

Day 1: The Path You Walk

Reading: Psalm 1:1-2

Every day you are walking somewhere. The direction of your life is shaped by the voices you listen to, the habits you form, and the company you keep. Psalm 1 opens with a warning about the gradual drift toward destruction — walking, then standing, then sitting among those whose counsel pulls you away from God. The remedy is not willpower alone but delight. When you find genuine pleasure in God's instruction, you stop drifting because you are moving toward something better. Ask yourself today: whose counsel am I actually following, and does it lead me toward life or away from it?

Day 2: Planted, Not Wandering

Reading: Joshua 1:7-9

God's command to Joshua was not complicated, but it was demanding. Stay near the instruction. Do not turn from it to the right or the left. The promise attached to that faithfulness was not comfort or ease but prospering and success in the deepest sense — a life that accomplishes what it was meant to accomplish. Like a tree that does not uproot itself and wander into the desert, you are called to remain planted where life flows. You did not earn your place by the stream. It was given by grace. The question is whether you will stay there and drink deeply.

Day 3: Fruit That Feeds Others

Reading: John 15:4-5

The tree in Psalm 1 is not simply alive for its own sake. It yields fruit. The nourishment it receives does not stop at the roots or the trunk — it moves outward and becomes life for others. In John 15, Jesus describes this same reality, explaining that apart from him there is no fruit, but those who remain in him produce abundantly. The good life, then, is not a life hoarded. It is a life given. Think today about the people around you. Are they receiving life through your presence, your words, your faithfulness? Fruitfulness is the natural overflow of a life truly rooted in God.

Day 4: Known by Name

Reading: Psalm 139:1-6

One of the most quietly powerful truths in Psalm 1 is found in verse 6. The Lord knows the way of the righteous. Not merely observes it. Knows it — personally, intimately, with full attention and care. Psalm 139 expands this reality into something almost overwhelming. God knows your sitting and your rising. He is acquainted with all your ways. You are not a nameless face in a crowd. You are known. In a world that can feel indifferent and vast, this is the anchor of the good life: the God who made everything has fixed his knowing gaze on you and calls it care.

Day 5: Choosing Life

Reading: Deuteronomy 30:19-20

Psalm 1 ends with a stark contrast and then goes silent. Life on one side, destruction on the other. Deuteronomy 30 echoes the same invitation in direct language — God sets before his people life and death and urges them to choose life. This choosing is not a single moment but a daily orientation. It is returning again and again to the stream. It is confessing, as the sermon described, that you believe God but do not yet fully feel it, and asking him to renew your mind. The good life begins not with perfect desire but with honest surrender to the One who is himself the source of life.