

Rooted + Rested Reflection

Episode 24: When Doubt Whispers Louder
Remembering Who You've Always Been

Scripture Focus

Romans 8:16, CSB

“The Spirit Himself testifies together with our spirit that
we are God’s children.”

Quiet Moment

Before you write, take a few slow breaths.

Imagine God’s Spirit gently reminding your spirit:

“You are Mine. You belong to Me. You are loved.”

Let your heart settle into that truth before you begin.

Scripture Reflection

Read these verses slowly:

Romans 8:16–17

Romans 8:6

Psalm 139:13–14

Ask yourself:

What stands out to me about God’s role in my identity?

How do these verses remind me who I already am in Him?

(Write your reflections below.)

The Tension Between Flesh and Spirit

Sometimes we feel torn between what we know in our spirit and what we feel in our flesh.

- Where do I most often feel this tension? (Fear? Control? Comparison?)
- What does the Spirit want me to remember in those moments?

When Doubt Whispers

Doubt doesn't mean you've failed. It's an invitation to pause and listen for the Spirit's voice.

Reflect:

- What are the lies doubt tries to make me believe?
- How can I replace those lies with the truth of who God says I am?

Rest + Reconnection

Take a moment to rest in God's truth.

Close your eyes and breathe in slowly.

Whisper quietly:

"The Spirit testifies with my spirit that I am God's child."

If you have lavender oil or a product from your Rooted + Rested box, use it now – let the scent become a gentle reminder of peace and belonging.

I paused and reminded myself who I am in Christ.

Going Deeper

This week, write this affirmation somewhere visible:

"I am rooted in truth and rested in who God says I am."

When doubt whispers, return to it.

The Spirit within you never stops reminding you of who you've always been.