Your “sky peace”
fill us and hold us, now
and always.

In Jesus' name,
Amen.