

Rooted + Rested Reflection

Episode 11: I'm Stuck. I'm Tired. Yet, I'm Abiding.

Scripture Focus



John 15:4-5 (CSB):

“Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.”

Reflection Questions

- Where in your life do you feel stuck right now?
- How has that affected your energy, joy, or sense of direction?
- What do you hear God whispering in the middle of that place?
- What might “abiding” look like in this season—practically, emotionally, or spiritually?
- Is there a burden you’re carrying alone that you need to surrender or share with someone?
- Write a short prayer asking God to help you stay connected to Him even when things feel unclear.

Gentle Reminder

You are not falling behind.

You are not forgotten.

You are being rooted.

Abiding is not passive. It is holy, sacred staying.



Stay with Him - Even Here

Take a Pause on Purpose:
Light a lavender candle. Use a lavender roller.
Let the scent remind you:
“I’m still His. And He’s still working.”

For more resources or to explore our Abide Collection, visit saltandlightbox.com.
Share this download with a friend who might need a reminder to abide, too.

♡ Lisa