





## DAY 1 – THE FEAR FILTER


**Theme:** Who You Trust Matters More Than What You Fear


 **Psalm 27:1–3** - The Lord is my light and my salvation—whom shall I fear?

Fear has a way of taking over—dimming clarity, distorting reality, and whispering lies about the future. This psalm opens not with panic, but proclamation. He names who God is before he names what he's facing. *“The Lord is my light”*—not just a flashlight in the dark, but clarity in confusion. *“My salvation”*—not just a concept, but a person who rescues. *“My stronghold”*—not a shelter we build, but a presence that surrounds.

David isn't ignoring his fear—he's focusing it. He's reminding his soul that fear is real, but so is God. And God is greater.

 **Don't Miss This:** Fear will speak. But faith gets the final word.

 **Reflect:** What has fear been fogging in your life—your thoughts, your decisions, your relationships? How can you declare who God is *before* you rehearse what you're afraid of?

 **Prayer:** God, I've let fear speak too loudly. But You are my light when my mind feels cloudy, my rescue when I can't see a way out, and my refuge when life feels unstable. Help me name You louder than I name my fear.

## DAY 2 – ONE THING


**Theme:** Peace Comes from Presence, Not Control


 **Psalm 27:4–6** – *One thing I ask... to dwell in the house of the Lord...*


When trouble surrounds David, he doesn't ask for escape. He asks for **presence**. That one line—“one thing I ask”—isn't about simplifying his

schedule. It's about anchoring his soul. He doesn't crave answers, a miracle, or even justice. He craves nearness to God.

To dwell. To gaze. To seek. These aren't passive spiritual words—they're intentional movements of the heart. You can be in the middle of chaos and still be grounded if your one desire is to be close to the One who holds you.


 **Don't Miss This:** The storm may still be loud—but it can't drown the voice of the One who stays.

 **Challenge:** Pray Psalm 27:4 today—slowly. Write it out. Ask yourself: What's my “one thing”? What have I been chasing instead?

 **Prayer:** God, I don't just want relief—I want You. Draw me close this week. Be my focus, my center, and my one thing.


## DAY 3 – STUBBORN HOPE


**Theme:** Hold On to What You Haven't Seen Yet


 **Psalm 27:13–14** – *I remain confident of this: I will see the goodness of the Lord...*

David doesn't end with resolution—he ends with resilience. He's still in the tension, but he's holding tight to hope. The word “see” in Hebrew isn't just about eyesight—it's about experience. He believes that even in the mess, God's goodness will break through.

And he waits. That word “wait” implies stretched tension, like a rope pulled taut. Not passive. Not indifferent. It's **active trust**. Waiting with strength is one of the fiercest things you can do.

 **Don't Miss This:** Faith isn't about pretending everything's fine—it's believing God is still working even when nothing looks like it.

 **Challenge:** Write Psalm 27:13 somewhere you'll see it all week. When doubt creeps in, speak it out loud: *I will see His goodness*.

 **Prayer:** God, I don't always feel it. But I trust You. Give me strength to wait with courage and believe what I haven't seen yet.