

## ROOTED & RAISED: A 30-Day Journey Through Ephesians



Take time to read the scripture passages and meditate on them before you spend time on the reflection and body work.

### CHAPTER 1 – WHO YOU ARE IN CHRIST

#### Day 1 – Chosen Before You Performed

##### Ephesians 1:3–4

You were chosen *before* you achieved, fixed yourself, or got it right. Your belonging preceded your behaviour. Identity is God's starting place, not the reward at the finish line.

##### Prayer:

Lord, restore me to the truth that I am chosen, wanted, and known. Let striving fall away and belonging take root in me today. Amen.

##### Reflection:

Where in my life do I still feel I have to earn belonging?  
What would change if I truly believed I was chosen first?

##### Body Work:

Place one hand on your heart and one on your belly.  
Take three slow breaths.  
Silently say: *"I am chosen."*  
Notice if your body softens or resists; simply observe without judgment.

#### Day 2 – Adopted, Not Tolerated

##### Ephesians 1:5–6

Adoption is not God putting up with you - it's God delighting in you. You are not on probation in His family.

##### Prayer:

Father, heal any orphan places in my heart. Teach me how to live as a daughter who is fully loved. Amen.

##### Reflection:

When I think of God as Father, what emotions arise?  
Where do I still live like an outsider rather than a daughter?

##### Body Work:

Gently wrap your arms around yourself.  
Hold for 30–60 seconds.  
Whisper: *"I belong here."*  
Let your nervous system receive safety through touch.

## Day 3 – Redeemed from Shame



### Ephesians 1:7

Redemption doesn't just forgive sin - it removes shame. The cross didn't only cancel debt; it restored dignity.

#### **Prayer:**

Jesus, I receive Your redemption today. Where shame still speaks, let Your blood speak louder. Amen.

#### **Reflection:**

What shame narratives have followed me for years?  
What would redemption look like in my self-talk?

#### **Body Work:**

Slowly unclench your jaw and drop your shoulders.  
Exhale longer than you inhale.  
Imagine shame draining out of your body with each breath out.

## Day 4 – Heaven's Perspective

### Ephesians 1:9–10

God reveals His will not to overwhelm us, but to align us. Clarity flows from intimacy.

#### **Prayer:**

Holy Spirit, lift my vision. Help me see my life through heaven's lens today. Amen.

#### **Reflection:**

Where am I stuck in limited or fearful thinking?  
What might God be inviting me to see differently?

#### **Body Work:**

Lift your gaze slightly upward.  
Take a breath in through your nose, out through your mouth.  
Picture light entering your mind and chest.

## Day 5 – Sealed and Secure

### Ephesians 1:13–14

You are sealed - not fragile, not temporary, not at risk of being revoked.

#### **Prayer:**

Thank You, Holy Spirit, that I am secure in You. Teach my nervous system to rest in this truth. Amen.

#### **Reflection:**

What triggers insecurity or fear of loss in me?  
What does spiritual security feel like in my body?

**Body work:**

Place both feet firmly on the ground.  
Press your toes gently into the floor.  
Say quietly: *"I am secure in God."*

**Day 6 – Enlightened Eyes****Ephesians 1:17–19**

Paul prays not for new information, but for revelation. What we see changes how we live.

**Prayer:**

Open the eyes of my heart, Lord. Let revelation replace fear and hope rise again. Amen.

**Reflection:**

What truths do I know intellectually but struggle to feel?  
Where am I asking for revelation rather than answers?

**Body Work:**

Rub your hands together until warm.  
Cup them gently over your eyes.  
Breathe slowly and invite spiritual sight from the Lord.

**CHAPTER 2 – FROM DEATH TO LIFE**

Chapter 2 - From Death to Life

**Day 7 – Made Alive****Ephesians 2:1–5**

Grace didn't wait for you to improve - it interrupted death with life.

**Prayer:**

Thank You, Jesus, for resurrecting places in me I thought were lost. I receive Your life today. Amen.

**Reflection:**

Where have I felt numb, disconnected, or tired?  
What does resurrection life look like for me right now?

**Body work:**

Stretch your arms overhead.  
Inhale deeply, then sigh it out.  
Gently awaken your body with movement.

**Day 8 – Grace Is Not Earned****Ephesians 2:8–9**



Grace dismantles pride and heals shame at the same time. You don't have to prove your worth.

**Prayer:**

Lord, free me from performance. Let me live from grace, not for it.  
Amen.

**Reflection:**

What am I still trying to prove?  
How does my body respond when I rest instead of strive?

**Body work:**

Lie back or sit supported.  
Let your body be fully held.  
Repeat: *"I don't have to earn grace."*

**Day 9 – God's Handiwork**

**Ephesians 2:10**

You are not a problem to fix; you are God's masterpiece in process.

**Prayer:**

Creator God, help me honour the way You've designed me. I trust Your workmanship.  
Amen.

**Reflection:**

Where do I criticise myself?  
How might God view those same places?

**Body Work:**

Place a hand over any area of tension.  
Bless that part of your body aloud or silently.  
Thank God for His design.

**Day 10 – Brought Near**

**Ephesians 2:13**

Distance was destroyed at the cross. Nearness is now your reality.

**Prayer:**

Jesus, I step into closeness with You today. I refuse the lie of separation. Amen.

**Reflection:**

Where do I feel distant from God or others?  
What helps me feel safe in closeness?

**Body Work:**

Rock gently side to side.  
Let your breath settle.

Imagine stepping closer to God without fear.



## **Day 11 – A Dwelling Place**

### **Ephesians 2:21–22**

God isn't just visiting - He's building a home.

#### **Prayer:**

Lord, make me a place where Your presence rests. I yield every room to You. Amen.

#### **Reflection:**

What parts of my heart feel closed or guarded?  
What would it look like to invite God into them?

#### **Body Word:**

Place your hand on your chest.  
Imagine opening a door slowly and safely  
Invite God in at your own pace.

## **CHAPTER 3 – ROOTED IN LOVE**

## **Day 12 – Hidden Strength**

### **Ephesians 3:16**

Strength doesn't come from striving - it flows from being strengthened within.

#### **Prayer:**

Holy Spirit, strengthen my inner being today. Let resilience rise quietly in me. Amen.

### **Ephesians 3:16**

Strength doesn't come from striving - it flows from being strengthened within.

#### **Prayer:**

Holy Spirit, strengthen my inner being today. Let resilience rise quietly in me. Amen.

#### **Reflection:**

Where am I stronger than I realise?  
What supports my inner resilience?

#### **Body work:**

Gently press your palms together  
Feel your strength.  
Breathe deeply in and exhale out.  
Receive the strength of God's love in your inner being. Breathe it in.



## Day 13 – Christ Dwells Here

### Ephesians 3:17

Christ doesn't just visit hearts - He settles in them.

#### **Prayer:**

Jesus, feel at home in me. Rearrange whatever You need to. Amen.

#### **Reflection:**

Where do I resist surrender?

What might Jesus want to rearrange gently?

#### **Body Work:**

Sit comfortably.

Notice your breath. Inhale deeply - breathe out slowly.

Whisper: *"You are welcome here."*

Feel how your body feels by welcoming His presence.

## Day 14 – Love That Heals

### Ephesians 3:18–19

God's love is not theoretical - it heals what trauma fractured.

#### **Prayer:**

Lord, let Your love reach the deepest places in me. I receive what words cannot explain. Amen.

#### **Reflection:**

What wounds still ache when touched?

What would safe love feel like there?

#### **Body Work:**

Place your hand where you feel emotion.

Breathe slowly into that space.

Imagine God's love filling it.

## Day 15 – More Than You Ask

### Ephesians 3:20

God's capacity far exceeds your imagination.

#### **Prayer:**

I surrender my small expectations. Surprise me with Your goodness, Lord. Amen.

**Reflection:**

Where have I limited God with fear?  
What hope wants to rise again?

**Body Work:**

Open your hands, palms up.  
Receive without effort.  
Sit in expectancy.

**Chapter 4 - Living from Maturity****Day 16 – Worthy Walking****Ephesians 4:1**

You don't walk *to* worth - you walk *from* it.

**Prayer:**

Help me live in alignment with who I already am in You, Lord. Amen.

**Reflection:**

Where does my life feel misaligned  
What would integrity look like today?

**Body work:**

Stand tall.  
Feel your feet grounded.  
Release unworthiness - let it flow through and out of your body.  
Align your posture with dignity and stand tall in your identity as a daughter of the King.  
See yourself being presented as an heir, by His side, as worthy.

**Day 17 – Growing Up in Love****Ephesians 4:15**

Maturity isn't hardness; it's love with truth.

**Prayer:**

Grow me, Lord. Heal childish places without shaming them. Amen.

**Reflection:**

Where do I avoid truth or compassion?  
How can love lead my growth?

**Body Work:**

Place one hand on heart, one on belly.  
Breathe balance into both.  
Say "*Lord I receive Your truth in love*".



## Day 18 – Renewed Thinking

### Ephesians 4:23

Transformation begins with how we think, not how we try harder.

#### **Prayer:**

Renew my mind today. Replace old patterns with Your truth. Amen.

#### **Reflection:**

What thoughts loop when I'm stressed?  
Which ones need replacing?

#### **Body Work:**

Gently tap your forehead.  
Then your heart.  
Invite alignment between mind and body.  
Invite the truth in and come into alignment with the mind of Christ.

## Day 19 – Putting Off, Putting On

### Ephesians 4:22–24

Healing is often a holy exchange.

#### **Prayer:**

I release what no longer belongs to me. I receive the new self you've given me. Amen.

#### **Reflection:**

What is God asking me to release?  
What new posture or belief is emerging?

#### **Body Work:**

Prophetically take off a heavy coat.  
Then see yourself putting on a new garment. Ask the Lord what this looks like.  
As you put it, focus on releasing tension, stress and old emotions from your body.  
Receive peace as a divine exchange.  
Bless your body with newness in Christ.

## Day 20 – Grieve Not the Spirit

### Ephesians 4:30

Sensitivity to the Spirit keeps the heart soft.

#### **Prayer:**

Holy Spirit, keep my heart tender. Teach me to walk aware of You. Amen.

**Reflection:**

Where have I hardened for protection?  
What does tenderness feel like now?

**Body Work:**

Slow your breath.  
Soften your face.  
Relax your body  
Let gentleness return.

**Chapter 5: Walking in Light and Love****Day 21 – Imitators of God****Ephesians 5:1–2**

Love is the truest reflection of God.

**Prayer:**

Teach me to love like You love - freely and bravely. Amen.

**Reflection**

How do I express love naturally?  
Where do I hold back?

**Body work:**

Place hands over heart.  
Feel the warmth of God's love inwardly.  
Let it spread outward.

**Day 22 – Children of Light****Ephesians 5:8**

Light reveals and heals; it never shames.

**Prayer:**

Expose what needs healing, Lord, and flood it with Your light. Amen.

**Reflection:**

What wants to come into the light?  
What feels ready for healing?

**Body work:**

Sit in sunlight or imagine light on your skin.  
Breathe deeply.



## Day 23 – Awake, O Sleeper

### Ephesians 5:14

Awakening is gentle but decisive.

#### Prayer:

Wake me where I've grown numb. I respond to Your call. Amen.

#### Reflection:

Where have I gone numb?  
What is stirring me awake?

#### Body Work:

Stretch gently.  
Shake out your body.  
Invite alertness and the Holy Spirit to enter the “sleeping places”.

## Day 24 – Redeeming Time

### Ephesians 5:15–16

Wisdom knows the time at hand.

#### Prayer:

Teach me to steward my time with grace and discernment. Amen.

#### Reflection:

Where do I rush unnecessarily?  
What pace brings peace?

#### Body work:

Slow your breathing.  
Count your breaths.  
Clear your mind of all the things that require time to be of essence.  
Let time feel like an extended spacious place.  
How would your body feel operating in God's time dimension?

## Day 25 – Filled Again

### Ephesians 5:18

Being filled is not a one-time event; it's a daily experience.

#### Prayer:

Fill me, Holy Spirit. Overflow into every space of my life. Amen.

#### Reflection:

Where am I depleted?  
What fills me spiritually?



**Body Work:**

Sit quietly and relaxed.  
Start to take deep breaths in and exhale.  
Imagine being filled from the inside out.  
Say, *“Holy Spirit, fill me afresh this day”*.  
Breathe until you feel “full” and settled.

**Chapter 6 – Standing Strong**

**Day 26 – Strength in the Lord**

**Ephesians 6:10**

Strength flows from union, not effort.

**Prayer:**

I lean into Your strength today, Lord. I do not stand alone. Amen.

**Reflection:**

Where do I rely on my own strength?  
What does leaning on God feel like?

**Body work:**

Lean back slightly in your chair.  
Feel supported.  
See yourself leaning on God.

**Day 27 – Armour as Identity**

**Ephesians 6:11–13**

The armour isn’t about battle; it’s about remembering who you are.

**Prayer:**

Clothe me in truth, righteousness, and peace today. Amen.

**Reflection:**

Which piece of armour do I need most today?  
What does truth feel like in my body?

**Body Work:**

Sit back and take deep breaths in and exhale - do this until you feel your body relax  
Say *“I receive Your peace now”*  
Imagine being clothed with peace.  
Feel its weight and protection.



## Day 28 – Sword of the Spirit

### Ephesians 6:17

God's Word cuts lies, not people.

#### **Prayer:**

Teach me to wield Your Word with wisdom and love. Amen.

#### **Reflection:**

What lies do I need to cut away?  
What truth counters them?

#### **Body Work:**

Ground yourself by breathing and pressing your feet into the ground.  
Feel the steadfastness of the Lord as you do this.  
With your hand, gently make a cutting motion.  
Release what no longer serves.  
Give your body permission to release what it is holding onto.

## Day 29 – Praying from Authority

### Ephesians 6:18

Prayer is not begging; it's partnership.

#### **Prayer:**

I pray today from my place in Christ, not my fears. Amen.

#### **Reflection:**

Where do I pray from fear?  
How can I pray from confidence?

#### **Body Work:**

Sit upright.  
Feel strength rise through your spine.  
Say "I am strong in the Lord and in the power of His might".  
Feel these words bring truth to your every cell in your body and to your nervous system.

## Day 30 – Standing After Everything

### Ephesians 6:13

Standing is sometimes the greatest victory.

#### **Prayer:**

Lord, help me stand; rooted, secure, and unshaken. I trust You. Amen.



**Reflection:**

What have I endured?

What does faithfulness look like now?

**Body Work:**

Stand still for one minute.

Feel your feet rooted.

Whisper: *"I stand. I trust in You Lord."*