



Rooted

**A Journey from
Performance to
Presence in
Christ Jesus**

by Patrice Gerideau

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Welcome Sister!

You've made space to slow down and listen. That alone is sacred.

This guide is a companion to the Rooted: From Performance to Presence podcast series. It's not here to fix you or add more to your plate. Instead, it offers gentle invitations to reflect, release, and reimagine your walk with God — not as a performer, but as a beloved daughter.

Each week includes reflection prompts, breath prayers, soul care practices, and blessings to help you listen more deeply to God and your own soul.

Move through these pages at your own pace. Take what you need. Leave the rest.

You don't need to arrive perfect. Just willing.

Let's begin.

Your companion in the journey,

Patrice
Sister Soul Care

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Rooted Series

Your Prayer Guide

- 1** Rooted in **Reality**
- 2** Rooted in **Release**
- 3** Rooted in **Restoration**
- 4** Rooted in **Re-Imagination**

Rooted in Reality

Naming Your Truth

This week, you are invited to pause and tell the truth about where you are. Not the polished version. Not the church smile. The real truth. God can handle it. And your healing begins here.

Pause

- What is true about my soul, my body, and my relationships right now?
- Where am I tired?
- Where am I holding back?
- What do I need that I haven't spoken aloud?

Ponder

The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words (Romans 8:26, NRSV)

Proclaim

Inhale: God, You see me.

Exhale: And You are with me here.

Practice

- Write a soul inventory. This is not a to-do list. It's a "this-is-me-right-now" list. Emotions, questions, aches, longings. Name it all.
- End with this phrase: "And even here, God is with me."
- Take 15 minutes this week to sit with your soul inventory.
- Light a candle. Play soft music.
- Reread what you wrote.
- Let it be your offering, not your shame.

Pray

May you be rooted in truth this week.

May honesty feel like home.

And may you know: the Spirit is already praying for you.

Even now.

In Jesus' name, Amen.

Rooted in Reality

Journal Your Thoughts

Rooted in Release

Surrendering What You Can't Carry

This week is an invitation to loosen your grip. To stop holding what God never asked you to carry. You don't have to hold it all. You were never meant to.

Pause

- What am I holding that is no longer serving my healing, peace, or purpose?
- What do I need to release?
- What is draining me?
- What am I afraid to let go of, and why?

Ponder

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. (Matthew 11:28, NRSV)

Proclaim

Inhale: I release this weight.

Exhale: God, I rest in You.

Practice

- Write a letter to God about what you need to let go of.
- Be honest. When you're finished, consider tearing it up, deleting it, or placing it somewhere sacred.
- Let it symbolize release.
- Practice a physical act of letting go: exhale slowly, unclench your hands, drop your shoulders, or take a long walk to surrender your burdens with each step.

Prayer

May your hands open with courage.

May your soul breathe easier.

And may you know that release is not a failure

It is a holy surrender to grace.

In Jesus' name, Amen.

Rooted in Release

Journal Your Thoughts

Rooted in Restoration

Letting God Tend to Your Soul

This week, allow yourself to be tended to. Not fixed. Not forced. Just lovingly restored by a God who knows how to hold your broken pieces and your brave face.

Pause

- Where do I need healing that goes deeper than the surface?
- What part of me is still tender?
- What do I long to feel again?
- Where have I been surviving instead of truly living?

Ponder

When my heart is overwhelmed; lead me to the rock that is higher than I.
(Psalm 61:2, NKJV)

Proclaim

Inhale: God, heal what hurts.

Exhale: Restore what's been lost.

Practice

- Write about a place in your life that needs restoration.
- Not a quick fix — but real, slow, deep renewal.
- Ask God to meet you there.
- Schedule one restorative activity this week that brings life to your soul: a nap, a nature walk, laughter with a friend, or simply 10 minutes in silence.
- Do it with intention.

Prayer

May your healing be slow and sacred.

May restoration meet you in your hidden places.

And may you remember: you are already worthy of being made whole.

In Jesus' name, Amen.

Rooted in Restoration

Journal Your Thoughts

Rooted in Re-Imagination

Speaking Life Over Your Future

This week, we step into the sacred work of hope. Of vision. Of letting God stir your imagination for what is still possible.

Pause

- What would it look like to believe in my own healing? My own joy? My own future?
- What do I want to see grow in my life?
- Where is God inviting me to dream again?
- What would it mean to believe I'm worthy of new fruit?

Ponder

See, I am doing a new thing! Now it springs up; do you not perceive it?
(Isaiah 43:19, NIV)

Proclaim

Inhale: God, make me new.

Exhale: I believe again.

Practice

- Write your own prayer, mantra, or blessing that reflects the life you want to walk into with God.
- Make it yours. Let it name your hope.
- Create something this week: a poem, a playlist, a voice note to your future self.
- Let your creativity be an act of faith.

Prayer

May your imagination be holy ground.

May your hope be brave.

And may you trust that the new thing God is doing... includes you.

In Jesus' name, Amen.

Rooted in Re-Imagination

Journal Your Thoughts

Go Deeper

Savor the Experience

Sister,

You've named. You've released. You've received. And you've imagined.

But this journey doesn't end here.

Here are a few gentle ways to continue nurturing your soul:

- Revisit a week that stirred something in you.
- Share your story with a friend, therapist, or spiritual director.
- Join the Sister Soul Care Community for ongoing support, resources, and invitations to grow in grace with others.
- Practice silence. Sometimes, the next move is no move at all — just a holy pause.

Remember: presence is always available. God is always near.

And your healing? It's already happening.

With you on the journey,

Patrice

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

Get the Book [HERE](#)

Listen to the Sister Soul Care Podcast

Join me for weekly encouragement, guided meditations, and reflections that help you reconnect with God and embrace His peace.

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Subscribe to **Sister Soul Care Weekly** for weekly encouragement, practical tools, and soul-care resources to help you live as God’s beloved.

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Know someone who needs this message of rest and healing? Share this guide with a friend who could use God’s encouragement today.

Support the Creation of More Soul-Care Resources

If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at [patriceonline.com/give](https://www.patriceonline.com/give) or click below.

Click [HERE](#) to Support

Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

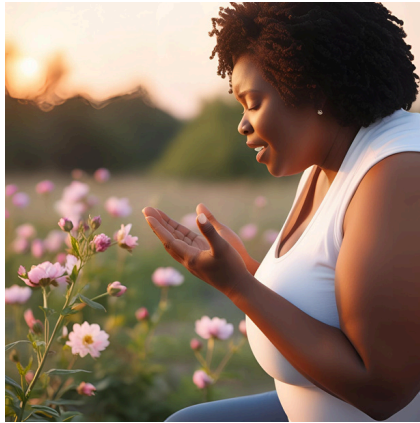
Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

When we feel the pull to prove ourselves—quiet our striving. When the weight of performance begins to choke our joy—unclench our hands. When we forget we are already loved—whisper it again until we believe. When old habits call us back into hustle—gently root us in Your peace. Teach us to trust that we don't have to earn what You freely give. Let Your presence anchor us. Let Your Spirit tend to us. Let Your love hold us steady— Rooted, resting, and real. In Jesus' name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.