



Rooted & Renewed

PRAYER WORKBOOK

FOR **WOMEN**



Embark on a journey of reflection, renewal, and realignment

The *Rooted & Renewed* workbook is more than a tool—it's an invitation. In a world that often pulls us in every direction, this toolkit is designed to help you to slow down, listen intently, and reconnect with what matters most: your relationship with our Heavenly Father.

Whether you're entering a new season or simply longing for deeper rhythms of grace, this journey invites you to grow more *rooted* in God's love (Col 2:7) and invite the Holy Spirit to *renew you* (Eph 4:23).

Here's what you'll walk through:

❖ REST

Begin by pausing. In this first section, you'll assess your current life rhythms and create space to be still before God. Through the *Rhythms of Life Assessment*, you'll identify what's thriving, what's been neglected, and where God is gently calling you back to center.

❖ REFLECT

Look back with intention. Using Scripture and guided prompts, you'll trace God's faithfulness through the past year. You'll explore spiritual milestones, personal growth, and areas where healing or clarity is still needed.

❖ RESET

Let go of what no longer serves your walk with God. This section helps you craft a Spirit-led vision and prayer strategy for the year ahead—one that is rooted in truth, aligned with God's will, and supported by intentional action.

❖ RENEW

Live it out. Each month, you'll engage with a Scripture-based devotional, a guided prayer, and space to reflect on how you're walking in your rhythms of life. This is your rhythm of renewal—anchored in the Word, empowered by the Spirit, and sustained by grace.

This is your invitation to live differently.

To be still. To go deeper. To grow stronger.

To be *Rooted & Renewed*.

Rooted & Renewed Group Tips

This workbook can be used individually, but you may feel led to walk through it with other believers! Scripture reminds us of the power of community:

- *"For where two or three gather in my name, there am I with them."* (Matt 18:20)
- *"Encourage one another and build each other up."* (1 Thes 5:11)
- *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* (Gal 6:2)

When we journey together, we share prayer, encouragement, and accountability.

Tips for Group Sessions

If you feel led to do this journey with others, here are a few suggestions to support you:

Adopt some simple ground rules, such as:

- **Respect each voice** — listen to one another with the goal of understanding each others' emotions and perspectives.
- **Show Respect** – extend the grace and love of Jesus
- **Keep the Bible central** — ask "What does the Bible say about...".
- **Practice confidentiality** — what's shared in the group stays in the group.
- **Bookend with prayer** – begin and end each session with prayer
- **Encourage participation** – rotate facilitation so everyone experiences leading and serving

Coordinate reflection for the first three sections (Rest, Reflect, Reset)

- Complete the exercise independently, then invite each person to share their key take aways from the experiences.

Agree on a regular cadence

- Consider meeting **monthly** to walk through the *Renewal* section together.
- Use this time to pause, reflect, pray, and celebrate growth as a group.



Rooted & Renewed

Prayer Workbook

Welcome to Rooted & Renewed

This workbook was created out of hunger for more of God's presence and a desire to walk in alignment with His will and create margin for growth.

This past year reminded me that we cannot thrive on hustle alone. We need holy rhythms (1 Peter 1:15-16). We need to be *rooted* in God's love (Col 2:7) and *renewed* by His Spirit (Eph 4:23).

Has God been calling you into deeper rhythms of rest? Has He been prompting you to trust Him more fully, or to pray intentionally over your life, your family, or your community?

That's what this workbook is all about.

It is an invitation to pause and let the Holy Spirit guide you. Within these pages, you'll find questions to ponder and space to capture your thoughts, prayers, and reflections. If journaling and reflection don't come natural to you, don't worry! This is not about striving for perfection—it's about staying present with God. Some areas may stir many thoughts, while others may feel quieter, and that is perfectly okay.

As you close out 2025 and step into 2026, my prayer is that above all you know that you are fully known and deeply loved by your heavenly Father (Ps 139). He is for you, He is with you, and He will never leave you (Heb 13:5).

With love and expectancy,

Tiara J.





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Opening Prayer



Lord, I pray for the woman beginning this journey.

My prayer is that she would feel Your nearness from the very first page. May she not rush through this process. Lord help her to slow down and make space to meet with You. I pray that as she rests, reflects, and resets, she would be reminded that she is deeply loved, fully known, and never alone.

Father, I ask that You would quiet the noise around her and within her. Let this be a space where she can lay down the weight she's been carrying and receive Your peace. May Your Word come alive in her heart. May Your Spirit renew her mind. May Your love be the soil where her roots grow deep.

I pray that she would not feel pressure to perform or strive for perfection, but that she would walk in grace and truth. Let this be a season of transformation—not because she's doing more, but because she's drawing closer to You.

Strengthen her, Lord. Guide her. Speak to her. Surprise her with joy. And as she begins this journey, may she do so with open hands and an expectant heart.

In Jesus name,

Amen.

Step 1: Rest

Focus: *Creating space to pause and be still before God.*



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

Matthew 11:28

God is inviting you to pause and be still in His presence (Ps 46:10). In a world that demands your constant attention—your family, your work, your ministry, your calendar—rest can feel like a luxury. But in the Kingdom of God, rest is a rhythm (Heb 4:9-10). It’s an invitation to step away from striving and into the presence of the One who restores (Ps 23:2-3).

God Himself modeled rest on the seventh day (Gen 2:2), not because He was tired (Isa 40:28), but to show us that he will refresh us when we rest (Ex 31:17). Jesus echoed this when He said, “Come to Me...”—not with your to-do list, but with your weariness (Matt 11:28). This section is your invitation to do just that.

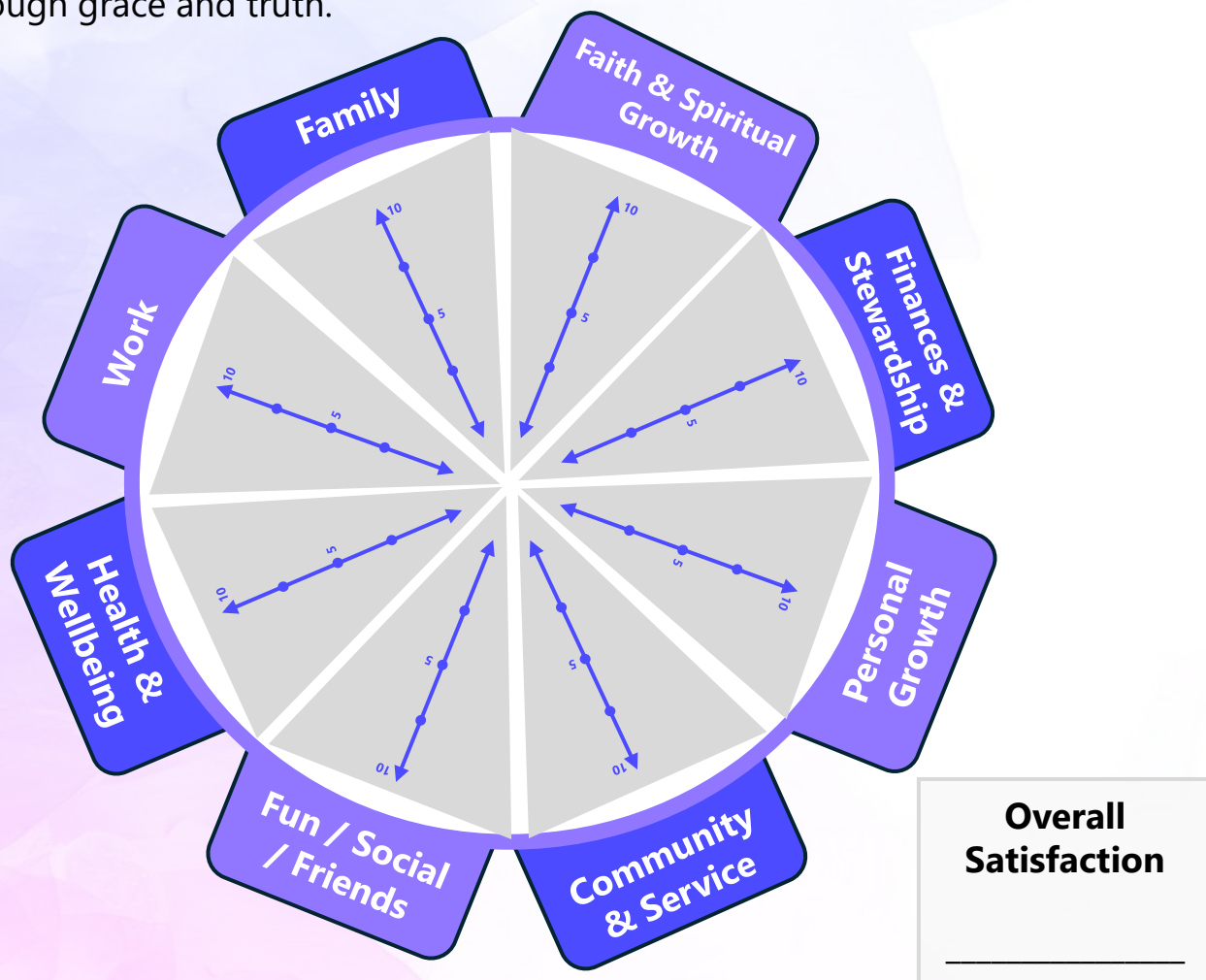
Through the Rhythms of Life Assessment, you’ll take inventory of your life—not to judge yourself, but to listen (Ps 139:23). As you rest, you’re invited to reflect on what’s thriving, what’s been neglected, and where God is gently calling you back to center.

This is the beginning of your journey toward a year rooted in His love (Col 2:7) and renewed by His Spirit (Eph 4:23).

Pause. Breathe. Let Him meet you here.

Rhythms of Life – Year End Check-in

This exercise is designed to help you pause and reflect on the current rhythms of your life. Take some time to sit with these questions. Don't rush. Ask the Holy Spirit to help you see your life clearly—not through the lens of comparison or pressure, but through grace and truth.



Step 1: Overall Life Satisfaction - On a scale of 1–10, how satisfied are you with your overall experience of life right now?

Step 2: Assess Each Life Dimension - Rate your current level of satisfaction in each of the following areas (1 = very low, 10 = very high)?

Step 3: Identify Your Foundations - Which 3 areas are foundational to your life and must remain strong for you to thrive spiritually and emotionally?

Step 4: Recognize What's Been Neglected - Which 3 areas tend to get neglected due to busyness, burnout, or prioritizing others' needs over your own?

Step 5: Consider how you got here – How have you prayed over each area this year? Where have you invited God in, and where have you tried to carry things alone?"

Step 2: Reflect

Focus: *Looking back with honesty and grace to see God's hand and your heart.*

“Remember the former things... I am God, and there is no other.”

Isaiah 46:9

Once we've made space to rest, we can begin to reflect. Reflection is not about regret—it's about revelation. It's about looking back not just at what happened, but at how God was present in it all (Ps 139:7-8).

As women, we often move from one season to the next without pausing to process. We carry the weight of others' needs, often neglecting our own spiritual and emotional check-ins. But God calls us to remember (Ps 143:5). Throughout Scripture, He urges His people to reflect on His faithfulness, to recall His promises, and to recognize His presence—even in the wilderness (Deu 8:2). Not only does He urge us to remember, He helps us (John 14:26).

In this section, you'll walk through a spiritual timeline of your year. You'll ask honest questions about what God taught you, where you grew, and where you struggled. You'll reflect on your prayer life—where you've invited God in, and where you've tried to carry things alone.

This is not about perfection. It's about presence—God's presence in your story, and your presence in His.

Let the Holy Spirit bring clarity, comfort, and conviction as you look back.

Spiritual Timeline

Find a quiet space and invite God's presence with a prayer. Slowly reflect on the past season of your life, noting where you've seen His faithfulness and where you've struggled. Draw a timeline of your year and mark key spiritual moments—breakthroughs, trials, answered prayers, and lessons learned. As you draft your timeline, consider the rhythms of prayer, worship, and rest that you had this year.



Reflective Inventory Prompts

Use these prompts to prayerfully examine areas of your life where God may be inviting you to bring closure, healing, or renewed focus. Use the notes pages to write down your thoughts. There is no pressure to fill the pages. Remember this isn't about comparison or striving, it's about being present with God:

Commitments & Agreements

"Let your 'Yes' be 'Yes,' and your 'No,' 'No.'" — Matthew 5:37

- Are there promises or goals you made to yourself, others, or God that remain unfulfilled?
- Are there commitments you need to revisit, release, or recommit to?

Relationships & Reconciliation

"If it is possible, as far as it depends on you, live at peace with everyone." — Romans 12:18

- Is there someone you need to forgive, thank, encourage, or reconcile with?
- Are there unspoken tensions or overdue conversations that need to happen?

Environment & Stewardship

"Let all things be done decently and in order." — 1 Corinthians 14:40

- Are there physical or digital spaces that feel cluttered or chaotic?
- What would it look like to create peace and order in your home, workspace, or online life?

Well-Being & Wholeness

"Do you not know that your bodies are temples of the Holy Spirit...?" — 1 Corinthians 6:19

- How are you caring for your body, mind, and spirit?
- What rhythms of rest, nourishment, or healing do you need to reestablish?

Finances & Faithfulness

"Honor the Lord with your wealth, with the first fruits of all your crops." — Proverbs 3:9

- Are there financial matters—giving, saving, budgeting, or debt—that need your attention?
- How have you invited God into your financial decisions this year?



Prayer Prompt:

"Holy Spirit, help me see what needs to be released, restored, or renewed. Show me where I've been holding on too tightly or moving too quickly. Teach me to reflect with grace and respond with wisdom."

*I pray that out of his glorious riches he may **strengthen you** with power through his Spirit in your inner being, So that Christ may **dwell in your hearts** through faith. And I pray that you, being*

Rooted and Established in Love

*may **have power**, together with all the Lord's holy people, **to grasp** how wide and long and high and deep is **the love of Christ...***

- Ephesians 3:17-18

Step 3: Reset

Focus: *Closing the chapter well and preparing your heart for what's next.*

***"Forget the former things; do not dwell on the past. See, I am doing a new thing!
Now it springs up; do you not perceive it?!"***

Isaiah 43:18–19

You've rested. You've reflected. Now it's time to reset—not just your goals, but your heart.

Resetting is about realignment. It's about releasing what no longer serves your walk with God and stepping into the new with clarity, courage, and conviction (Eph 4:22-24). This is where your vision becomes a prayer, and your prayer becomes a plan.

As women, we often carry the weight of others' needs, unfinished goals, and unspoken dreams. But God is not asking you to carry it all—He's inviting you to partner with Him in what's next (Prov 16:9).

This section is your opportunity to co-labor with the Holy Spirit to create a prayer strategy for the year ahead—one that is rooted in God's love and led by His Spirit (1 Cor 3:9-11).

Let go of the past. Lean into God's plan. Step forward in faith.

Part 1: Envision - A Spirit-Led Vision for the Year Ahead

Write the vision and make it plain... — Habakkuk 2:2

Before you begin writing, take a few quiet moments to pray. Ask the Holy Spirit to guide your thoughts and open your heart to what God wants to reveal.

Then use the vision reflection prompts to explore what God may be inviting you into this year. Don't overthink—this is not about perfection, it's about presence. Let your answers flow from a place of prayer and honesty.



Prayer Prompt:

"Lord, help me to see this year through Your eyes. Quiet the noise around me so I can hear Your voice clearly. Let this vision be rooted in Your love and aligned with Your will."

1. What is God inviting me to focus on this year?

(Spiritually, personally, relationally, or professionally)

2. What do I sense God wants to do in and through me this year?

(Breakthroughs, healing, growth, impact, or obedience)

3. What brings me joy, and how can I make space for more of it?

(Joy is strength—how will you protect and prioritize it?)

Declare Your Vision:

Summarize your insights in a short **vision statement** or **prayer declaration**.

Example: "This year, I will walk in courage and rest. I will prioritize intimacy with God, nurture my family, and steward my health. I will say yes to joy and no to striving. I will be rooted in love and renewed by the Spirit."

Part 2: Prayer Strategy – From Vision to Spirit-Led Action

*“The steps of a good woman are ordered by the Lord, and she delights in his way.”
Psalm 37:23*

This **Prayer Strategy** is where your insights become intentional, Spirit-led action. It’s not about creating a rigid plan—it’s about partnering with God to walk in alignment with His heart for your life.

Each focus area should be shaped by what God has revealed to you through your rest and reflection. Use this prayer strategy as a tool for staying anchored in Christ will for your life—allowing God to renew your mind and deepen your dependence on Him.

How to Draft Your Prayer Strategy

Step 1: Choose 3–5 Focus Areas

Look back at your **Rhythms of Life Assessment, Reflection Inventory, and Vision Insights**. Which areas stood out as needing attention, healing, or growth? These are your focus areas for the year. *Examples: Faith, Family, Health, Finances, Rest, Relationships*

Step 2: Write a Prayer Goal for Each Area

Instead of setting a typical goal, write a **prayerful desire**—something you’re believing God for in this area. *Example: “Lord, help me grow in consistency in my prayer life.” “God, teach me to steward my finances with wisdom and generosity.”*

Step 3: Anchor Each Goal in Scripture

Find a verse that speaks to the heart of your prayer goal. This becomes your **spiritual anchor**—a truth to return to when you need encouragement or direction. *Example: “..pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you....” - 1 Thess 5:17-18; “And do not forget to do good and to share with others, for with such sacrifices God is pleased.” - Heb 13:16*

Step 4: Define Spirit-Led Action Steps

Ask the Holy Spirit: *“What are some small, faithful steps I can take in this area?”* These steps should be simple, sustainable, and Spirit-led—not overwhelming. *Example: “Set aside 15 minutes each morning for prayer.”; “Create a monthly giving plan and pray over it.”*

Step 5: Identify Your Support System

Who can walk with you in this? Think of someone who can pray with you, encourage you, or hold you accountable in love. *Example: “I will share my prayer goals with my sister/friend/mentor.”*

Focus Area #1: _____

1. Prayer Goal

What is your prayerful desire for this area?

2. Anchor Scripture

What verse will guide and ground you in this area?

3. Spirit-Led Action Step(s)

What small, faithful steps will you take?

4. Support & Accountability

Who will pray with you or walk with you in this?

Sample Prayer Format

Father, You know my heart and my desire to see change in [**prayer goal**]. I bring it before You, trusting that You care and that You are able. Your Word says, "[**anchor scripture**]," and I choose to believe it, even when it's hard to see. Let Your truth shape my thoughts and strengthen my faith. Show me how to walk this out, one step at a time. Help me to be faithful in [**insert action steps**], and give me grace when I fall short. I surrender this area to You and ask for Your guidance every step of the way. In Jesus' name, Amen.

Focus Area #2: _____

1. Prayer Goal

What is your prayerful desire for this area?

2. Anchor Scripture

What verse will guide and ground you in this area?

3. Spirit-Led Action Step(s)

What small, faithful steps will you take?

4. Support & Accountability

Who will pray with you or walk with you in this?

Sample Prayer Format

Father, You know my heart and my desire to see change in [**prayer goal**]. I bring it before You, trusting that You care and that You are able. Your Word says, "[**anchor scripture**]," and I choose to believe it, even when it's hard to see. Let Your truth shape my thoughts and strengthen my faith. Show me how to walk this out, one step at a time. Help me to be faithful in [**insert action steps**], and give me grace when I fall short. I surrender this area to You and ask for Your guidance every step of the way. In Jesus' name, Amen.

Focus Area #3: _____

1. Prayer Goal

What is your prayerful desire for this area?

2. Anchor Scripture

What verse will guide and ground you in this area?

3. Spirit-Led Action Step(s)

What small, faithful steps will you take?

4. Support & Accountability

Who will pray with you or walk with you in this?

Sample Prayer Format

Father, You know my heart and my desire to see change in [**prayer goal**]. I bring it before You, trusting that You care and that You are able. Your Word says, "[**anchor scripture**]," and I choose to believe it, even when it's hard to see. Let Your truth shape my thoughts and strengthen my faith. Show me how to walk this out, one step at a time. Help me to be faithful in [**insert action steps**], and give me grace when I fall short. I surrender this area to You and ask for Your guidance every step of the way. In Jesus' name, Amen.

Praying the Word of God

Do you ever feel stuck in prayer—repeating the same words or feeling dry? As you prepare to live out your prayer strategy, you may long for more freshness.

The solution is simple: pray through Scripture. All Scripture is useful for prayer (2 Tim 3:16–17), but the Psalms especially give voice to every emotion. Donald S. Whitney, in *'Praying the Bible'*, teaches the Psalm of the Day method: each day, scan five psalms based on the date (*Psalm a Day chart* included on the next page). Choose one and pray through it verse by verse. This method provides fresh biblical language for your prayer life.

You might consider using this method to turn bible verses into prayers for the focus areas in your prayer strategy. You can do this by reading the passage verse by verse and praying your thoughts to the Lord . If a verse doesn't make sense or nothing comes to mind, simply move on to the next verse. Let God's Word guide whatever you share with Him.



Example from *'Praying the Bible'* (Psalm 23)

Verse 1– “The Lord is my shepherd” **Prayer:** Lord, I thank you that you *are* my shepherd. You're a good shepherd. You have shepherded me all my life. And, great Shepherd, please shepherd my family today: guard them from the ways of the word and guide them into the ways of God.

Verse 2 – “I lack nothing.” **Prayer:** Lord, I thank you that I've never really been in lack. I haven't missed too many meals. All that I am and all that I have has come from you. But I know it pleases you that I bring my desires to you, so would you provide the finances that I need for my car repairs.

Continue praying through the scripture in this way until you run out of time or you run out of psalm – and if you run out of psalm first you can always move on to the next psalm!

When you pray the Bible, you are bringing God's power into your prayers (Heb 4:12)! This method keeps your prayer fresh, rooted in God's Word, and aligned with His will (John 15:7)!

Want to go deeper? Explore Donald S. Whitney's *'Praying the Bible'* [on Amazon](#) or [Christianbook.com](#).

Psalm of the Day Chart

The Psalms of the Day are...

1	1; 31; 61; 91; 121
2	2; 32; 62; 92; 122
3	3; 33; 63; 93; 123
4	4; 34; 64; 94; 124
5	5; 35; 65; 95; 125
6	6; 36; 66; 96; 126
7	7; 37; 67; 97; 127
8	8; 38; 68; 98; 128
9	9; 39; 69; 99; 129
10	10; 40; 70; 100; 130
11	11; 41; 71; 101; 131
12	12; 42; 72; 102; 132
13	13; 43; 73; 103; 133
14	14; 44; 74; 104; 134
15	15; 45; 75; 105; 135

The Psalms of the Day are...

16	16; 46; 76; 106; 136
17	17; 47; 77; 107; 137
18	18; 48; 78; 108; 138
19	19; 49; 79; 109; 139
20	20; 50; 80; 110; 140
21	21; 51; 81; 111; 141
22	22; 52; 82; 112; 142
23	23; 53; 83; 113; 1
24	24; 54; 84; 114; 144
25	25; 55; 85; 115; 145
26	26; 56; 86; 116; 146
27	27; 57; 87; 117; 147
28	28; 58; 88; 118; 148
29	29; 59; 89; 119; 149
30	30; 60; 90; 120; 150
31	119

How It Works

- Each day, scan the psalms for the day.
- Pick **one of the five Psalms** listed to read.
- Read it slowly, then **pray through it line by line**, turning verses into praise, confession, thanksgiving, or intercession.
- This keeps prayer fresh and Scripture-anchored, while giving flexibility depending on your season or need.

*Do not conform to the
pattern of this world, but be
transformed by the*

Renewing ^{OF} your Mind

*Then you will be able to test and
approve what God's will is – his
good, pleasing and perfect will.*

- Romans 12:2

Step 4: Renew

Focus: *Walking forward with tools, truth, and the Spirit's power.*



***"Create in me a pure heart, O God, and renew a steadfast spirit within me."
– Psalm 51:10-19.***

You've gone through the practice of being still before God, prayerfully reflecting, and realigning your heart with Truth—and now, you're standing at the threshold of a new year, not with pressure to perform, but with an invitation to be renewed and transformed.

But transformation doesn't happen in a moment—it happens in rhythm (Phil 1:6). Renewal is a daily, weekly, monthly invitation to return to God's presence, to realign with His truth, and to let the Holy Spirit shape your thoughts, desires, and actions (Rom 12:2).

This section is a toolkit for the year ahead. You'll find Scriptures, reflection, space for guided prayer and journaling, and a check-in to reflect on how you're living out your Rhythms of Life and Prayer Strategy. If journaling doesn't come natural to you, don't worry, there is no right or wrong way to reflect!

Remember, this is not about perfection. It's about presence. It's about staying connected to the Vine (John 15), letting your roots grow deep in Christ (Colossians 2:7), and allowing the Spirit to renew your mind and transform your life.

This is your rhythm of renewal

Walk with the Spirit, Be rooted in Christ love, and Be transformed by truth.

January – Rooted in Love

THIS MONTH'S PASSAGE

...And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ...

Reading: Ephesians 3:17-18

REFLECTION

This verse reminds us that love is not just a feeling—it's a foundation. Paul's prayer is that we would be rooted in God's love, like a tree drawing strength from deep soil. To be rooted in love means that everything we do—our decisions, our relationships, our goals—flows from the security of knowing we are fully loved by God. This month, ask yourself: Is Christ love the soil I'm growing from?

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Lord, help me to begin this year grounded in Your love. Let everything, I do flow from the security of being fully known and fully loved by You. In Jesus' name I pray. Amen

February – Renewed by the Word

THIS MONTH'S PASSAGE

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Reading: Romans 12:2

REFLECTION

This verse is a call to live set apart—not shaped by the world, but transformed by God's truth. The world promotes fear, comparison, and distraction, but God offers renewal that begins in the mind.

This renewal isn't a one-time shift; it's a daily choice to replace lies with truth and noise with the Word. As your mind is transformed, your ability to discern God's will becomes clearer.

This month, reflect on this: What patterns have I been conforming to? What thoughts need renewing? Let this be a season of intentional transformation—where your mind is shaped by heaven, not culture.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Father, I surrender my thoughts to You. Help me not to conform to the patterns of this world, but to be transformed by the renewing of my mind. Let Your Word shape my thinking, my decisions, and my desires. Teach me to discern Your will—what is good, pleasing, and perfect. I want to live aligned with You. In Jesus name, Amen.

March – Strengthened by the Spirit

THIS MONTH'S PASSAGE

"... the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us..."

Reading: Romans 8:26

REFLECTION

You don't have to have the right words—or even the strength. The Holy Spirit meets you in your weakness, not after you've overcome it. He prays for you when you don't know how, and strengthens you from within when you feel empty.

This month, rest in the truth that you are not alone. You are not powerless. The Spirit is your advocate, your intercessor, and your strength. This month reflect on where you may need to let go of striving and lean into His help.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Holy Spirit, thank You for meeting me in my weakness. When I don't have the words, You speak for me. When I feel overwhelmed, You carry me. Help me to surrender control and trust Your strength. Teach me to rest in Your presence and rely on Your power. In Jesus name, Amen.

April – Abiding in Christ

THIS MONTH'S PASSAGE

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”

Reading: John 15:4

REFLECTION

Fruitfulness begins with connection. Jesus invites us to remain—not strive, not perform, but abide. Just as a branch draws life from the vine, we draw strength, peace, and purpose from staying close to Him.

When we drift, we dry out. But when we remain, we are nourished. Abiding is a daily choice to stay rooted in His presence through prayer, worship, and the Word of God. Don't focus on producing—focus on staying connected. Fruit will follow. This month, ask: *Am I staying close to Jesus, or am I trying to do life apart from Him?*

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Jesus, help me to remain in You. When I'm tempted to do life in my own strength, remind me that apart from You, I can do nothing. Teach me to stay close—to listen, to trust, and to rest in Your presence. Let my life bear fruit that reflects Your love. In Jesus name, Amen.

May – Walking in Wisdom

THIS MONTH'S PASSAGE

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Reading: James 1:5

REFLECTION

You don't have to have all the answers. God invites you to ask—not with fear or hesitation, but with confidence in His generosity. He doesn't shame you for not knowing; He delights in guiding you.

Wisdom isn't just about making the right decisions—it's about walking closely with the One who sees the full picture. This month, when you face uncertainty, pause and pray. God's wisdom is available, and He gives it freely to those who seek Him.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

God, I need Your wisdom. In moments of confusion or decision, remind me to turn to You first. Thank You for being generous and patient with me. Help me to trust Your guidance and lean not on my own understanding. Teach me to listen for Your voice and follow Your lead. In Jesus name, Amen.

June – Living with Purpose

THIS MONTH'S PASSAGE

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Reading: Ephesians 2:10

REFLECTION

You are not an accident. You are God's masterpiece—intentionally crafted with purpose and potential. Before you ever took a step, God had already prepared a path for you to walk in.

This verse reminds us that our identity and purpose are rooted in Christ. You don't have to create your worth or chase significance. You were made for good works—ones that reflect His love, His justice, and His grace. This month, walk confidently in who you are and what you were created to do.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?

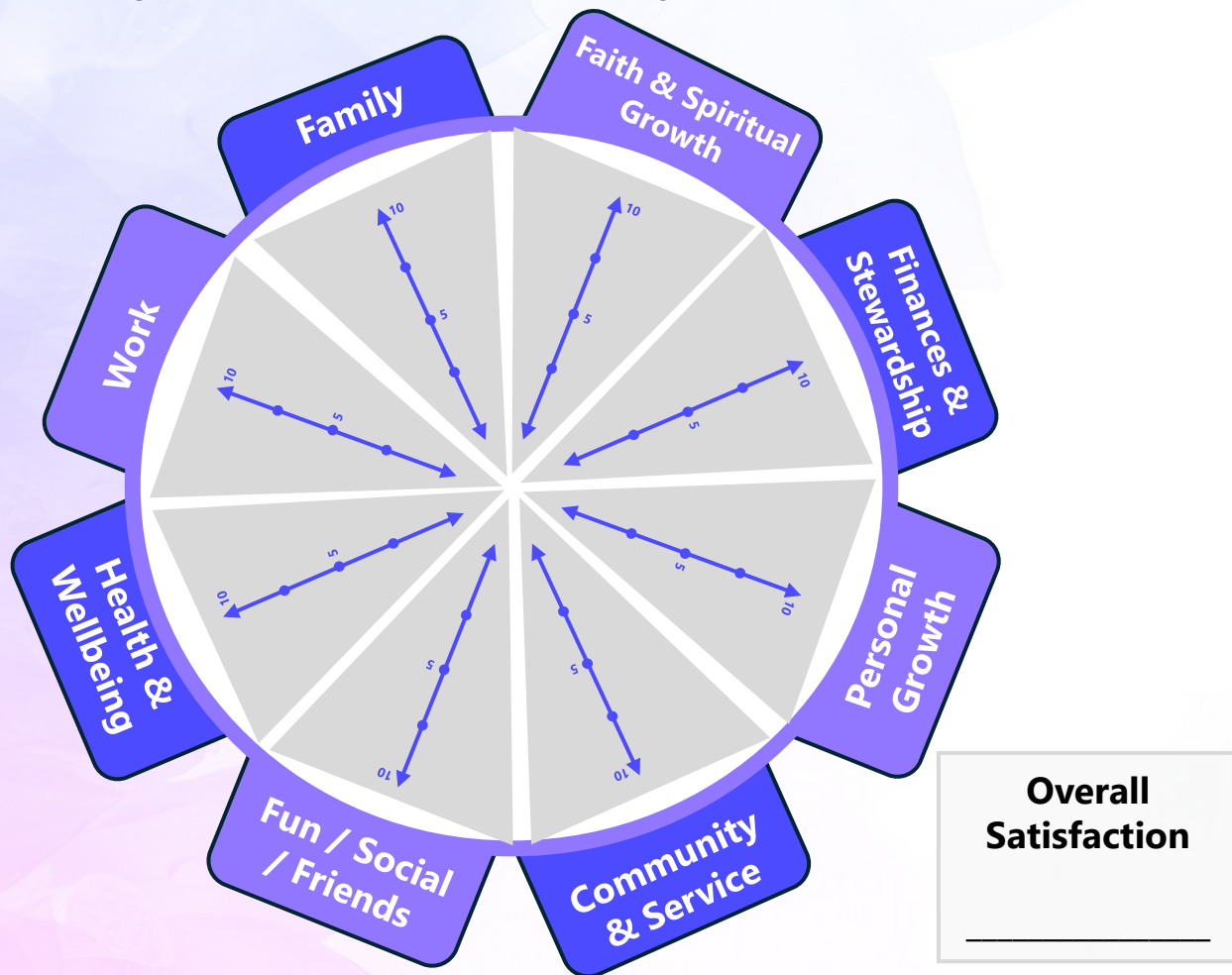


PRAYER

God, thank You for creating me with purpose. Help me to see myself through Your eyes—as Your handiwork, made for good. Show me the works You've prepared for me, and give me the courage to walk in them. Let my life reflect Your design and bring You glory. In Jesus name, Amen.

Rhythms of Life – Mid Year Check-in

You're midway through the year- a meaningful moment to pause and reflect. Look back at your Rhythms of Life Assessment from earlier this year. Has anything shifted? What's grown? What still feels out of alignment?



Step 1: Reassess Overall Life Satisfaction - On a scale of 1–10, how satisfied are you with your overall experience at this midpoint in the year?

Step 2: Assess Each Life Dimension - Rate your current level of satisfaction in each of the following areas (1 = very low, 10 = very high). How have these shifted since the beginning of the year?

Step 3: Identify Your Foundations - Which 3 areas are foundational to your spiritual and emotional well-being? Are they strong, or do they need renewed attention?

Step 4: Recognize What's Been Neglected - Which 3 areas have been unintentionally overlooked due to busyness, burnout, or prioritizing others' needs?

Step 5: Reflect on Your Prayer Life – How have you been praying over these areas? Where have you invited God in, and where have you tried to carry things alone?"

*“I have told you these things, so that **in me you may have peace**. In this world you will have trouble.*

But take heart!

*I have **overcome the world.**”*

- John 16:33

July – Resting in His Presence

THIS MONTH'S PASSAGE

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Reading: Matthew 11:28-30

REFLECTION

Jesus doesn't ask you to carry life alone. He invites you to come—to bring your weariness, your burdens, your striving—and exchange them for His rest. His way is not heavy with pressure or performance, but light with grace and peace.

Rest in Jesus isn't passive; it's a posture of surrender. It's choosing to walk with Him, not ahead of Him. This month, if you feel overwhelmed, remember, you're not meant to carry it all. Let Him shoulder the weight and lead you in peace.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Jesus, I come to You with everything I'm carrying. Thank You for offering rest—not just for my body, but for my soul. Teach me to walk with You, to trust Your pace, and to release what's too heavy for me. Help me find peace in Your presence. In Jesus name, Amen.

August – Courage to Obey

THIS MONTH'S PASSAGE

"...Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Reading: Joshua 1:9

REFLECTION

Courage isn't the absence of fear—it's choosing to move forward in faith, knowing God is with you. This verse is a powerful reminder that strength doesn't come from our own ability, but from God's presence.

Whatever you're facing—uncertainty, transition, or challenge—you are not alone. God goes before you, walks beside you, and strengthens you from within. This month, let courage rise not from your circumstances, but from your confidence in Him.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

God, thank You for being with me wherever I go. When fear or discouragement tries to take over, remind me of Your presence and Your promises. Help me to walk in courage, not because I have all the answers, but because I trust in You. Strengthen me for the journey ahead. In Jesus name, Amen.

September – Faith Over Fear

THIS MONTH'S PASSAGE

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Reading: 2 Timothy 1:7

REFLECTION

Fear is not your inheritance. God has given you His Spirit—not one of timidity, but of power, love, and self-control. When fear tries to silence you or hold you back, remember what’s already inside you.

You’ve been equipped with power to face challenges, love to respond with grace, and discipline to stay the course. This month, walk in the confidence that comes from the Spirit. You don’t have to shrink back—you were made to stand strong.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

God, thank You for giving me Your Spirit. When fear rises, remind me that I’ve been given power, love, and a sound mind. Help me to live boldly, love deeply, and walk in self-discipline. Let my life reflect the strength You’ve placed within me. In Jesus name, Amen.

October – Gratitude in Every Season

THIS MONTH'S PASSAGE

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus..”

Reading: 1 Thessalonians 5:16–18

REFLECTION

Joy, prayer, and gratitude aren’t just occasional responses—they’re a way of life. Paul’s words remind us that no matter what we face, we can choose joy, stay connected to God, and give thanks—not only **for** all things, but **in** all things.

This kind of posture doesn’t come from perfect circumstances; it comes from a heart anchored in Christ. This month, let your rhythm be one of rejoicing, praying, and thanking. It’s not about ignoring reality—it’s about inviting God into it.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Heavenly Father, help me to rejoice even when life feels heavy. Teach me to stay connected to You through prayer and to find reasons to give thanks in every season. Let my heart be steady, not because everything is easy, but because You are always faithful. In Jesus name, Amen.

November – Anchored in Hope

THIS MONTH'S PASSAGE

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Reading: Romans 15:13

REFLECTION

Hope isn't wishful thinking—it's a steady anchor for the soul, rooted in the unchanging character of God. In a world that often feels uncertain, Romans 15:13 reminds us that true hope comes not from circumstances, but from the God of hope Himself.

When we trust in Him, He fills us—not just with a little hope, but with joy, peace, and an overflow that sustains us and encourages others. This month, let your heart be anchored in hope. Not in what you see, but in who He is.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

God of hope, anchor my heart in You. When I feel shaken or uncertain, remind me that my hope is not in outcomes, but in Your presence and promises. Fill me with Your joy and peace, and let Your Spirit cause hope to rise and overflow in my life. In Jesus name, Amen.

December – Finishing with Faithfulness

THIS MONTH'S PASSAGE

“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him..”

Reading: James 1:12

REFLECTION

As the year comes to a close, this verse reminds us that endurance matters. Life brings trials, but God honors those who remain faithful through them. Perseverance isn't about perfection—it's about holding on when it would be easier to give up.

God sees your quiet faithfulness, your unseen battles, and your steady trust. And He promises a reward far greater than relief—the crown of life. This month, reflect on how God has carried you. Let your heart be encouraged: your perseverance has purpose.

WHAT DOES THIS VERSE REVEAL TO ME ABOUT GOD?

HOW CAN I APPLY THIS VERSE TO MY LIFE?



PRAYER

Lord, thank You for sustaining me through every trial this year. When I felt weak, You were my strength. Help me to finish this year with faith, trusting that You are working in every challenge. Strengthen my heart to persevere, and remind me that Your promises are sure. In Jesus name, Amen.

Closing Prayer



Lord, I pray for the woman finishing this journey.

My prayer is that she would look back and see Your fingerprints all over her story. Thank You for every moment she showed up, every prayer she whispered, every truth she embraced, and every step she took in faith.

I pray that she would carry forward what You've planted in her—seeds of wisdom, healing, clarity, and courage. May she walk into the next season not with fear, but with confidence in who You are and who You've called her to be.

Lord, remind her that transformation is not a destination—it's a rhythm. Help her to stay rooted in Your love and renewed by Your Spirit. When life gets loud or uncertain, bring her back to this place of stillness, where she can hear Your voice and remember Your promises.

Bless her with endurance to keep going, joy that strengthens her, and peace that surpasses understanding. Let her life be a reflection of Your grace and a testimony of Your faithfulness.

Thank You for the work You've begun in her—and thank You that You will be faithful to complete it.

In Jesus name,

Amen.

Reflective Inventory Prompts

Use these prompts to prayerfully examine the areas of your life where God may be inviting you to bring closure, healing, or renewed focus:

Commitments & Agreements

"Let your 'Yes' be 'Yes,' and your 'No,' 'No.'" — Matthew 5:37

- Are there promises or goals you made to yourself, others, or God that remain unfulfilled?
- Are there commitments you need to revisit, release, or recommit to?

Relationships & Reconciliation

"If it is possible, as far as it depends on you, live at peace with everyone." — Romans 12:18

- Is there someone you need to forgive, thank, encourage, or reconcile with?
- Are there unspoken tensions or overdue conversations that need to happen?

Environment & Stewardship

"Let all things be done decently and in order." — 1 Corinthians 14:40

- Are there physical or digital spaces that feel cluttered or chaotic?
- What would it look like to create peace and order in your home, workspace, or online life?

Reflective Inventory Prompts

Use these prompts to prayerfully examine the areas of your life where God may be inviting you to bring closure, healing, or renewed focus:

Well-Being & Wholeness

“Do you not know that your bodies are temples of the Holy Spirit...?” - 1 Corinthians 6:19

- How are you caring for your body, mind, and spirit?
- What rhythms of rest, nourishment, or healing do you need to reestablish?

Finances & Faithfulness

“Honor the Lord with your wealth, with the first fruits of all your crops.” - Proverbs 3:9

- Are there financial matters—giving, saving, budgeting, or debt—that need your attention?
- How have you invited God into your financial decisions this year?

Prayer Prompt:

“Holy Spirit, help me see what needs to be released, restored, or renewed. Show me where I’ve been holding on too tightly or moving too quickly. Teach me to reflect with grace and respond with wisdom.”

