

Rooted + Rested Reflection

Episode 16: Faithful but Not Full of Faith: Finding Peace in Anxious Thoughts

Scripture Focus

Choose one or more of the verses from the episode to meditate on:

- Mark 9:24 - "I do believe; help my unbelief."
- Philippians 4:6-7 - "Do not be anxious about anything... present your requests to God."
- Matthew 17:20 - "If you have faith the size of a mustard seed... nothing will be impossible for you."
- Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in You."

Reflect

- Which verse speaks to your heart today?
- How does this verse challenge your anxious thoughts?
- What promise from God can you hold onto right now?

Identify Your Anxious Thoughts

Take a moment to write down the anxious thoughts you're noticing today:

Bring Your Thoughts to God

Write a prayer or declaration in response to each thought:

“Lord, I release _____ to You. Help me trust You with this.”

“Even though I feel _____, I believe Your Word that says _____.”

Rooted + Rested Practice

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- Light a candle or diffuse lavender.
- Take 3-5 slow, deep breaths.
- Speak a verse aloud.
- Whisper a prayer.
- Pause and notice how God’s peace begins to guard your heart.

Reflection Questions:

- What did you notice in your body or mind as you did this?
- Which small step of faith can you take today?

Daily Action

- Choose one Scripture each day this week to repeat aloud while pausing and breathing.
- Journal any ways you notice God’s peace showing up.
- Celebrate any “mustard-seed” moments—small steps of trust and faith.

Friend, I know what it feels like to be faithful yet still wrestle with anxious thoughts. You’re not alone. My hope is that this reflection sheet gives you a gentle space to breathe, pause, and remember that even mustard-seed faith is enough when it’s rooted in God’s Word. As you work through these prompts, may His peace quiet your anxious thoughts and remind you that His faith is always sufficient for you.

 Lisa

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