



Humble Roots: How Humility Grounds and Nourishes Your Soul

Hannah Anderson

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Feeling worn thin? Come find rest.

The Blue Ridge Parkway meanders through miles of rolling Virginia mountains. It's a route made famous by natural beauty and the simple rhythms of rural life.

And it's in this setting that Hannah Anderson began her exploration of what it means to pursue a life of peace and humility. Fighting back her own sense of restlessness and anxiety, she finds herself immersed in the world outside, discovering a classroom full of forsythia, milkweed, and a failed herb garden. Lessons about soil preparation, sour mulch, and grapevine blights reveal the truth about our dependence on God, finding rest, and fighting discontentment.

Humble Roots is part theology of incarnation and part stroll through the fields and forest. Anchored in the teaching of Jesus, Anderson explores how cultivating humility—not scheduling, strict boundaries, or increased productivity—leads to peace. “Come unto me, all who labor and are heavy laden,” Jesus invites us, “and you will find rest for your souls.”

So come. Learn humility from the lilies of the field and from the One who is humility Himself. Remember who you are and Who you are not, and rediscover the rest that comes from belonging to Him.

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