

Rooted + Rested Reflection



Episode 20: What Are We Proving?

Pause & Focus

When someone asks you, “How are you?” what is your most common response?

- Do you often say “busy”?
- How does it feel to say that word out loud?

Dig Deeper

Think about what’s underneath your busyness. Which of these feels true for you right now?
(Circle or highlight what applies)

- Pride - it feels good to be seen as capable, needed, or important
- Fear - if I slow down, I’ll fall behind or miss out
- Identity - my value is tied to what I accomplish
- Habit - “busy” just feels like the normal answer
- Something else: _____





Practical Application

Read these verses slowly. Circle a phrase that stands out to you:

Ephesians 2:10 - "We are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do."

John 15:5 - "The one who remains in me and I in him produces much fruit, because you can do nothing without me."

Psalms 46:10 - "Be still, and know that I am God."

How do these verses challenge your view of busyness?

Reflection Questions

When do I feel most tempted to prove myself through busyness?

What would it look like for me to rest in who God says I am instead?

How might my relationships change if I responded with honesty instead of "busy"?

Prayer Prompt

Write a short prayer asking God to help you find your worth in Him rather than in busyness.

"Lord, help me to..."

One Small Step

This week, what is one simple way you can choose rest over busyness?

(Example: pause for prayer before starting work, take a slow walk, say "no" to one extra thing.)

