



ABIDEROOTED

7 Days to Remember Why You Teach

A One-Week Reset for Purpose, Presence, Wisdom,
and Faithful Influence



EDUCATORS · 7-DAY JOURNEY · FREE RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

Find your next section

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Day 2: Practice Presence

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Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

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Begin Here

A 7-day devotional journey for Christian educators to reconnect with their calling, practice presence, seek wisdom, cultivate compassion, speak life, find rest, and look forward with hope, all rooted in Scripture.

You remember the day you walked into your classroom with a sense of holy purpose. Somewhere between the grading, the meetings, and the endless demands, that memory has faded. You still care deeply, but the why has grown quiet. This week is an unhurried invitation to remember. Over the next seven days, you will pause, reflect, and take one small step each day to reconnect your daily teaching choices to your calling. This is not another program to implement. It is a space to breathe, to listen, and to let God restore the joy of your vocation.

TEACHING

Day 1: Remember Your Calling

Colossians 3:23-24

“And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.”

Your work in the classroom is not merely a job; it is a calling. Paul's words to the Colossians remind us that every act of teaching - every lesson planned, every question answered, every paper graded - can be done 'as to the Lord.' When you lose sight of this, teaching becomes a burden. But when you remember that you serve Christ in your classroom, even the most mundane tasks gain eternal significance. Today, reflect on the moment you first sensed God's call to teach. Let that memory resurface as a foundation for your week.

Put It Into Practice

Write a short paragraph describing the original spark of your calling to teach. What drew you to this vocation? Keep it visible as a reminder throughout the day.

Reflect & Talk Together

1. What first drew you to teaching?
2. How does viewing your work as service to Christ change your perspective today?

Prayer

Lord, thank You for calling me to teach. Restore the joy of that calling in my heart today. Help me to see my work as service to You. Amen.

PRACTICE

Day 2: Practice Presence

Psalm 46:10

“Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.”

Fatigue often comes from living in the future or the past - worrying about outcomes or regretting mistakes. God invites you to be still and know that He is God. In the classroom, presence means fully attending to the student before you, the lesson at hand, and the moment God has given you. When you practice presence, you create space for the Holy Spirit to work through you. Today, intentionally slow down and focus on the present moment, trusting that God is already at work.

Put It Into Practice

Before each class or teaching session today, take one minute to breathe deeply and silently repeat, 'Be still, and know that I am God.' Let this center you in His presence.

Reflect & Talk Together

1. Where are you most prone to mentally check out during your teaching day?
2. What might change if you were fully present in that moment?

Prayer

Father, teach me to be still in Your presence. Help me to be fully present with my students and attentive to Your leading. Amen.

TEACHING

Day 3: Seek Wisdom from Above

James 1:5

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

Every educator faces situations that require more than human knowledge: a struggling student, a difficult conversation, a complex decision. James promises that God gives wisdom generously to those who ask. You do not have to rely solely on your own understanding. Today, identify an area where you need divine wisdom. Approach God with confidence, knowing He will not rebuke you for asking. He delights to guide you as you shepherd your students.

Put It Into Practice

Identify one specific challenge you are currently facing in your teaching. Write it down and spend time in prayer asking God for wisdom. Then, take one small step of obedience based on what He impresses on your heart.

Reflect & Talk Together

1. What is one situation in your teaching that requires wisdom beyond your own?
2. How might God be inviting you to trust Him more in that area?

Prayer

Lord, I need Your wisdom. I confess that I often rely on my own understanding. Give me clarity and discernment for the challenges I face. Amen.

PRACTICE

Day 4: Cultivate Compassion

Colossians 3:12

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;”

Students come to you with hidden burdens - family struggles, insecurities, learning difficulties. It is easy to see them as obstacles to your lesson plan, but God sees them as beloved image-bearers. Compassion is not a feeling; it is a choice to 'put on' mercy, kindness, humility, and patience. When you clothe yourself with compassion, you reflect the heart of Christ to your students. Today, look beyond behavior and grades to see the person God has placed before you.

Put It Into Practice

Choose one student who is difficult to love. Before interacting with them, pray for them by name. Ask God to show you their heart and give you His compassion for them.

Reflect & Talk Together

1. Which student is hardest for you to show compassion to?
2. What might be going on in their life that you don't know about?

Prayer

Jesus, give me Your eyes for my students. Help me to see them as You see them and to respond with mercy, kindness, and patience. Amen.

TEACHING

Day 5: Speak Life-Giving Words

Proverbs 18:21

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”

Your words have immense power to build up or tear down. In the classroom, you speak hundreds of words each day - instructions, corrections, encouragement. Proverbs reminds us that the tongue can bring life or death. As a Christian educator, you are called to speak words that give life, truth, and hope. This does not mean ignoring sin or error, but it does mean choosing words that reflect God's grace. Today, be intentional about speaking life into your students, colleagues, and yourself.

Put It Into Practice

Make a deliberate effort to offer specific, genuine encouragement to at least three students today. Notice the impact of your words on their demeanor and engagement.

Reflect & Talk Together

1. What patterns of speech do you need to change in your classroom?
2. How can you speak truth with love in a difficult situation?

Prayer

Lord, set a guard over my mouth. Help me to speak words that bring life and reflect Your love to my students. Amen.

PRACTICE

Day 6: Find Rest in Christ

Matthew 11:28-30

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”

Teaching is exhausting, and you may feel heavy laden. Jesus extends a personal invitation to come to Him for rest. This rest is not just a nap; it is soul-rest that comes from releasing your burdens to Him and learning from His gentle, humble heart. When you are yoked with Christ, you are no longer carrying the weight alone. Today, intentionally bring your weariness to Jesus and receive His rest.

Put It Into Practice

Set aside 15 minutes today for silent rest in Christ's presence. Bring your fatigue, worries, and frustrations to Him. Simply sit with Him and let Him minister to your soul.

Reflect & Talk Together

1. What burdens are you carrying that Jesus is inviting you to release?
2. What would it look like to take His yoke upon you in your daily teaching?

Prayer

Jesus, I come to You weary and heavy laden. Give me rest for my soul. Teach me to walk with You in gentleness and humility. Amen.

TEACHING

Day 7: Look Forward with Hope

Lamentations 3:22-23

"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

As this week of reset comes to a close, you may still face challenges, but you do not face them alone. God's mercies are new every morning. His faithfulness is great. You can look forward with hope because the One who called you is faithful to sustain you. Your teaching is not in vain; it is part of His redemptive work. Today, commit to carrying this renewed sense of purpose into the coming weeks, trusting that God will continue to work in and through you.

Put It Into Practice

Write a one-sentence mission statement for your teaching that captures your renewed purpose. Place it where you will see it daily as a reminder of God's calling and faithfulness.

Reflect & Talk Together

1. What has God renewed in your heart this week?
2. How can you continue to rely on His mercies each day?

Prayer

Faithful God, thank You for Your mercies that are new every morning. Renew my hope and strengthen my resolve to teach with purpose. Help me to live out this calling for Your glory. Amen.

Continue Abiding

You have spent seven days remembering why you teach. You have reconnected with your calling, practiced presence, sought wisdom, cultivated compassion, spoken life, found rest, and looked forward with hope. This is not the end of the journey but a new beginning. Carry these truths with you into your classroom, and trust that God, who began a good work in you, will be faithful to complete it. May you teach with the confidence that you are serving the Lord Christ.

Go Deeper

This week has helped you remember your 'why.' But what about the 'who'? In 'Teach the Person, Not Just the Lesson,' you will explore how to see each student as a unique person created in God's image, and how to tailor your teaching to their hearts and minds. Discover practical strategies for formative teaching that goes beyond content to shape character and faith. If you are ready to move from surviving to thriving in your calling, this book is your next step.