Heart to Table

A PRINTABLE TRACKER

Twelve weeks. Twelve cards. One tree.

Heart to Table · Ground Journey

The Season You Can’t Rush

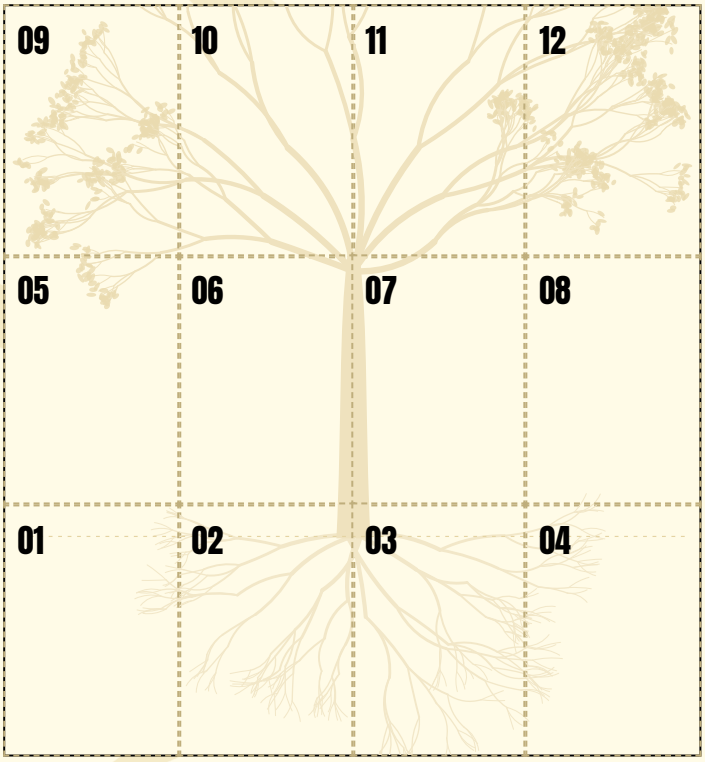
GROUND · Stability. Discipline. Roots.

GROUND · A PRINTABLE TRACKER

THE SEASON YOU CAN'T RUSH

Twelve weeks. Twelve cards. One tree that only becomes whole once every week has had its say.

1. Print all four sheets, then cut along the dashed lines. You'll have **12 cards**, one for each week of your Ground season.
2. Use **one card per week**. Name one thing you're rooting in, mark the days you leaned into it, answer the prompt. No daily boxes, no guilt for a quiet week.
3. Pin or tape each card in its printed grid position (**Row / Col**, top corner of every card) as you finish it, on a wall, board, or fridge.
4. By week 12, your roots have grown into a full tree, **built one honest week at a time.**



WHERE EACH WEEK GOES

"Blessed is the one who trusts in the Lord... they will be like a tree planted by the water."

JEREMIAH 17:7–8

Grow deep before you grow wide.

Heart to Table

GROUND · WEEK 01

R3 · C1

01

THIS WEEK, I'M ROOTING IN

M T W T F S S

What is the one root you most need to strengthen this season, prayer, scripture, rest, or something else? Name it, not to master it, just to begin.

"Blessed is the one who trusts in the Lord... they will be like a tree planted by the water."

JEREMIAH 17:7–8

GROUND · WEEK 02

R3 · C2

02

THIS WEEK, I'M ROOTING IN

M T W T F S S

What does stability actually feel like in your body and spirit right now? Notice the difference between busy and grounded.

"That person is like a tree planted by streams of water, which yields its fruit in season."

PSALM 1:3

GROUND · WEEK 03

R3 · C3

03

THIS WEEK, I'M ROOTING IN

M T W T F S S

What have you built your identity on that isn't actually steady ground? Ask God to help you plant deeper roots this week.

"Rooted and built up in him, strengthened in the faith."

COLOSSIANS 2:7

GROUND · WEEK 04

R3 · C4

04

THIS WEEK, I'M ROOTING IN

M T W T F S S

What's one small, repeatable act of faith you can return to even on your busiest day?

"And I pray that you, being rooted and established in love, may have power to grasp how wide and long and high and deep is the love of Christ."

EPHESIANS 3:17–18

GROUND · WEEK 05

R2 · C1

05

THIS WEEK, I'M ROOTING IN

M T W T F S S

Where did you show up this week even when you didn't feel like it? Let that count as growth, not failure.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

GALATIANS 6:9

GROUND · WEEK 06

R2 · C2

06

THIS WEEK, I'M ROOTING IN

M T W T F S S

What does discipline look like when it's rooted in grace instead of guilt? Write what that would change for you.

"The righteous will flourish like a palm tree, planted in the house of the Lord."

PSALM 92:12–13

GROUND · WEEK 07

R2 · C3

07

THIS WEEK, I'M ROOTING IN

M T W T F S S

What's held steady in you this season, even quietly? Name it and thank God for it.

"Those who hope in the Lord will renew their strength. They will soar on wings like eagles."

ISAIAH 40:31

GROUND · WEEK 08

R2 · C4

08

THIS WEEK, I'M ROOTING IN

M T W T F S S

Where have you mistaken slow growth for no growth? Look back at week one and notice what's actually different.

"I planted the seed, Apollos watered it, but God has been making it grow."

1 CORINTHIANS 3:6

GROUND · WEEK 09

R1 · C1

09

THIS WEEK, I'M ROOTING IN

M T W T F S S

What practice has become less of a struggle and more of a rhythm this season? Let that shift encourage you.

"Though it linger, wait for it; it will certainly come and will not delay."

HABAKKUK 2:3

GROUND · WEEK 10

R1 · C2

10

THIS WEEK, I'M ROOTING IN

M T W T F S S

As your roots have deepened, what is starting to grow outward from you, in how you love, lead, or show up for others?

"They will be called oaks of righteousness, a planting of the Lord for the display of his splendor."

ISAIAH 61:3

GROUND · WEEK 11

R1 · C3

11

THIS WEEK, I'M ROOTING IN

M T W T F S S

Who has your steadiness this season quietly influenced, even without you noticing?

"You are the light of the world. Let your light shine before others."

MATTHEW 5:14–16

GROUND · WEEK 12

R1 · C4

12

THIS WEEK, I'M ROOTING IN

M T W T F S S

As this season closes, what do you want to carry into what's next? Thank God for the roots He's grown in you.

"They will still bear fruit in old age, they will stay fresh and green."

PSALM 92:14

Heart
to Table

GROUND

GROW DEEP BEFORE YOU GROW WIDE.

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Grow deep before you grow wide.