Heart to Table

A SCRIPTURE AND AFFIRMATION DECK

For the Ground season

Heart to Table · Ground Journey

Fifty-Two Steady Words

GROUND · Stability. Discipline. Roots.

GROUND · CARD DECK

FIFTY-TWO STEADY WORDS

A scripture and affirmation deck for the Ground season: printable cards to reinforce foundational Biblical truths, one for each week.

R	S	K	G
13 CARDS	13 CARDS	13 CARDS	13 CARDS

1. Print the six card sheets, then print the backs sheet on the reverse of each one (flip on the long edge).
2. Cut along the dashed lines. You'll have 52 cards in four suits, plus a title card and a grace card.
3. Draw one card a week, or whenever you need a steady word. Keep it somewhere you'll see it.
4. Some days you don't need a verse. Reach for the grace card on the days nothing else fits.

"They will be like a tree planted by the water that sends out its roots by the stream."

JEREMIAH 17:8

Grow deep before you grow wide.

Heart to Table

R 01

“I am rooted in Christ, not in my circumstances.”

But blessed is the one who trusts in the Lord… they will be like a tree planted by the water.

JEREMIAH 17:7–8

R 01

R 02

“I am planted by living water; I don’t have to fear dry seasons.”

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

PSALM 1:3

R 02

R 03

“My identity is hidden safely in Christ.”

For you died, and your life is now hidden with Christ in God.

COLOSSIANS 3:3

R 03

R 04

“I was chosen before I ever had to earn it.”

He chose us in him before the creation of the world… he predestined us for adoption to sonship.

EPHESIANS 1:4–5

R 04

R 05

“My worth was never up for negotiation.”

You are a chosen people, a royal priesthood, God’s special possession.

1 PETER 2:9

R 05

R 06

“I am fearfully and wonderfully made.”

I praise you because I am fearfully and wonderfully made.

PSALM 139:14

R 90

R 07

“I don’t have to perform to belong.”

The Spirit you received brought about your adoption to sonship. And by him we cry, Abba, Father.

ROMANS 8:15–16

R 07

R 08

“What I do is not who I am.”

For you died, and your life is now hidden with Christ in God.

COLOSSIANS 3:3

R 08

R 09

“I am a new creation; the old has gone.”

If anyone is in Christ, the new creation has come: The old has gone, the new is here.

2 CORINTHIANS 5:17

R 60

R 10

“God’s love for me was settled before I could prove anything.”

But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.

ROMANS 5:8

R 10

R 11

“I am held, even when I feel unsteady.”

Do not fear, for I am with you… I will uphold you with my righteous right hand.

ISAIAH 41:10

R 11

R 12

“My foundation is Christ, not my achievements.”

For no one can lay any foundation other than the one already laid, which is Jesus Christ.

1 CORINTHIANS 3:11

R 12

R 13

“I belong to God, fully and without condition.”

Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

ISAIAH 43:1

R 13

S 01

“I don’t have to rush what God is doing in me.”

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

HABAKKUK 2:3

S 01

S 02

“My rest is not laziness; it’s trust.”

In vain you rise early and stay up late… for he grants sleep to those he loves.

PSALM 127:2

S 02

S 03

“I can be still and know He is God.”

Be still, and know that I am God.

PSALM 46:10

S 03

S 04

“Waiting is not wasted time.”

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

ISAIAH 40:31

S 04

S 05

“My peace doesn’t depend on my circumstances.”

Peace I leave with you; my peace I give you… Do not let your hearts be troubled.

JOHN 14:27

S 05

S
06
≈

“I release what I cannot control into God’s hands.”

Cast all your anxiety on him because he cares for you.

1 PETER 5:7

≈
90
S

S
07
≈

“Slow growth is still growth.”

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

1 CORINTHIANS 3:6

≈
07
S

S
08
≈

“I trust God’s timing even when I can’t see the plan.”

Trust in the Lord with all your heart and lean not on your own understanding.

PROVERBS 3:5–6

≈
80
S

S
09
≈

“I don’t have to carry what was never mine to carry.”

Come to me, all you who are weary and burdened, and I will give you rest.

MATTHEW 11:28

≈
60
S

S
10
≈

“My soul finds rest in God alone.”

Truly my soul finds rest in God; my salvation comes from him.

PSALM 62:1

≈
10
S

S
11
≈

“I can exhale; He is already at work.”

The Lord will fight for you; you need only to be still.

EXODUS 14:14

≈
11
S

S
12
≈

“Stillness is not the same as standing still forever.”

Be still before the Lord and wait patiently for him.

PSALM 37:7

≈
12
S

S
13
≈

“I choose peace over hurry today.”

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

ISAIAH 26:3

≈
13
S

K
01
†

“My discipline is fueled by grace, not guilt.”

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

PSALM 92:12–13

†
01
K

K
02

“I am strengthened by Him, not by my own effort.”

Those who hope in the Lord will renew their strength.

ISAIAH 40:31

K
02

K
03

“I can do hard things because He is with me.”

I can do all this through him who gives me strength.

PHILIPPIANS 4:13

K
03

K
04

“Showing up quietly is still showing up.”

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

GALATIANS 6:9

K
04

K
05

“I am not weary; I am being renewed.”

Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 CORINTHIANS 4:16

K
05

K
06

“My strength is made perfect in weakness.”

My grace is sufficient for you, for my power is made perfect in weakness.

2 CORINTHIANS 12:9

K
90

K
07

“I train myself toward godliness, not perfection.”

Train yourself to be godly. For physical training is of some value, but godliness has value for all things.

1 TIMOTHY 4:7–8

K
07

K
08

“Consistency matters more than intensity.”

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

K
08

K
09

“I am braver than I feel today.”

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you.

JOSHUA 1:9

K
60

K
10

“My endurance is producing something in me.”

The testing of your faith produces perseverance. Let perseverance finish its work.

JAMES 1:2–4

K
10

K
11
†

“I return to the practice, even after I miss it.”

His compassions never fail. They are new every morning.

LAMENTATIONS 3:22–23

† 11 K

K
12
†

“I am disciplined because I am loved, not to earn love.”

God disciplines us for our good, in order that we may share in his holiness.

HEBREWS 12:10–11

† 12 K

K
13
†

“God completes what He starts in me.”

He who began a good work in you will carry it on to completion.

PHILIPPIANS 1:6

† 13 K

G
01

“What’s rooted deep in me is beginning to grow outward.”

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

ISAIAH 61:3

01 G

G
02

“I am becoming who I was always meant to be.”

For those God foreknew he also predestined to be conformed to the image of his Son.

ROMANS 8:29

02 G

G
03

“My life bears fruit because I stay connected to the vine.”

Whoever abides in me and I in him, he it is that bears much fruit.

JOHN 15:5

03 G

G
04

“I can enlarge my expectations; God is not done.”

Enlarge the place of your tent, stretch your tent curtains wide, do not hold back.

ISAIAH 54:2

04 G

G
05

“I will bear fruit even in unexpected seasons.”

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

PSALM 92:14

05 G

G
06

“My growth quietly points others back to Him.”

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

MATTHEW 5:14–16

90 G

G
07

“What feels delayed is not denied.”

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

HABAKKUK 2:3

G 07

G
08

“I am being transformed, one season at a time.”

Be transformed by the renewing of your mind.

ROMANS 12:2

G 08

G
09

“God is making something new, even now.”

See, I am doing a new thing! Now it springs up; do you not perceive it?

ISAIAH 43:19

G 09

G
10

“My future is not limited by my past.”

Forgetting what is behind and straining toward what is ahead, I press on toward the goal.

PHILIPPIANS 3:13–14

G 10

G
11

“I hold hope loosely, but I hold it.”

May the God of hope fill you with all joy and peace as you trust in him.

ROMANS 15:13

G 11

G
12

“I am ready to grow wide, because I grew deep first.”

Enlarge the place of your tent, stretch your tent curtains wide, do not hold back.

ISAIAH 54:2

G 12

G
13

“I will keep bearing fruit, in every season, because I am rooted in Him.”

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

PSALM 92:14

G 13

FIFTY-TWO STEADY WORDS

A SCRIPTURE AND AFFIRMATION DECK FOR THE GROUND SEASON

GRACE CARD

Some days you don’t need a verse. You just need to remember: He is still holding you.

DRAW THIS ONE ON THE DAYS NOTHING ELSE FITS

GROUND

Grow deep before you grow wide

GROUND

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GROUND

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