



Rooted & Renewed

DAILY RHYTHM

A simple, sustainable rhythm for your spiritual, physical, and mental life.

MORNING - ROOT

Scripture (10–15 minutes)

- Read your Anchor Scripture or a short passage
- Sit in silence for one minute
- Whisper: “Speak, Lord, I’m listening.”

Intention for the Day

- One sentence: “Today, I choose...”

MIDDAY - RENEW

Identity Check-In (3–5 minutes)

- **Speak your weekly Identity Statement**
- Ask: “What lie am I believing right now?”
- Replace it with truth: “What does God say instead?”

Physical Reset (10 minutes) : Walk • Stretch • Light strength • Gentle movement

EVENING - REFLECT

Journaling (5–10 minutes)

- Where did I feel connected to Jesus today?
- Where did I feel disconnected?
- What do I want to release?
- What do I want to receive?

Closing Prayer

“ Jesus, meet me here.”



Rooted & Renewed Women™ — Living the Rhythm of Renewal