



ROOTED RHYTHMS

MOVING IN A CADENCE OF JOY & PEACE



SHE'S ROOTED™ LIFE RESOURCE

AN INVITATION TO DREAM

If you could dream with me for a moment, close your eyes and imagine a life rooted in love and moving in joy and peace. A life marked by freedom and ease—not from euphoric, head-in-the-clouds naïveté, but from deep groundedness, because when we are attached to Jesus, He truly does the heavy lifting. A life where heaven meets you in the midst of ordinary moments, and where you are continually inviting Heaven into your lived experience.

This is the Good Life the life of abundance Jesus spoke about. It may feel unfamiliar now, but it is real, and it is yours to enter. Rooted Rhythms 2.0 will be even more grounded, but today, this is where you begin: a life where joy and peace are your baseline, not the exception. The Lord is glad to be with you! He sees you, and His face lights up. His heart toward you is tender and delighted. You are made in the image of God, designed for relationship with Him, and called to express His glory in your own unique way neurotypical or neurodivergent, your design is intentional. Your identity is: Child of God.

This first edition of this resource provides the foundation for forming rhythms that honor the unique life the Lord has for you, rooted in love and lived with joy and peace.



FOUNDATIONS

Joy is experienced when we are glad to be with someone else. Think of the people in your life whose faces light up when they see you—and yours does the same in return. Joy is a “glad to be together” experience. It carries a higher energy, not rushed or frantic, but alive and relational. Joy reminds us that we were never meant to live disconnected.

Quieting is a deep exhale. It is the release of tension and the permission to rest. Quieting is intentionally unproductive, it is stillness without striving. It invites us to simply be, without fixing, proving, or performing. Quieting restores us to ourselves and to God.

Peace is the settling of the body and the soul. Even if we are not physically still, there is a deep internal awareness that all is held. We don’t even need to know how or why peace truly does pass understanding. There is a quiet knowing: it’s okay... God’s got this.

Appreciation is the practice of savoring. It is being fully present with a person, an experience, or a moment in time, capturing it with all our senses. Appreciation allows delight to linger. It slows us down enough to notice the goodness already here.

Create: We were made in the image of God to create. Creation is not about productivity or output; it is about play, expression, and delight. When we create, we participate in God’s nature. We remember that joy, beauty, and imagination are not extras, they are sacred.



THE RHYTHMS OF JOY & PEACE

Joy is the state of being genuinely glad to be with others. It is not a bubbly personality, a “cherry-on-top” experience, or something childish; it is a profound expression of spiritual maturity. Experiencing joy in the presence of others, where your face truly lights up in connection, is a reflection of the fullness of the Holy Spirit. Joy is relational, grounded, and alive, allowing you to fully inhabit the present moment and appreciate the life God has given.

*Peace is practiced through quieting. As Marcus Warner and Chris Coursey note in *The 4 Habits of Joy-Filled People*, “According to Dr. Wilder (from *Life Model Works*), being able to enter a state of appreciation for five consecutive minutes, two to three times a day for thirty days, can change the chemistry of your brain so joy becomes your new normal instead of fear.”*

The rest of this resource offers practices to grow in appreciation, joy, and peace, along with an invitation to consider your own unique life, the people you are connected to, and how you can intentionally cultivate more joy and peace in your daily rhythms.



THE JOY OF THE LORD

Did you know that the Lord is glad to be with you? In Nehemiah 8:10 - The Israelites are told - "The joy of the Lord is your strength". After mourning & weeping they had joy & it came from the Lord loving & delighting in His people. We are told that in our suffering, we have a High Priest who is present with us. Jesus being with us & delighting to be with us, is our strength.

Before any of these practices - it would be helpful to quiet & to be in a quiet place.

Rhythms to practice the joy of the Lord:

1) **Proximity:** *Close your eyes & picture the Lord. Is He near or is He far? If He's near, does this nearness feel scary to you or is it re-assuring? Is His heart glad to be with you or are you receiving a shame/condemnation message? The Lord is always glad to be with you. If He is far & you are desiring Him closer -we are called to draw nearer to Him & He will draw nearer to us. Draw nearer & ask Him why the distance?*

2) **Consider Him:** *Hebrews 12:3 tells us to "Consider Him who has endured such hostility by sinners against Himself so that you may not grow weary in your souls & lose heart. Consider Him... think about Jesus, His life, His earthly reality, fully God & fully Human. What do you appreciate about Him? What brings you awe & wonder. When you experience this awe & wonder - what does this feel like in your body?*



WHO AM I?

Therefore, since you have been raised with Christ, strive for the things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with Him in glory.

Colossians 4:1-4

Rhythms to practice the you that Heaven knows:

1) **Eye-Sight:** *How do you perceive that the Lord sees you? Is it full of compassion? Is it tender to your weakness? Is it a version of you that is beyond your wildest dreams? Scripture tells us that no eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him. There is a version of you - a heavenly version, that He wants you to form into while you are here on earth. It is rooted, grounded & free from trauma responses. What does this version look like?*

2) **Future Practice:** *Before you are going into a stressful situation, maybe a relationship that often triggers you, what would the grounded, rooted version of you feel, think & say? Think of the situation, think of the body language of the other individual & the experience it evokes in your body & picture how the best version of you, would respond.*



TAKE IT SLOW

Life really is too sacred to not enjoy the cup of coffee, the laughter of our people & the beauty of a sunset. Training our brain to scan who & what is around us & to appreciate them.

Rhythms to Practice the You That Heaven Knows:

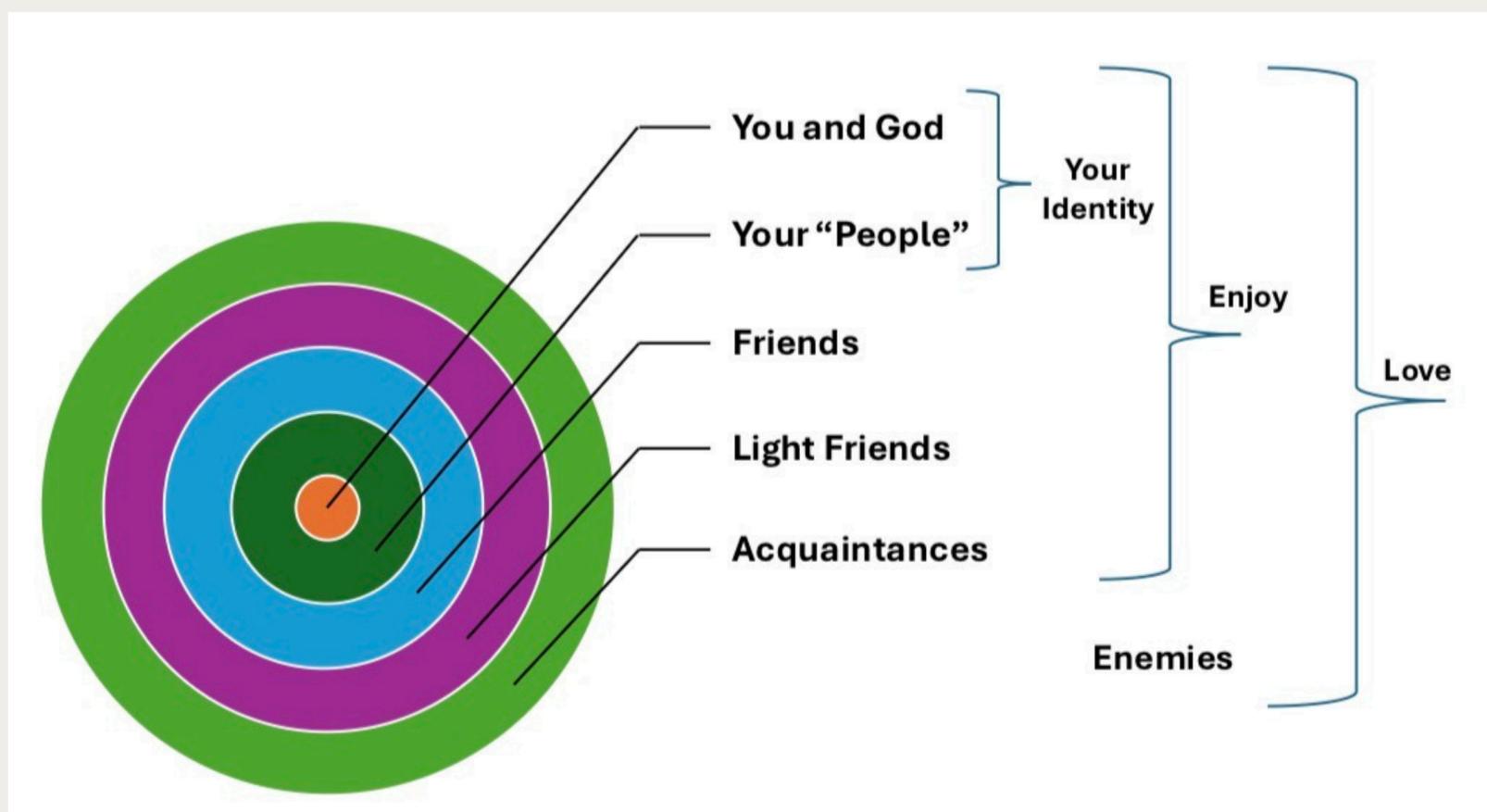
*1) **Notice & Appreciate:** Take at least 5 minutes per day to stop & take in who & what is around you in appreciation. Notice the sights - colors, textures, formations, notice the sounds - are they soothing or exhilarating? The more senses you can experience the better.*

*2) **Recall Previous Appreciation Moments:** As you build the skill of appreciating what is around you - note the moments that were special - you can call these joy moments or appreciation moments & re-imagine them. You don't want to read the experience off the paper, instead you want to recall the senses you took in the first time.*

JOY COMPLETE

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.

There is nothing like complete joy, when we are at peace & harmony with each other. Joy bonds form over gladness to be together. The more joy we experience the more we become the truest version of our new creation the Lord has for us.





JOY COMPLETE

Rhythms to practice joy with my people:

1) Create & Play: Find ways that you can play & create with your people. Games, music, dancing, painting - so much life is found when we create meaningful experiences with our people.

2) Enjoy a meal together: Whether your doing the cooking or you are going to enjoy a cup of coffee, spending time together while enjoy the goodness of a soothing drink or nourishing meal bonds us together. If you are married with children - try to see how many meals you can have together, even if they are simplified.

3) Singing & Praise: Singing activates our entire brain & also our body in amazing ways. Singing & praising the Lord together, creates a joy in our bonds that is truly heavenly.

4) Shared Appreciation: Sharing appreciation with others - recounting a time when we were glad & grateful & sharing what we see in our people strengthens our bonds. It is not just a love language, it actually preventing inflammation & chronic diseases in those we are sharing appreciation with.



CONSISTENCY

After considering the rhythms presented which rhythms could you implement every day, weekly & monthly.

Think of your own rhythms that you could consider. Rhythms that are rooted in joy & peace will leave you feeling satisfied. It will leave your feeling like you just drank a cool drink of water & refreshed like you just woke up from a good Sunday afternoon nap.



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.