

A ROOTED REFLECTION

“GOING BACK TO GO FORWARD”

AN INVITATION TO REFLECT

Sometimes we resist reflecting because it asks us to slow down and sit with what was uncomfortable, unresolved, or painful. Reflection can feel threatening when a year holds loss, confusion, or seasons where nothing outwardly “worked.” And yet, beneath the surface, and often right in the middle of the pain, there are quiet moments of peace, growth, and unexpected joy that deserve to be named & will provide you strength as you sit with painful memories.

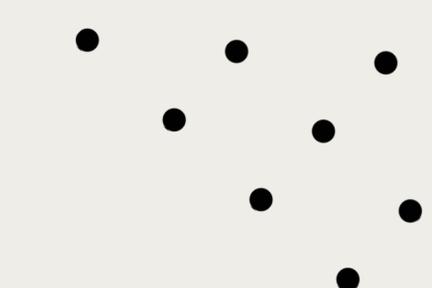
This reflection is not about fixing the past or assigning meaning too quickly. It is about noticing what was forming in you when life felt slow, heavy, or uncertain. It is an invitation to take a gentle, birds eye view of 2025 and to tell the story with honesty, compassion, and grace.



YOUR 2025 STORY

Using the questions below as guides, write a narrative snapshot of this year.

1. What was being formed in me in 2025, even when nothing seemed to be happening?
2. How did my understanding of God, safety, or trust shift this year?
3. What rhythms, boundaries, or practices brought me more peace?
4. Where did I experience joy or healing in ordinary, everyday moments?
5. How did my definition of success or faithfulness change?
6. What do I want to remember about this year when life inevitably speeds up again?



"BE THE BUFFALO"

Losses are inevitable in a fallen world, but some touch the deepest parts of our hearts, attachment pain is the ache of feeling disconnected or misunderstood by someone we are attached to. This is one of the highest levels of human suffering, and only the person we are attached to can take that pain away. Often, we try to numb it, late-night snacking, scrolling, overworking, but the invitation is different: can we pause, notice the ache, and sit with Jesus, hearing Him say, "I am glad to be with you"?

"Being the Buffalo" from Wilma Mankiller: "Cows run away from the storm while the buffalo charges toward it and gets through it quicker. Whenever I am confronted with a tough challenge, I do not prolong the torment. I become the buffalo."

Reflection Questions:

1. Which losses stirred the deepest attachment pain in me?
2. Where did I try to numb, avoid, or distract myself from that pain?
3. When I faced loss, was I able to pause and sit with Jesus in the ache?
4. What did my attachment pain reveal about my needs, boundaries, or relationships?
5. How have I grown in resilience, awareness, or relational capacity through these losses?
6. Where do I still need healing, forgiveness or grace in relation to these losses?

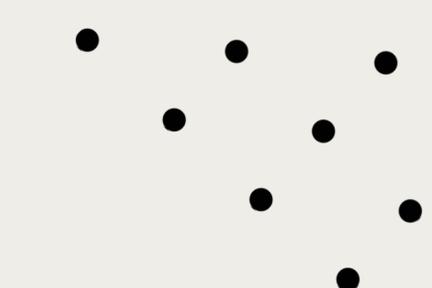


WHAT TOOK ROOT?

Wins are not just accomplishments or visible fruit. Many of the most meaningful wins are internal. They show up as increased safety in our bodies, greater capacity for joy, deeper rest, or a growing sense of belonging. I want to invite you to notice what took root beneath the surface this year. As you reflect, pay attention not only to what went well, but to how your nervous system responded. Healing often reveals itself through the ability to stay present, receive goodness, and savor moments without guilt or urgency. These wins tell the story of trust being built, attachment becoming more secure, and joy expanding quietly over time.

Reflection Questions:

1. Which wins brought me the deepest sense of safety, joy, or belonging?
2. Where did I notice my nervous system settle or my heart feel at rest because of these wins?
3. When good things happened, was I able to stay present with Jesus and receive them fully?
4. What did these wins reveal about my growth in trust, boundaries, or secure attachment?
5. How have these wins expanded my capacity for gratitude, confidence, or relational joy?
6. Where do I need to practice savoring, celebration, or receiving without guilt?



OIL IN THE JAR

The story of the oil in the jar comes from 2 Kings 4. A widow is in crisis: her husband has died, she is buried in debt, and her sons are about to be taken as slaves. When Elisha asks what she has, she answers, "Nothing, except a small jar of oil." What feels insignificant becomes the very place God moves. As she pours, the oil keeps flowing until every jar is full, stopping only when there are no more empty vessels. The miracle begins with what she already has and is sustained by her willingness to bring emptiness and need. She obeys before she sees the outcome, trusting God in the middle of uncertainty. She is able to sell the oil & sees the Lord rescue her & her family in a miraculous & mighty way. This story is not just about provision, but about trust, obedience, and making room for God to work.

Reflection Questions:

1. Where did money most impact my sense of safety or stress this year?
2. When finances felt uncertain, how did I respond emotionally, spiritually, or relationally?
3. Where did I notice patterns of control, avoidance, fear, or trust around money?
4. How did financial decisions reveal my boundaries, values, or priorities?
5. Where did I experience provision, generosity, or peace that I didn't expect?
6. In what areas do I still need healing, wisdom, or surrender in my relationship with money?

COMING INTO THE LIGHT

*There are three types of sin: (1) **Sin/shortcomings**: human weakness and missing the mark, (2) **Transgressions**: knowing something is wrong and choosing it anyway, and (3) **Iniquity**: deep, often inherited patterns shaped by trauma, insecure attachment, and immaturity. Iniquity may not be our fault to inherit, but it is our responsibility to bring to the Lord for healing. Bring each honestly before the Lord. Share appropriately with trusted, safe people.*

Reflection Questions:

Shortcomings (Human Frailty): Moments where we miss the mark because we are limited, tired, or overwhelmed.

1. Where did I fall short simply because I am human?
2. Did I respond to my limitations with shame or with grace before the Lord?

Transgressions (Willful Disobedience): Moments when I knew what was right and chose otherwise.

1. Where did I choose my own way over obedience?
2. What was I seeking in that moment: comfort, control, approval, or relief?

Iniquity (Formed or Inherited Patterns): Deep patterns shaped by attachment wounds, trauma, or family systems.

1. What repeated relational or emotional patterns keep showing up in my life?
2. Can I bring these patterns to Jesus with compassion, taking responsibility for healing what I did not choose?



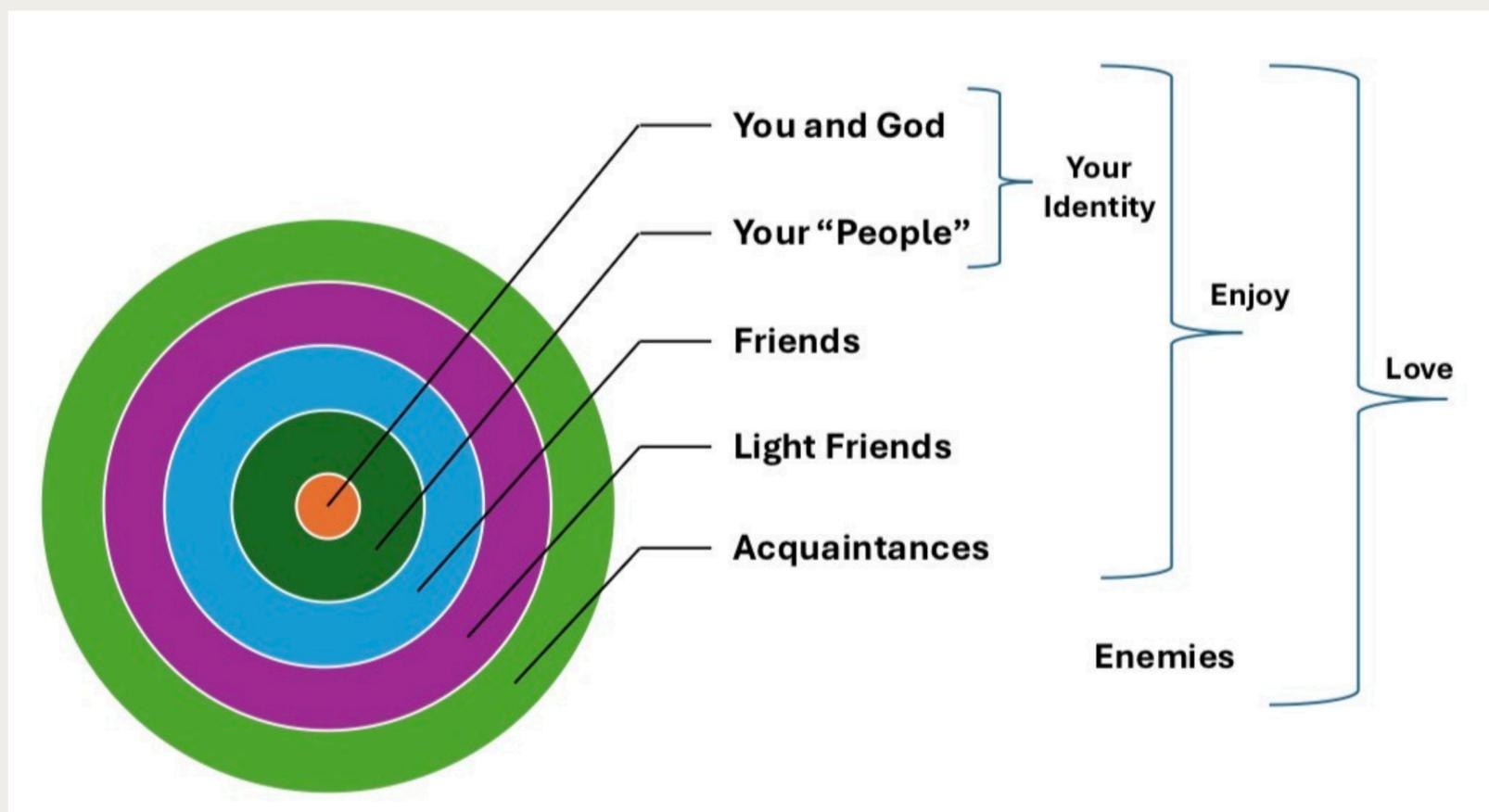
FACES OF GRACE & STONES OF REMEMBRANCE

Grace is more than receiving something we do not deserve or the gift of salvation. The Greek word "charis" means a gift of delightful favor. Grace carries joy. The Lord's face lights up when He thinks about us - He is a Face of Grace & we become faces of grace when we receive His grace. When we experience mutual joy, we experience being glad to be together. Peace is quiet in the body. Our breathing slows, our muscles soften, and we sense that all is well, even when life feels uncertain.

As you reflect on this year, remember moments when you experienced faces of grace, eyes that lit up to see you, maybe even the Lord's. And remember moments when peace settled your body and reminded you that you were safe. Come back to these moments throughout the new year to anchor yourself in the Lord's joy & peace.

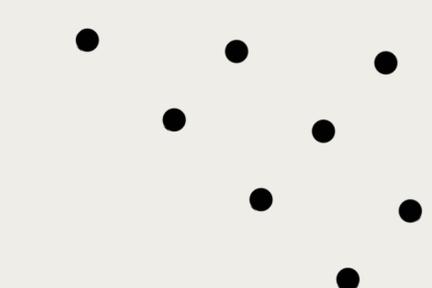
WHO ARE MY PEOPLE

This resource of circles of people was created by my dear friend, Lisa Hamel. Think of the people in your life. Who are your closest people? These would be the people are are shaping & forming your identity & who bring you joy. Then you find enjoyment in your friends, light friends & acquaintances. We are to love our enemies.



Reflection:

1. Where did I experience being known, seen & received with joy for who I presently am?
2. Which relationships felt life giving, steady, and safe to grow in that called out the greater parts of myself?
3. Were there relationships that consistently produced chaos, confusion & double mindedness rather than clarity, joy & peace?
4. In what ways did I extend grace, offering others the gift of relational joy with me that they did not have to earn?



RHYTHM RECOLLECTION

Rhythms are the patterns that shape & form us. Some are nourishing & grounded, some are neutral, and some are not producing life. They can be simple daily, weekly or monthly. Recalling & drawing attention to our rhythms helps us to see if we are stewarding & pouring into a life of joy & peace or into chaos & overwhelm.

Daily rhythms

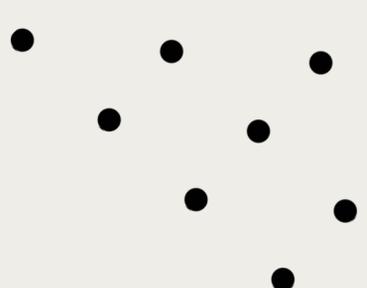
1. What rhythms currently shape my days, both life-giving and draining?
 - a. Think of your days – from the moment you wake up, your midday routines, your pre-dinner routines & your nighttime routines.
2. What do I return to daily for comfort, regulation, or grounding?

Weekly rhythms

1. What patterns or practices consistently shape my weeks?
2. Where do my time, energy, and attention naturally gather each week?

Monthly rhythms

1. What rhythms tend to mark my months?
2. What anchors, commitments or cycles do I notice repeating over time?



SHE'S ROOTED LIFE

She's Rooted Life began as my personal story, growing up a pastor's kid, moving from striving, performance, and burnout to peace, identity, and transformation. After walking through loss, transition, and broken patterns, I discovered what it means to be truly rooted, not in people or performance, but in the Lord's unshakable love, expressed in joy and peace - shalom.

This space is for anyone in a refining season: those learning to slow down, hear His voice, receive healing in the deep places, and build a life anchored in His joy and presence. Here, we explore transformation through emotional health, spiritual maturity, attachment and belonging, renewing the mind, and living in a secure, joyful bond with the Lord.

For more encouragement and conversation on living rooted in God's peace and joy, check out the She's Rooted Life podcast on YouTube, Spotify, and Apple Podcasts.

GOING FORWARD

Not that I have already grasped it all or have already become perfect, but I press on if I may also take hold of that for which I was even taken hold of by Christ Jesus. Brothers and sisters, I do not regard myself as having taken hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Philippians 3:12-14