



Day 4: Stay Planted

Psalm 1:3

He shall be like a tree planted by the rivers of water.

The picture here is powerful. Not grass. Not a bush. A tree. Trees represent stability and endurance. But there is an important word here: **planted**.

This tree did not grow there by accident. It was intentionally placed beside the water. In ancient agriculture, farmers would dig irrigation channels so water would constantly nourish the roots. In the same way, God has created spiritual “channels” that nourish our lives:

- Prayer
- Scripture
- Worship
- Church community

These are not random spiritual moments—they are **intentional sources of life**.

Illustration:

Oak trees develop roots that spread as wide as their branches. That’s why they can withstand powerful storms. Their strength above ground comes from **what no one sees below ground**.

Application:

Our spiritual strength works the same way. When life gets busy, the temptation is to pull away from the very things that nourish us spiritually. But the secret to stability is simple: **stay planted near the river**.

Action Steps:

1. Make space today for prayer and the Word.
2. Continue repeating and rehearsing what you are reading in the Word!