

Rooted + Rested Reflection



Episode 21: From Grasshopper to Butterfly – Finding Identity & Courage in Christ

Scripture Focus

Numbers 13:33 – “We seemed like grasshoppers in our own eyes, and we looked the same to them.”

John 15:5 – “I am the vine; you are the branches. The one who remains in Me and I in him produces much fruit, because you can do nothing without Me.”

Pause & Reflect

Reflection Questions

What “giants” in my life make me feel small or unworthy?
(Think about fears, doubts, or insecurities that hold you back.)

How have I been seeing myself through my own eyes instead of God’s?
(Where am I labeling myself as “less than” or incapable?)

What would it look like to see myself as God sees me—a new creation, like a butterfly? (Imagine courage, strength, and identity rooted in Christ.)

What practical steps can I take this week to live in that identity?
(Write down one small action that aligns with God’s view of you.)

Weekly Action

- Spend 5-10 minutes journaling each day with these questions.
- Pray over your reflections, asking God to show you His perspective.
- Keep this sheet somewhere visible as a reminder of your identity in Christ.

Optional Creative Exercise

- Draw a butterfly or symbol of transformation on this page.
- Write a short declaration: "I am not a grasshopper; I am a butterfly in Christ."