

Rooted + Rested Reflection



Episode 16: When Perfect Turns Pathetic Lessons from Lavender Cuttings

Pause + Reflect

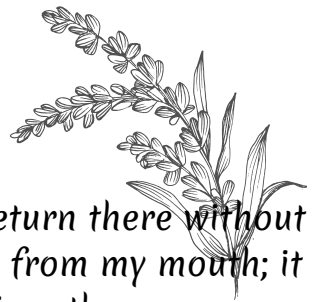
Think about the story of the lavender cuttings: starting healthy and thriving, then suddenly showing signs of struggle.

- Where in your life do you feel like things started off well but then took a sudden turn?
- Are there areas where hope feels fragile right now?

Life Connection

- Consider these examples:
- Praying for a loved one and seeing change, then feeling like it disappeared.
- Watching a child or student make progress, then experience a setback.
- A work project that seemed to go perfectly, then hits a roadblock.
- Which of these resonate with you today?
- What emotions come up when you reflect on these experiences

Scripture Reflection



Isaiah 55:10–11

“For just as the rain and the snow come down from heaven and do not return there without watering the earth and making it bear and sprout... so my word goes out from my mouth; it will not return to me empty, but it will accomplish what I desire and achieve the purpose for which I sent it.”

Galatians 6:9

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

- How do these verses encourage you in a season of disappointment or slow progress?
- Where do you see God quietly at work, even when it's not obvious?

Journaling Prompts

1. Where in your life are you pouring care, effort, or prayer into something that feels “dead” or stagnant right now?
2. How could you nurture patience and hope in this season?
3. What small signs of life, growth, or change might you be overlooking?
4. How can you remind yourself that God is at work beneath the surface, even when you can't see it?

Action Steps

- Take a moment each day this week to pause and observe the “quiet growth” in your life.
- Journal one small sign of hope or progress, no matter how tiny.
- Pray for the patience to trust God's timing and provision.

Remember: Just like the lavender cuttings, growth is often unseen at first. Hope remains, even when progress feels invisible.

 Lisa

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