



ROOTED & REFLECTIVE

Monthly + Weekly Reflection Packet



December 2025 — Returning to Center

This month invites you back to your inner grounding. As the year closes, you are called to rebuild clarity, slow your pace, and re-anchor your voice in what is true. Through stillness, listening, honesty, and alignment, December becomes a gentle recalibration—bringing you home to yourself and to God’s steadying presence.

DECEMBER 1, 2025

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START OF MONTH – THEME SETTING

Name the season. Establish focus. Align your posture.

Month: December 2025

Monthly Theme: Returning to Center – Rebuild clarity, ground your spirit, and re-anchor your voice.

Scripture / Anchor Verse: Isaiah 55; Psalm 23; John 15; Galatians 5; Proverbs 3:5–6

1. Why This Theme Matters Right Now

2. What I Sense God Is Developing in Me This Month

3. What I Want to Experience This Month

4. What I Will Prioritize

5. What I Will Release

6. Monthly Intention Statement

7. Opening Prayer for the Month

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: December 2025

Week: Week 1 Stillness

Theme: Practice quiet reflection to stabilize your inner pace.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: December 2025

Week: Week 1 Stillness

Theme: Practice quiet reflection to stabilize your inner pace.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: December 2025

Week: Week 1 Stillness

Theme: Practice quiet reflection to stabilize your inner pace.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: December 2025

Week: Week 2 Listening

Theme: Strengthen discernment through scripture, prayer, and reflection.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: December 2025

Week: Week 2 Listening

Theme: Strengthen discernment through scripture, prayer, and reflection.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: December 2025

Week: Week 2 Listening

Theme: Strengthen discernment through scripture, prayer, and reflection.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: December 2025

Week: Week 3 Honesty

Theme: Write openly about where you are and what you need.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: December 2025

Week: Week 3 Honesty

Theme: Write openly about where you are and what you need.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: December 2025

Week: Week 3 Honesty

Theme: Write openly about where you are and what you need.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: December 2025

Week: Week 4 Alignment

Theme: Identify what must change to support peace and purpose.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: December 2025

Week: Week 4 Alignment

Theme: Identify what must change to support peace and purpose.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: December 2025

Week: Week 4 Alignment

Theme: Identify what must change to support peace and purpose.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

END OF MONTH – REFLECTION & REVIEW

Look back. Notice growth. Close the month with clarity.

Month: December 2025

Theme: Returning to Center – Rebuild clarity, ground your spirit, and re-anchor your voice.

1. What Changed in Me

2. What God Highlighted This Month

3. What I Struggled With

4. What Supported My Spiritual Health

5. What I Want to Carry Forward

6. What I'm Leaving Behind

7. Closing Gratitude & Prayer
