

Rooted + Rested Reflection

Episode 18: From Weariness to Wonder
One Lavender Stem, Many Lessons

Completion (7 Buds per Node)

Number Meaning: 7 = Completion, Perfection, Rest

Genesis 2:2 - "By the seventh day God had completed His work, and He rested."

Reflection: At the top of the stem, the number 7 spoke of God's perfect design. He is the one who completes the work He begins in us.

Journal: Where in my life do I need to stop striving and trust God's perfect timing?

Order (10 Nodes)

Number Meaning: 10 = God's Law, Order, Responsibility

Exodus 20 - The Ten Commandments

Reflection: The 10 nodes reminded me of God's order and structure. His commands don't restrict us—they anchor us and bring freedom.

Journal: What area of my life could use more of God's order instead of my own striving?

Fullness & Community (70 Buds)

Number Meaning: 70 = Fullness, Community, Shared Burden, God's Purposes

Numbers 11:16 - "The Lord answered Moses, 'Bring me seventy men from Israel known to you as elders and officers of the people. Take them to the tent of meeting and have them stand there with you.'"

Reflection: The lavender stem had 70 buds at the top, a picture of fullness. In Scripture, God appointed 70 elders to help Moses carry the weight of leading His people. Seventy symbolizes the strength and wholeness that comes when God's people work together, each part doing its share. Just as every single bud contributes to the fragrance of the lavender, each of us has a role in God's plan. None of us are meant to carry life alone—we are made to be rooted in Him and supported by one another.

Journal: Who has God placed around me to share the load, encourage me, or walk alongside me—and how can I value their presence more deeply?

Grace (5 Buds + 5 Petals - beside the 1st set of leaves)

Number Meaning: 5 = Grace, God's Favor, Goodness

John 6:9-11 - Jesus took 5 loaves and fed thousands.

Reflection: Every tiny lavender bloom carried 5 petals—a fragrant reminder of God's grace. Even in small details of our days, His goodness surrounds us.

Journal: How has God shown His grace to me recently—even in small ways?

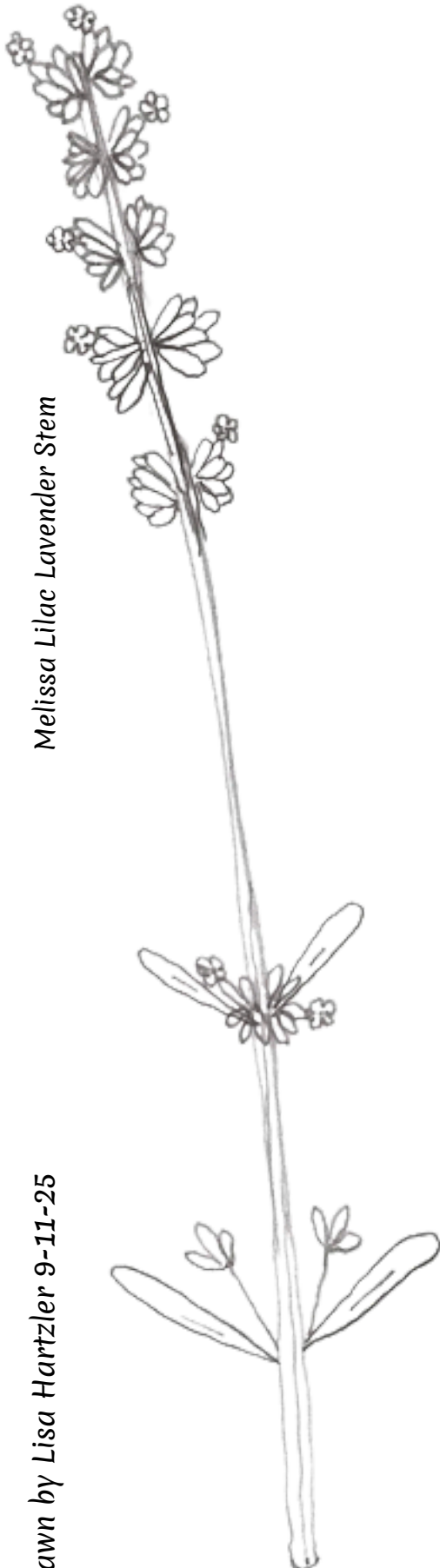
Foundation (3 Buds per Node - beside the 2nd set of leaves)

Number Meaning: 3 = Trinity, Divine Fullness, Strength, Resurrection

Ecclesiastes 4:12 - "A cord of three strands is not easily broken."

Reflection: Just as the lavender stem begins with 3 buds at its foundation, our lives are rooted in Father, Son, and Holy Spirit. Without this foundation, nothing truly flourishes.

Journal: Where do I need to lean more on the strength of the Trinity in my life?



Melissa Lilac Lavender Stem

Drawn by Lisa Hartzler 9-11-25



Closing Prayer

Father, thank You for the lessons written in creation. Thank You for being my foundation, for surrounding me with grace, for completing what You begin, for bringing order to my days, and for sending me out in fullness to share Your love. May my life be rooted in You and fragrant with Your presence. In Jesus' name, Amen.

Lisa

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