



Monday: Three Things We Don't Do – Be Careful Who Shapes Your Life

Scripture Reading: Psalm 1, Proverbs 13:20-21, 1 Corinthians 15:33

Daily Thought: Psalm 1 begins with a warning before it offers a promise. Notice the progression: **Walk... Stand... Sit.** It describes a slow drift away from God. Walking suggests listening. Standing suggests lingering. Sitting suggests becoming comfortable. No one wakes up one morning far from God. Spiritual compromise usually happens one small step at a time. God calls us to wisely choose the voices, influences, and values that shape our lives.

Reflection Questions:

1. Whose advice most influences my decisions?
2. Are there voices pulling me away from God?
3. What practical change can I make to guard my heart?

Prayer Prompt: *Father, help me recognize influences that draw me away from You. Give me wisdom to walk with people who encourage my faith and help me remain faithful to You. Amen.*

Tuesday: Delight in God's Word – Learning to Love God's Truth

Scripture Reading: Psalm 1:2, Psalm 19:7–14

Daily Thought: God doesn't simply want us to read His Word. He wants us to delight in it. Delight speaks of affection, joy, and desire. When we delight in Scripture, it becomes more than a daily obligation—it becomes daily nourishment. David prayed, *"May the words of my mouth and the meditation of my heart be pleasing in Your sight."* The more we love God's Word, the more God's Word shapes our lives.

Reflection Questions:

1. Do I view Bible reading as a duty or a delight?
2. What passage has encouraged me recently?
3. How can I create more space for God's Word this week?

Prayer Prompt: *Lord, give me a deeper love for Your Word. Help me hunger for truth more than the opinions of the world. Amen.*

Wednesday: Meditate on God's Word – Let God's Truth Shape Your Mind

Scripture Reading: Psalm 1:2, Psalm 119:9–16

Daily Thought: Meditation is more than reading. It is thinking deeply about God's truth until it begins shaping our attitudes, decisions, and actions. The world encourages constant distraction. God invites quiet reflection. Meditation allows Scripture to move from our minds into our hearts. The more God's Word fills our minds, the more our lives begin to resemble Christ.

Reflection Questions:

1. What verse do I need to carry with me today?
2. How can I meditate on Scripture throughout my day?
3. What distraction keeps me from reflecting on God's truth?

Prayer Prompt: *Holy Spirit, help Your Word take deep root in my heart. Teach me to think about Your truth throughout the day and allow it to guide every decision. Amen.*

Thursday: Fix Your Eyes on Jesus – The Perfect Example of Flourishing

Scripture Reading: Hebrews 3:1, Hebrews 12:1–2

Daily Thought: The goal of Scripture is not simply information. It is transformation into the likeness of Christ. Hebrews reminds us to "fix our thoughts and our eyes on Jesus." When our focus drifts, (*Cont'd...*)

our faith weakens. When our thoughts and eyes remain on Christ, we gain endurance, hope, and strength. The flourishing life is ultimately a Christ-centered life.

Reflection Questions:

1. What has distracted my attention from Jesus recently?
2. How can I intentionally focus on Him today?
3. What burden do I need to lay aside?

Prayer Prompt: *Jesus, keep my thoughts and eyes fixed on You. Remove distractions that compete for my attention and help me faithfully follow wherever You lead. Amen.*

Friday: Planted by the Water – Living with Deep Roots

Scripture Reading: Psalm 1:3, Jeremiah 17:7–8

Daily Thought: Healthy trees don't struggle to produce fruit. They simply stay rooted. Psalm 1 compares God's people to trees planted beside streams of water. Their source of life never dries up. Storms may come. Droughts may come. Seasons change. But deeply rooted trees continue to flourish. The strength of the tree is determined by what cannot be seen—its roots. The same is true spiritually.

Reflection Questions:

1. What currently strengthens my spiritual roots?
2. Am I depending on circumstances or on Christ?
3. What habits help me remain spiritually healthy?

Prayer Prompt: *Father, plant me deeply in Your presence. Let my roots grow strong so I can remain faithful in every season of life. Amen.*

Saturday: One Big Result – A Flourishing Life

Scripture Reading: Psalm 1:3–6, John 15:4–8

Daily Thought: Psalm 1 ends with an incredible promise. Those who delight in God's Word and remain rooted in Him become fruitful. Notice what God promises: Fruit in season. Leaves that do not wither. A life that prospers according to His purposes. Biblical prosperity isn't merely material success. It is a life filled with God's presence, faithfulness, usefulness, and eternal impact. Flourishing isn't about having an easy life. It's about remaining rooted in the One who gives life.

Reflection Questions:

1. What kind of fruit is God producing in my life?
2. Where have I experienced God's faithfulness this year?
3. How can I continue growing deeper in Christ?

Prayer Prompt: *Lord, thank You for planting me beside living water. Help me remain rooted in You so my life bears lasting fruit that glorifies Your name. Amen.*

Weekly Challenge: This week, practice the **3–2–1 Flourish Challenge** every morning.

3 Things I Will Avoid: Walking in ungodly counsel. Standing in sinful compromise. Sitting in comfortable disobedience. **2 Things I Will Pursue:** Delight in God's Word. Meditate on God's truth. **1 Goal:** Flourish for God's glory.

Memory Verse: Psalm 1:1–3 - *"Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on His law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."*

Closing Prayer: *Heavenly Father, thank You for showing me the path to a flourishing life. Help me avoid the influences that pull me away from You and delight in Your Word each day. Plant me deeply in Your presence so that my life bears fruit in every season. Keep my eyes fixed on Jesus and may everything I do bring honor and glory to Your name. In Jesus' name, Amen.*