

Rooted + Rested Reflection

Episode 19: Breathing His Name: Finding Rest in the Middle of Striving

Scripture Focus

"Come to me, all of you who are weary and burdened, and I will give you rest."

– Matthew 11:28 (CSB)

Pause & Reflect

Take a moment to slow down. Close your eyes and notice your breath.

Questions:

1. Where in your life are you feeling weary or burdened right now?
2. How have you tried to carry this burden on your own?
3. What would it look like to let God carry it for you, even just for a few moments today?

Anchoring Your Breath

Try this short exercise:

- Inhale: "Yah... Lord, this is Yours."
- Exhale: "...weh... not mine."

Reflection:

- How does it feel to speak His name with your breath?
- What changes in your heart or mind as you anchor this prayer to your inhale and exhale?

Practical Application

1. Short Pause - Pick one time today to pause 30-60 seconds and breathe His name.
2. Faithfulness Check - List one thing you can do today faithfully, trusting God for the results.
3. Gratitude Moment - Write down one way God has been carrying you recently.

Journal

- How does realizing that God is your every breath change the way you approach your work, responsibilities, or stress?
- What step can you take today to remember His presence in your daily rhythm?

Even in overwhelm and weariness, you are never alone. Let your breath remind you that He is carrying the weight. Take one moment today to pause, breathe His name, and rest in Him.

Love Lisa

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