

A background image of a desk with a laptop, a mouse, a notebook, a pen, and glasses. The text is overlaid on this image.

ROOTED READINGS

5 DAY STUDY

STUDY. SOAK. SURRENDER.

*Slow down, open the
Word, and let your
roots go deeper in
Christ*

The Worship Shelf

STUDY. SOAK. SURRENDER.

Heart Behind Rooted Readings

Welcome

Many of us love God and love His Word—yet our days feel rushed, noisy, and scattered. We read a verse here and there, but we rarely slow down long enough to let the Word sink beneath the surface and touch the places that actually need healing and alignment with the Word of God.

That is why Rooted Readings were born as a way of stocking our “worship shelf”.

The rhythm is simple:

- Study – We slow down and actually look at what the Scripture says.
- Soak – We linger with God and let His Word rest on our hearts.
- Surrender – We respond honestly, laying down what He surfaces and choosing one small step of obedience.

My prayer is that as you move through each day, God will begin:

- Exposing shallow roots and strengthening true roots
- Uprooting lies and planting truth
- Drawing you from striving into trusting and surrendering

You do not have to show up perfectly. Just show up honestly.

With love,
Kara

THE WORSHIP SHELF

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All Scripture quotations are taken from the King James Version (KJV).

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HOW TO USE THIS 5-DAY SAMPLER

This is not meant to be complicated.
It is meant to be consistent.

Your Daily Rhythm

Each day you will see four simple anchors:

ROOTED READING

The main scripture for the day (KJV).

LOOK AT THE ROOTS

A short note on context, a few key word highlights, and a reflection question.

REST BY THE RIVER

A simple practice to slow down and sit quietly with the Lord.

LAY IT AT HIS FEET

A journal prompt, prayer starter, and one small Step of obedience.

ROOTED READING

Rooted and built up in Him.

Colossians 2:6–10 (KJV)

PLANTED IN CHRIST

**LOOK AT THE ROOTS**

In this letter, Paul is writing to believers who had truly received Christ, but were being pulled toward other teachings, philosophies, and religious additions. They were tempted to mix Jesus with other “wisdom.”

Paul reminds them: You started with Christ—stay rooted in Him.

WORD FOCUSSTABLISHED (*IN FAITH*)BUILT UP (*IN HIM*)

ROOTED

REFLECTION QUESTION

What “extra roots” have you allowed in your life besides Christ?

1 PLANTED IN CHRIST

SOAK REST BY THE RIVER CROSS-REFERENCE RIPPLE

Ephesians 3:16-17 (KJV)

Jeremiah 17:7-8 (KJV)

Psalms 1:2-3 (KJV)

Circle or underline any words that repeat across the verses
(*roots, planted, tree, love etc.*)

Now, finish this sentence:

**THE TRUTH THAT KEEPS RIPPLING THROUGH THESE
VERSES IS...**

*"Roots don't rush.
They quietly go
deeper."*

1 PLANTED IN CHRIST

SURRENDER

LAY IT AT HIS FEET JOURNAL PROMPT

Lord, today I surrender this area where I have been walking
in my own strength:

ONE ROOTED RESPONSE

Choose one "extra root" (an opinion, influence, habit,
or voice) that you will limit today, and decide how you
will replace it with time in the Word.

TODAY I WILL LIMIT: _____

I WILL REPLACE IT WITH: _____

*"Roots don't rush.
They quietly go
deeper."*

ROOTED READING

Renewing the mind

Romans 12:1-2 (KJV)

**UPROOTING
THE LIE****LOOK AT THE ROOTS**

After explaining the mercies and grace of God, Paul calls believers to a life that is fully yielded to Him, a living sacrifice. This life looks different from the world around us.

The change does not start in our schedule; it starts in our mind.

WORD FOCUS

CONFORMED

TRANSFORMED

RENEWAL (OF MIND)

REFLECTION QUESTION

Where do my thoughts look more like the world than the Word?

2 UPROOTING THE LIE

SOAK REST BY THE RIVER *CROSS-REFERENCE RIPPLE*

Isaiah 26:3 (KJV)

Colossians 3:2 (KJV)

Philippians 4:8 (KJV)

Circle any words that point to where your mind should stay.

Now, finish this sentence:

TODAY, THE LORD IS INVITING MY MIND TO STAY ON...

*"Peace follows a
stayed mind. Turn
your mind back to
Him."*

2 UPROOTING A LIE

SURRENDER

LAY IT AT HIS FEET *JOURNAL PROMPT*

Lord, this is a lie I have been believing: _____.
Show me the truth from your Word.

Be honest, even if the lie feels small, silly, or deeply rooted.

ONE ROOTED RESPONSE

From Romans 12:2, write a truth statement to replace the lie that you've been believing.

My truth statement for today:

*"Peace follows a
stayed mind. Turn
your mind back to
Him."*

ROOTED READING

Delighted in His law

Psalm 1:1–3 (KJV)



LOOK AT THE ROOTS

This psalm paints a clear contrast: the blessed man and the ungodly. One chases the counsel, paths, and seats of the world; the other turns his attention and affection toward the Word of God.

His life looks like a tree planted by rivers of water.

WORD FOCUS

PLANTED (BY THE RIVERS)

MEDITATE

DELIGHT

REFLECTION QUESTION

What has truly been watering my soul lately—His Word or everything else?

*(write a few **honest** thoughts)*

3 WATERED IN THE WORD

SOAK REST BY THE RIVER CROSS-REFERENCE RIPPLE

Psalm 119:1 -2 (KJV)

Deuteronomy 28:2-8 KJV)

Revelation 22:14 (KJV)

Circle or underline any words that repeat across the verses
(*roots, planted, tree, love etc.*)

Now, finish this sentence:

THE TRUTH THAT KEEPS RIPPLING THROUGH THESE VERSES IS...

*"Real rest begins
where resistance
ends. Loosen your
grip."*

3 WATERED IN THE WORD

ROOTED READING
Colossians 2:6-10 (KJV)

SURRENDER

LAY IT AT HIS FEET *JOURNAL PROMPT*

Lord, what distraction has been stealing my delight in your Word?

Name it, it may be a device, a habit, a relationship, or even a pace of life.

ONE ROOTED RESPONSE

Today, choose one thing to trade for more time in the Word.

Today I will trade: _____

for 1 extra hour in Psalm 1 at: _____ (time)

*"Real rest begins
where resistance
ends. Loosen your
grip."*

Check it off when you've done it.

☐

I kept my appointment with
the Word today.

ROOTED READING

Trusting God in pressure

Jeremiah 17:5–8 (KJV)

**LOOK AT THE ROOTS**

Here, the Lord contrasts two kinds of trust:

- Trusting in man and in the arm of flesh
- Trusting in the LORD

One life is dry, parched, and blind to good when it comes. The other is like a well-rooted tree, still green and fruitful even in heat and drought.

WORD FOCUS

TRUSTETH

(SHALL NOT BE) CAREFUL

(NEITHER SHALL) CEASE

REFLECTION QUESTION

Where has the “heat” of life made me more fearful than rooted?

4 ROOTED WHEN THE WIND BLOWS

SOAK

REST BY THE RIVER *CROSS-REFERENCE RIPPLE*

Psalms 27:14 (KJV)

Psalms 37:7 (KJV)

Matthew 11: 28-29 (KJV)

Put a small star next to any word that sounds like rest or waiting .

Then answer in one sentence:

**WHERE IS GOD ASKING ME TO WAIT WITH HIM INSTEAD OF
WORRYING WITHOUT HIM?**

*"Waiting is not
wasted when it is
waiting on God.
Choose to be still."*

4 ROOTED WHEN THE WIND BLOWS

SURRENDER

LAY IT AT HIS FEET JOURNAL PROMPT

Lord, I confess I have been trusting in _____ more than in you.

ONE ROOTED RESPONSE

Write one specific worry or situation you are surrendering.

“Today I place this concern under your Word, Lord:

*“Waiting is not
wasted when it is
waiting on God.
Choose to be still.”*

ROOTED READING

Daily cross-bearing

Luke 9:23 (KJV)

**LOOK AT THE ROOTS**

Jesus does not hide the cost of following Him. He invites everyone, who will come after Him to:

- Deny himself
- Take up his cross daily
- Follow Him

Jesus' way is not a one-time moment; it is a daily walk of surrender that leads to eternal life

WORD FOCUS

DENY (himself)

TAKE UP (his cross daily)

FOLLOW (me)

REFLECTION QUESTION

Where has following Jesus been optional instead of a daily requirement in my life?

Be honest with the Lord and with yourself as you write.

5 SURRENDERED AND SENT

SOAK REST BY THE RIVER CROSS-REFERENCE RIPPLE

John 15:4-5 (KJV)

Galatians 2:20 (KJV)

Colossians 3:3 (KJV)

Draw a tiny vine or branch next to any phrase that shows life in Christ.

Now, finish this sentence:

WHEN I ABIDE, HE PRODUCES...

(name one kind of fruit He is growing in you right now).

*"Branches don't
force fruit; they
just stay
connected and
their fruit shows"*

5 SURRENDERED AND SENT

SURRENDER

LAY IT AT HIS FEET JOURNAL PROMPT

“Lord, what one area are You inviting me to obey You in today?”

*Listen. Then write what comes to your heart, even if it feels
small or scary.*

ONE ROOTED RESPONSE

Write one specific step of obedience you will take today.
Ask the Lord for grace—and do it before the day ends.

*“Branches don’t
force fruit; they
just stay
connected and
their fruit shows”*

5-DAY REFLECTION

WHAT IS GOD ROOTING IN YOU?

Here are a few questions that helped guide me as I looked back over my 5-day study:

- What theme keeps repeating through these five days?
 - What did the Lord ask me to surrender?
 - How did my time with Him feel different by day 5 compared to at the start of day 1?
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PRAYER

Father, we thank you for meeting us in these days of Study, Soak, and Surrender. Thank you for every word you have spoken, every root you strengthened, and every lie that you have exposed.

Help us God, not to forget what you have done. Establish us as a tree planted by still waters, rooted and built up in Christ.

In Jesus' Name, Amen.

WHAT'S NEXT? DON'T STOP AT DAY 5

These five days are a beginning, not the end. To keep this rhythm going, you might:

- Choose one day to focus on each week (Planted, Uprooting the Lie, Watered, Rooted in Heat, Surrendered & Sent).

Ask the Lord how He wants you to continue.

About The Worship Shelf

The Worship Shelf exists to help women create sacred spaces in their everyday lives—to Study the Word, Soak in God's presence, and Surrender fully to Jesus.

Through studies, journals, rhythms, and rooted resources, our heart is to place tools in your hands that make it easier to slow down, open your Bible, and meet with God.

Stay Connected

If this sampler blessed you, I would love to stay connected.

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