

Rooted + Rested

The Lord's Prayer Meeting Guide

Welcome, friend!

This guide is designed to walk you through the Lord's Prayer in a fresh, practical way – using each line to guide your heart, your work, and your rest. Whether you're a busy entrepreneur, a mom juggling responsibilities, or simply seeking more peace in daily life, this series is for you.

Over the next seven weeks, we'll take intentional steps together:

- Rest in His presence
- Align our plans, priorities, and hearts with His will
- Reflect on our God-given identity and purpose
- Bring requests, questions, and ideas before Him
- Repent where needed and release what hinders
- Walk in obedience and discernment
- Celebrate His faithfulness and power

Each week includes:

- A short reflection
- Scripture for meditation
- Journaling prompts
- Self-care or mindfulness ideas to help you stay rooted + rested

My hope is that these seven weeks help you end the year with worship instead of exhaustion – resting in God's presence, aligning with His will, and walking forward in peace.

♡ Lisa

Week 1 – “Our Father in Heaven”

Theme: Adoration + Rest

Begin by pausing, resting, and worshiping God. Before asking, planning, or deciding, focus on who He is.

Reflection:

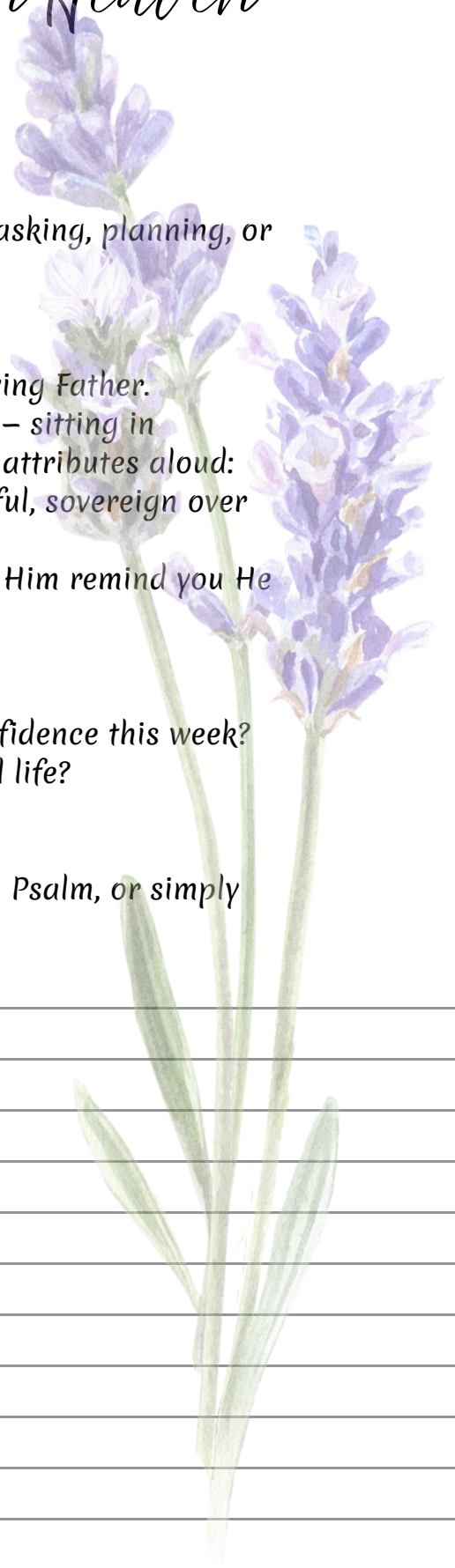
- Peace begins when we remember that God is our loving Father.
- My business meetings with the Lord began this way – sitting in adoration, listening to worship music, speaking His attributes aloud: You are Lord of Lords, King of Kings, faithful, merciful, sovereign over all.
- Imagine yourself kneeling before His throne, letting Him remind you He is in control.

Journal Prompts:

- What 3 attributes of God bring me comfort and confidence this week?
- What am I thankful for in my business and personal life?

Action Step:

- Begin your workday with praise – a worship song, a Psalm, or simply speaking aloud: “Father, You are good.”



Week 2 – “Thy Kingdom Come, Your Will Be Done”

Theme: Aligning with God’s Will + Heart + Identity

This week is about surrendering your plans, desires, and heart to God’s Kingdom purposes – and discovering who He calls you to be in this season.

Before we ask for provision or guidance, we align our plans, priorities, and identity with His will.

Reflection:

- **Where has my heart been striving for my own agenda?**
- **What part of my business, my decisions, or my desires needs to be surrendered to God?**
- **Who is God calling me to be, and how does that shape my work and priorities?**

Journal Prompts:

- **What plans, tasks, or desires do I need to release to Him?**
- **How can my identity in Christ influence the way I approach my work this week?**

Action Step:

- **Write a short statement: “God calls me to be _____.” Keep it visible in your workspace.**
- **Lay down one task, expectation, or desire to God in prayer this week.**

Scripture to Meditate On:

- **Proverbs 3:5-6**
- **Matthew 6:33**



Week 3 – “Give Us This Day Our Daily Bread”

Theme: Bringing Requests + Listening

Now that your heart and identity are aligned with God, this week is about pouring out your requests, questions, and decisions before Him – and listening for His guidance.

Reflection:

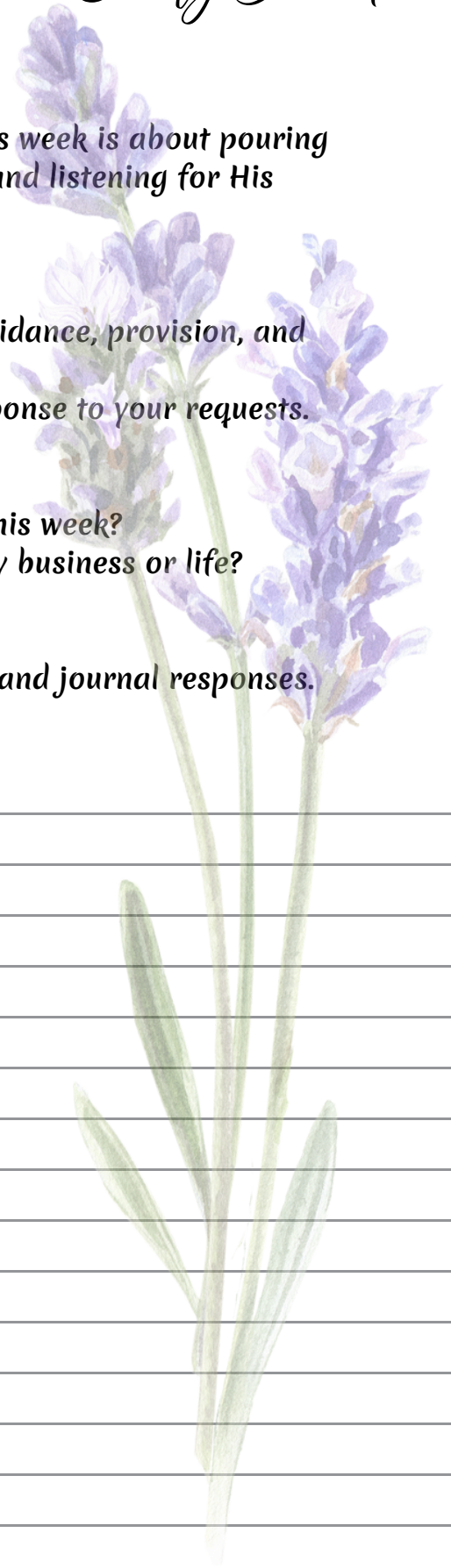
- With your identity rooted in Him, it's safe to ask for guidance, provision, and clarity.
- Take time to journal what you sense God saying in response to your requests.

Journal Prompts:

- What decisions, ideas, or questions do I bring to God this week?
- What do I sense Him whispering about next steps in my business or life?

Action Step:

- Set aside a quiet session to bring requests before God and journal responses.
- Pray and trust His guidance as you make plans.



Week 4 – “Forgive Us Our Debts”

Theme: Repentance + Release

Reflect on moments where you may have acted out of fear, hurt, or exclusion of God. Repentance restores alignment and peace.

Journal Prompts:

- *Where have I acted without faith, or relied on myself over God?*
- *Who do I need to forgive, including myself?*
- *What mistakes or regrets do I need to release to Him?*

Action Step:

- *Write a short prayer of repentance and release.*
- *Ask God to cleanse your heart and guide your steps.*

Scripture to Meditate On:

- **1 John 1:9**
- **Psalm 51:10**



Week 5 – “Lead Us Not Into Temptation”

Theme: Obedience + Discernment + Following Through

This week focuses on putting alignment and requests into action. It's about walking in the direction God is leading, even when it's challenging, and asking Him for help to obey.

Reflection:

- What is God asking me to do that requires courage or faith?
- Where do I need His help to follow through?
- How can I stay obedient and consistent in the steps He's guiding me to take?

Journal Prompts:

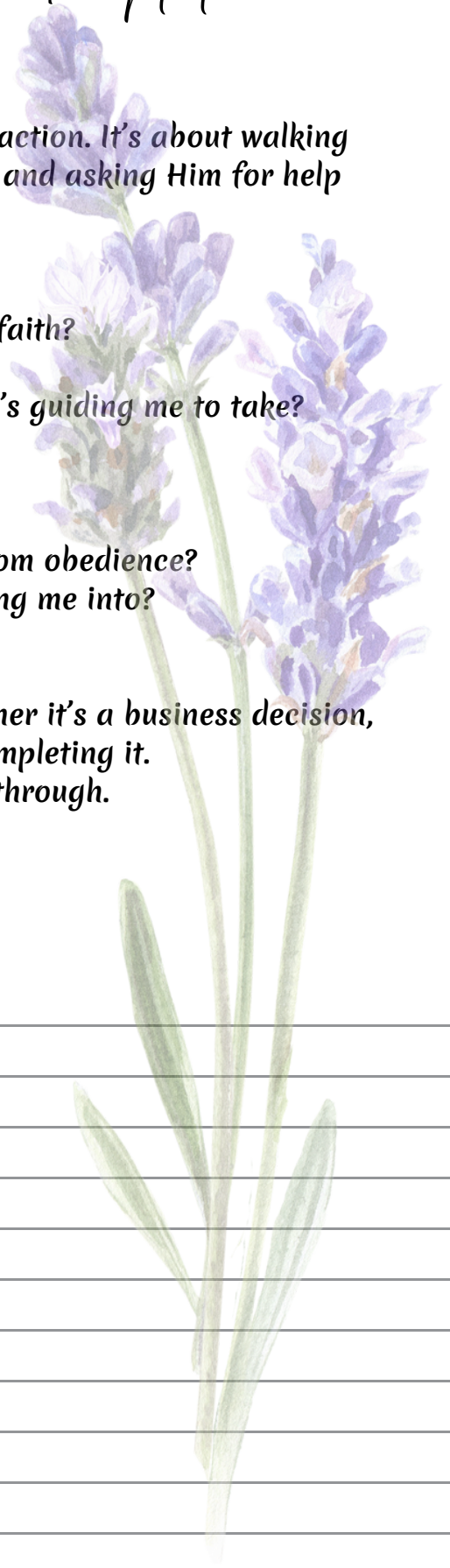
- What action(s) do I sense God calling me to this week?
- Where have I hesitated, and what's holding me back from obedience?
- How can I rely on God to complete the tasks He's leading me into?

Action Step:

- Choose one specific act of obedience this week – whether it's a business decision, a conversation, or a personal step – and commit to completing it.
- Pray for courage, wisdom, and perseverance to follow through.

Scripture to Meditate On:

- James 1:5
- Psalm 32:8
- Philippians 2:13



Week 6 – “For Thine Is the Kingdom, the Power, and the Glory”

Theme: Worship + Trust

Return your focus to Him. He is the CEO; you are the steward. All authority, power, and glory belong to Him.

Journal Prompts:

- How have I seen God’s faithfulness in these six weeks?
- In what ways can I honor Him with my work and rest?

Action Step:

- Take a few minutes to worship – sing, journal, or pray gratitude for His guidance and power.
- Reflect on how trusting Him changes your work and mindset.

Scripture to Meditate On:

- 1 Chronicles 29:11
- Psalm 103:1-5



Week 7 — Overview & Reflection

Theme: Celebration + Integration

Look back over the seven weeks. Celebrate what God has revealed, restored, and guided you through.

Reflection Prompts:

- What lessons about peace, surrender, and obedience have I learned?
- How has understanding my God-given identity shaped my decisions and work?
- What practices will I continue into the new year?

Action Step:

- Light a candle, journal your gratitude, and pray over the year ahead.
- Ask God to continue leading you in peace, clarity, and obedience.

Closing Prayer:

Heavenly Father,

Thank You for guiding me through this journey. Thank You for the peace, wisdom, and clarity You have provided.

Help me carry these lessons into the days ahead, trusting You as the CEO of my life and work. May Your Kingdom come in everything I do, and may my actions bring You glory. In Jesus' Name, Amen.

