

SUMMER

in the Psalms

DEVOTIONAL GUIDE



Summer means different things for different people.

Picnics and road trips. Being out of school and being out in the sun. Baseball and BBQs. Father's Day and the Fourth of July. The days are longer, and the pace of life is slower.

All those are good. But what if something else happened this summer, too? What if a new habit were created? A habit that changes the way you think and live? Reading the Bible.

Psalm 1 says:

*Blessed is the one who delights in the law of the Lord,
and who meditates on God's law day and night.*

This summer at The Water's Edge is ***Summer in the Psalms***. During June and July, we will read the 150 Psalms together. Listening to God, listening to each other, and listening to ourselves. The Bible Reading Plan is on the following page. The daily readings will take about five to ten minutes per day. You will read three or four Psalms per day, five days a week. At the end of the summer, you will not only have encountered God for sixty days, but you will have developed a new habit.

The remainder of this book consists of nine Bible studies. They go along with the messages you will hear in worship on Sundays. Each week, there is a short introduction to the Psalm of the week, questions for reflection/discussion, a prayer, and a list of practical suggestions to apply the Psalm to your life. The questions are designed for both private reflection and discussion with one or more people.

Summer is here.

Let's make it a great one.

Let's make it a summer that matters!



BIBLE READING PLAN

This guide is designed to help you read through the Psalms. Each Psalm is listed with a checkbox so you can mark it off once you've read it. Whether you're reading one Psalm a day or several, this tool provides a visual sense of progress and motivates you to keep going.

Psalms

WEEK OF	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
June 1 to June 7																				

WEEK OF	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
June 8 to June 14																				

WEEK OF	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
June 15 to 21																				

WEEK OF	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
June 22 to June 28															

WEEK OF	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
June 29 to July 5															

WEEK OF	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
July 6 to July 12															

WEEK OF	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
July 13 to July 19															

WEEK OF	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135
July 20 to July 26															

WEEK OF	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150
July 27 to July 31															

WEEK 1 June 1–7

Roots

Developing deep roots in a shallow world by delighting in and meditating on God's words.

Prepare

Psalm 1 is the opening chapter of the Psalms and sets the tone for the entire book. The first verse begins with the words, “Blessed is the one,” showing us that the Psalms address one of life’s most important questions: How can one be blessed in this life?

The first Psalm serves as a fork in the road, inviting us to understand the distinction between two ways of life—the way of the righteous and

the way of the wicked. It encourages us to consider what it means to live a life close to God and highlights the benefits of regularly delighting in and meditating on God’s Word. As you read Psalm 1, pay attention to the contrasts it draws: one life with deep roots and producing fruit, while the other is like the unusable, outer section of grain that blows away and disappears. Consider what kind of life God is inviting you to.

Peruse – Psalm 1

- 1 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,
- 2 but whose delight is in the law of the Lord,
and who meditates on his law day and night.
- 3 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.
- 4 Not so the wicked!
They are like chaff
that the wind blows away.
- 5 Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
- 6 For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.

Ponder

1. What does a “blessed” life look like to you?

2. What relationships, influences, or behaviors might be pulling you away from God? How are these preventing you from experiencing a “blessed” life?

3. Do you find reading the Scriptures “delightful”? In not, what will it take for you to find delight in reading God’s word?

4. Delighting in and meditating on God’s Word is like a growing tree with deep roots that bears fruit. What kind of fruit are you producing? What kind of fruit would you like to produce?

The background of the page features stylized, light olive-green illustrations of agricultural products. In the top right corner, there is a curved olive branch with a few leaves. In the bottom right corner, there is a large, detailed illustration of a corn cob with its husk partially peeled back, revealing the kernels. The overall design is clean and modern, with a focus on natural, wholesome imagery.

Pray

Dear God,

I want to grow nearer to You this summer. Help me to be like that tree—rooted, growing, and soaking up everything good from You. I admit that sometimes I get distracted and wander toward things that don't give life. Let me delight in Your Word and consistently find myself in Your presence more and more. May I cultivate healthy habits over the next nine weeks that will bear fruit in my life and the lives of others. Give me a curious mind, an open spirit, perseverance, and maybe a few good surprises along the way.

Amen.



Practice

Start strong with the Bible reading plan. It is on page 4. Commit to reading all 150 Psalms this summer. The readings will take the average reader between five to ten minutes per day, although you can go at a slower pace, circling and highlighting words or phrases where God is speaking directly to you. Delight in these words—they are a love letter from our heavenly Parent who wants what is best for us and knows what is best for us. There are two days built into each week for rest, re-reading, or catching up. God promises to bless us when we meditate daily on His Word. Spend the next week taking God up on this promise.

*For the Lord watches over the way
of the righteous
but the way of the wicked leads
to destruction*

Psalms 1:6

WEEK 2 June 8-14

Still

Finding rest in a noisy and anxious world.

Prepare

Psalms 23 is one of the most well-known passages in the Bible because it speaks honestly and gently to people who feel worn out, anxious, or afraid. Written by King David, it uses the picture of a shepherd caring for his sheep to describe God's relationship with us. In ancient times, a shepherd was someone who guided, protected, and provided for sheep, creatures

that could not survive on their own. This psalm tells us that God cares for us in the same way: guiding us when we're lost, giving us rest when we're tired, and staying close when we're afraid. Even if you're unsure about faith or struggling to believe right now, Psalm 23 offers comfort, hope, and a reminder that you are not alone.

Peruse – Psalm 23

A psalm of David

- 1 The Lord is my shepherd;
I shall not want.
- 2 He makes me lie down in green pastures.
He leads me beside the still waters.
- 3 He restores my soul.
He leads me in the paths of righteousness
For His name's sake.
- 4 Even though I walk through the valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.
- 5 You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
- 6 Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.

Ponder

1. A shepherd provides, protects, guides, and heals. How have you experienced God being your shepherd?

2. Are you tired? If so, what kind of tired are you? In verse 2, God promises to lead us to green pastures and still waters. What rest would be most helpful for you right now?

3. God promises to be present with you in the difficult seasons or valleys of life. How have you experienced this? How does verse 4 give you confidence for the future?

4. What distractions or worries currently steal your peace? Where or how do you most clearly experience God's peace?



Pray

Dear God,

Thank you for being my shepherd. Sometimes life feels really loud and stressful, and I don't know how to slow down. But you promise to lead me to quiet places and give me rest. Let me experience your peace today. Remind me that You are present with me like a shepherd is with his sheep. Thank you for protecting, guiding, and healing me. Help me embrace your grace.

Amen.





Practice

Do something that makes your cup overflow. Or, don't do something that empties your cup. Here are some ideas:

1. Find your green pasture or still waters. Pray to be mindful of God's presence. Fill your cup by seeking emotional, physical, and/or spiritual restoration.
2. Declutter your schedule and/or your to-do list and/or unplug from the world for an hour or two a few times this week. Focus on the Bible reading plan, your physical wellness, or a relationship that fills your cup.

*My quiet time is not a gift I give to God.
My quiet time is a gift God gives me.*

-Emilie Barnes

WEEK 3 June 15-21

Honest

Confession and repentance are God's invitation to discover ourselves and begin our journey toward healing and wholeness.

Prepare

Psalm 51 is one of the most well-known prayers in the Bible. King David wrote it after he had committed a serious sin—he took another man's wife, Bathsheba, and then arranged for her husband to be killed. When the prophet Nathan confronted David, he was deeply sorry and wrote Psalm 51 as a heartfelt confession.

This Psalm gives us a powerful picture of what it looks like to come before God with honesty. As we read Psalm 51, we'll see how David turns to God's mercy, asks for forgiveness, and prays for inner renewal. Even though this Psalm originates from a specific moment in David's life, Psalm 51 resonates with anyone who has ever felt guilt and longed for a fresh start.

Peruse – Psalm 51

For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

- 1 Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
- 2 Wash away all my iniquity
and cleanse me from my sin.
- 3 For I know my transgressions,
and my sin is always before me.
- 4 Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
- 5 Surely I was sinful at birth,
sinful from the time my mother conceived me.

Psalm 51 continued on next page...

- 6 Yet you desired faithfulness even in the womb;
You taught me wisdom in that secret place.
- 7 Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
- 8 Let me hear joy and gladness;
let the bones you have crushed rejoice.
- 9 Hide your face from my sins
and blot out all my iniquity.
- 10 Create in me a pure heart, O God,
and renew a steadfast spirit within me.
- 11 Do not cast me from your presence
or take your Holy Spirit from me.
- 12 Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

Pray

Dear God,

You know everything about me—my words and my actions. All the ways I fall short of who you want me to become. I bring You my sins. Not to inform You, but to be real. I'm sorry for the things I've said and done that have hurt others and have separated me from You. I am grateful that Your love is bigger than my mistakes and that Your grace is greater than my sins.

Forgive me. Teach me to accept Your forgiveness and live as one who is forgiven and free. May I embrace the fresh start You offer. Thank you for Your mercy that never runs out. I need You, and I'm grateful that You never give up on me.

Amen.

Ponder

1. What emotions do you hear in David's words? When you think of your sinfulness, what feelings do you experience?

2. Why is honesty essential in our relationship with God?

3. How does confession bring freedom rather than shame?

4. Repentance is turning away from harmful thoughts, words, and actions and turning to God and God's ways. Why might we resist repentance even when we know we need it?



Practice

Be honest with God and yourself this week. Confession isn't about beating yourself up, but rather about experiencing forgiveness and growth. Here are some ideas:

1. Take a moment (*you can also do this more than once!*) and write out (or type) your sins: the things you said or did that distanced you from others or God. Then pray the confession from the previous page.
2. Find a small rock and a marker. Write a sin that is holding you back. Take the rock to a pond, lake, or stream and throw it into the water. Then read Micah 7:18-19.

*You freely forgive our sin and guilt.
You don't stay angry forever;
You are pleased to be merciful.
You will trample on our sins and throw them in the sea.*

Then pray the prayer of confession again.



WEEK 4 June 22-28

Abundant

In a world driven by self-sufficiency, God generously provides the most important things, and our response is gratitude.

Prepare

Psalm 65 is a song of praise that celebrates God's goodness and care for the earth and His people. It was likely written during a time of harvest or after a season of God's blessing. The Psalm begins by thanking God for hearing prayers and forgiving sins, then proceeds to praise Him as the one who

created everything and provides for all creation. This Psalm invites us to see God not only as powerful but also as generous and involved in everyday life. As we study it, we'll be encouraged to recognize and respond to God's blessings in our own lives.

Peruse – Psalm 65

For the choir director: A song. A psalm of David

- 1 What mighty praise, O God,
belongs to you in Zion.
We will fulfill our vows to you,
- 2 for you answer our prayers.
All of us must come to you.
- 3 Though we are overwhelmed by our sins,
you forgive them all.
- 4 What joy for those you choose to bring near,
those who live in your holy courts.
What festivities await us
inside your holy Temple.
- 5 You faithfully answer our prayers with awesome deeds,
O God our savior.
You are the hope of everyone on earth,
even those who sail on distant seas.
- 6 You formed the mountains by your power
and armed yourself with mighty strength.

Psalm 65 continued on next page...

- 7 You quieted the raging oceans
with their pounding waves
and silenced the shouting of the nations.
- 8 Those who live at the ends of the earth
stand in awe of your wonders.
From where the sun rises to where it sets,
you inspire shouts of joy.
- 9 You take care of the earth and water it,
making it rich and fertile.
The river of God has plenty of water;
it provides a bountiful harvest of grain,
for you have ordered it so.
- 10 You drench the plowed ground with rain,
melting the clods and leveling the ridges.
You soften the earth with showers
and bless its abundant crops.
- 11 You crown the year with a bountiful harvest;
even the hard pathways overflow with abundance.
- 12 The grasslands of the wilderness become a lush pasture,
and the hillsides blossom with joy.
- 13 The meadows are clothed with flocks of sheep,
and the valleys are carpeted with grain.
They all shout and sing for joy!

Ponder

1. Do you ever forget that you are dependent on God, or do you ever take God for granted? What are some things God has abundantly provided in your life?

2. What keeps people from noticing God's generosity in their lives?

3. How does gratitude change your perspective in difficult times?
How can you make gratitude a daily habit?

4. What will it look like for you to live out of a mindset of abundance rather than scarcity? How can your response to God's abundance influence others?

Pray

Dear God,

Thank you for all the ways You take care of me—many of which I don't even notice. You are the One who provides food, breath, rest, friendships, and beauty in the world around me. I confess that I often take these things for granted. Help me slow down and see Your goodness and generosity in both the big and small moments and things. Open my eyes to the abundance You place in my everyday life. Teach me to live with a heart full of gratitude. Even when things feel uncertain, remind me that You are still providing, still caring, still showing up.

Amen.



Practice

Be mindful of God's abundance and respond with gratitude this week. Here are some ideas:

1. Keep a gratitude journal for the next seven days. Each day this week, write down three to five specific things you are thankful for. They can be obvious things or small things you have to look a little harder for—those moments of beauty or kindness that you might otherwise miss.
2. Notice where you already have enough. Take a moment to consider one area of your life where you've been striving, worrying, or always wanting more. Ask God to help you see where He has already provided enough. Let gratitude replace striving for this one week.

*Acknowledging
the good that you
already have in your
life is the foundation
for all abundance.*

-Eckhart Tolle



WEEK 5 June 29–July 5

Near

In a culture of hurt and distraction, our true source of satisfaction is nearness to God.

Prepare

Psalm 84 is a heartfelt song about longing to be close to God. It was likely written by someone who could not be at the temple in Jerusalem, the place where people gathered to worship God and experience His presence. The writer expresses deep joy in being near to God

and compares His presence to a safe and beautiful home. As we read this Psalm, we're invited to reflect on our own relationship with God and how being near to Him brings strength, hope, and joy—no matter where we are.

Peruse – Psalm 84

For the choir director: A psalm of the descendants of Korah, to be accompanied by a stringed instrument.

- 1 How lovely is your dwelling place,
O Lord of Heaven's Armies.
- 2 I long, yes, I faint with longing
to enter the courts of the Lord.
With my whole being, body and soul,
I will shout joyfully to the living God.
- 3 Even the sparrow finds a home,
and the swallow builds her nest and raises her young
at a place near your altar,
O Lord of Heaven's Armies, my King and my God!
- 4 What joy for those who can live in your house,
always singing your praises. *Selah*
- 5 What joy for those whose strength comes from the Lord,
who have set their minds on a pilgrimage to Jerusalem.
- 6 When they walk through the Valley of Weeping,
it will become a place of refreshing springs.
The autumn rains will clothe it with blessings.
- 7 They will continue to grow stronger,
and each of them will appear before God in Jerusalem.

Psalm 84 continued on next page...

- 8 O Lord God of Heaven's Armies, hear my prayer.
Listen, O God of Jacob. *Selah*
- 9 O God, look with favor upon the king, our shield!
Show favor to the one you have anointed.
- 10 A single day in your courts
is better than a thousand anywhere else!
I would rather be a gatekeeper in the house of my God
than live the good life in the homes of the wicked.
- 11 For the Lord God is our sun and our shield.
He gives us grace and glory.
The Lord will withhold no good thing
from those who do what is right.
- 12 O Lord of Heaven's Armies,
what joy for those who trust in you.

Ponder

1. Think about a time you experienced God's nearness.
What was that like for you?

2. How do you describe your current status with God: distant or near? How do you know when you are drifting away from God's presence? What are some things or habits that are preventing you from experiencing more nearness with God?

3. The Psalmist had such a profound passion to be near to God. What are some ways that you can develop this kind of passion?

4. What changes could you make to prioritize nearness to God during this next season of your life?

Pray

Dear God,

I want to be close to You. I get distracted, busy, or forget about You, but I know You haven't moved. You are always near. Help me experience Your presence today. Help me seek You in my ordinary moments. I want to find great joy and more strength in being with You. Even when life is hard, remind me that intimacy with You is what gives me peace and purpose. Keep inviting me into a deeper relationship with You, and help me pursue You with purpose and passion.

Amen.




Practice

Seek God this week. Pursue times and put yourself in places where you are near to Him. Here are some ideas:

1. Start your day with one honest prayer. Before checking your phone or jumping into your routine, take one minute to talk to God. Say what's really on your heart—even if it's just one sentence. This helps set your focus and reminds you that God is near.
2. Notice and name God's presence. As you go about your week, look for ordinary moments where God shows up—a conversation, a view, a quiet moment. When you notice them, pause and quietly thank Him for being near.
3. Recommit your time and attention. Ask yourself: What habits are pulling me away from God? This week, choose one small change—maybe spending less time scrolling, or not listening to a podcast during your commute and playing worship music instead—to gently redirect your attention toward Him.

These practices aren't about doing more, but about becoming more aware that God is already near, waiting to be with you.

*Drawing near to
God is another way of
posturing ourselves to be in
His presence.*



WEEK 6 July 6-12

Refuge

Faith is not about dodging pain, but finding refuge in God's protection in the midst of hardship.

Prepare

Psalm 91 was written for people facing danger, fear, and uncertainty—people like you. At its heart, this Psalm offers a powerful promise: God is a place of safety. He is our refuge.

The writer of Psalm 91 isn't pretending life is easy. There's talk of deadly disease, terror at night, and attacks that seem impossible to survive. But through all of it, one message rings loud and clear: when you stay close to God, He becomes your shelter. He doesn't promise trouble will never come—but He

does promise to be with you in it, to protect you and bring you peace that doesn't depend on your circumstances.

As you read this Psalm, remember that it's not about trying harder or proving your faith. It's about learning to rest in the God who is strong when we are weak, steady when we are anxious, and faithful when we are unsure. It's an invitation to stop running and find refuge in the One who won't let us down.

Peruse – Psalm 91

- 1 Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- 2 I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."
- 3 Surely he will save you
from the fowler's snare
and from the deadly pestilence.
- 4 He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- 5 You will not fear the terror of night,
nor the arrow that flies by day,
- 6 nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.

Psalm 91 continued on next page...

- 7 A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- 8 You will only observe with your eyes
and see the punishment of the wicked.
- 9 If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,
- 10 no harm will overtake you,
no disaster will come near your tent.
- 11 For he will command his angels concerning you
to guard you in all your ways;
- 12 they will lift you up in their hands,
so that you will not strike your foot against a stone.
- 13 You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
- 14 "Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.
- 15 He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
- 16 With long life I will satisfy him
and show him my salvation."

Ponder

1. What images of protection are used in this Psalm?

2. When have you experienced God's protection in your life? How does God often protect us in unseen ways?

3. What do you need refuge from right now? How does God's promise of protection encourage you in current trials?

4. What would your week look like if you lived fully aware of God's covering?

Pray

Dear God,

You are my refuge. When life feels heavy, when fear creeps in, or when I feel worn down and uncertain, remind me that I can always run to you. You are my safe place—in sorrow and in joy, in pain and in health. Thank you for covering me with your protection, even in the moments I don't see it. Help me to rest in you, not trying to fix everything on my own, but trusting that you are close and faithful. Whether I feel strong today or barely hanging on, be the refuge I return to. Teach me to live each day aware of your sheltering presence.

Amen.

Practice

Seek to find refuge in God this week, regardless of whether you need a little refuge or a lot of refuge. Here are some ideas:

For those in pain:

1. Read Psalm 91 out loud each morning or evening. Let the words become a reminder that God is with you and for you, not against you.
2. Write down your fears or what is weighing you down, and then pray over them, slowly giving each one to God.

For those experiencing a season of health:

1. Invest in someone else who may need a reminder of God's refuge—send a note of encouragement, offer a listening ear, or pray for them.
2. Pause in a peaceful moment several times this week and acknowledge, "This calm is a gift, and God is my refuge in every season."

For those in the middle—doing well but carrying some stress or uncertainty:

1. Choose one verse from Psalm 91 to memorize this week. When anxiety rises or during everyday moments, recite this verse to re-center your heart on God's protection.
2. Light a candle or find a quiet space in your home where you can sit for a few minutes, surrender your thoughts, and mentally picture yourself under God's wings—safe, cared for, and not alone.

No matter where you're starting from, remember: refuge isn't only for the hardest days. It's a daily invitation to trust, rest, and dwell in the shelter of the Most High.

WEEK 7 July 13-19

Worship

Worship God rather than the idols of the world.

Prepare

Psalms 115 is a powerful reminder that God alone deserves our praise and trust. It was likely written at a time when Israel was surrounded by people who worshiped idols—objects made by human hands that could not see, hear, or help. This Psalm contrasts those lifeless idols with the living and faithful God of Israel. It helps

explain the difference between false gods and the true God who loves, protects, and blesses His people. Psalm 115 encourages us to give God the glory, to trust Him in all things, and to remember that He is always faithful, even when the world around us looks elsewhere for help and hope.

Peruse – Psalm 115

- 1 Not to us, O Lord, not to us,
but to your name goes all the glory
for your unfailing love and faithfulness.
- 2 Why let the nations say,
“Where is their God?”
- 3 Our God is in the heavens,
and he does as he wishes.
- 4 Their idols are merely things of silver and gold,
shaped by human hands.
- 5 They have mouths but cannot speak,
and eyes but cannot see.
- 6 They have ears but cannot hear,
and noses but cannot smell.
- 7 They have hands but cannot feel,
and feet but cannot walk,
and throats but cannot make a sound.
- 8 And those who make idols are just like them,
as are all who trust in them.
- 9 O Israel, trust the Lord!
He is your helper and your shield.

Psalm 115 continued on next page...

- 10 O priests, descendants of Aaron, trust the Lord!
He is your helper and your shield.
- 11 All you who fear the Lord, trust the Lord!
He is your helper and your shield.
- 12 The Lord remembers us and will bless us.
He will bless the people of Israel
and bless the priests, the descendants of Aaron.
- 13 He will bless those who fear the Lord,
both great and lowly.
- 14 May the Lord richly bless
both you and your children.
- 15 May you be blessed by the Lord,
who made heaven and earth.
- 16 The heavens belong to the Lord,
but he has given the earth to all humanity.
- 17 The dead cannot sing praises to the Lord,
for they have gone into the silence of the grave.
- 18 But we can praise the Lord
both now and forever!

Praise the Lord!

Ponder

1. Here are some modern forms of idolatry: entertainment, technology, materialism, political ideology, sports, comfort, control, and self-image. Which of these compete with God for the primary place in your heart?

2. What practical steps can we take to examine our hearts for false gods? How does idolatry distort our identity?

3. In what areas of your life is it difficult for you to trust God alone?

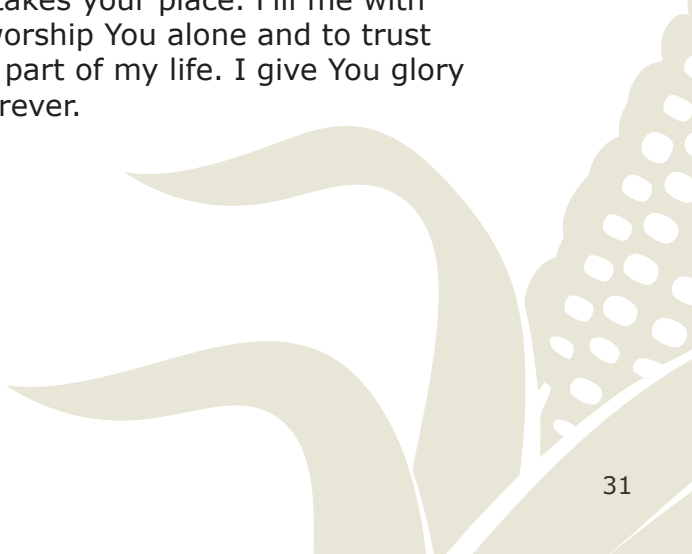
4. What does this psalm teach us about God’s power and trustworthiness? What would it look like to remove idols and replace them with God-focused worship?

Pray

Dear God,

Thank You for being the only true and living God. Help me to recognize the things in my life that have become idols—stuff I have trusted or valued more than You. Forgive me for putting other things above You. Help me to see and turn away from anything in my life that takes your place. Fill me with a desire to worship You alone and to trust You in every part of my life. I give You glory today and forever.

Amen.





Practice

Seek to worship God this week and remove idols that are a barrier between you and Him. Here are some ideas:

1. **Identify** one area in your life that may be an idol—something you are trusting more than God—and take a specific step to loosen its grip. For example, if it's technology or social media, try taking a break for one day and use that time to connect with God instead.
2. **Invite** accountability by discussing what you're learning with a friend or family member. Ask them to pray with you and encourage you to keep God first.
3. **Invest** in another person. Encourage or serve someone this week. Shifting your focus away from yourself toward others can help you worship God through your actions.

*Idolatry happens when we take
good things and make them
ultimate things.*

-Timothy Keller

WEEK 8 July 20-26

Unity

God delights in the unity of His people, and such harmony brings spiritual blessing, refreshment, and a powerful witness to the world.

Prepare

Psalm 133 is a short but powerful psalm that celebrates the beauty of unity among God's people. King David wrote this pilgrimage song as one of the Songs of Ascent. God's people would sing this as they traveled to Jerusalem for worship festivals. This Psalm employs rich imagery to describe the

goodness and pleasantness of living in harmony, comparing it to sacred oil and refreshing dew—symbols of blessing and life. Psalm 133 reminds us that unity is not only desirable, but it is also a gift from God that leads to His blessing. It encourages believers to pursue peace and togetherness, especially within the community of faith.

Peruse – Psalm 133

A song for pilgrims ascending to Jerusalem. A psalm of David.

- 1 How wonderful and pleasant it is
when brothers live together in harmony!
- 2 For harmony is as precious as the anointing oil
that was poured over Aaron's head,
that ran down his beard
and onto the border of his robe.
- 3 Harmony is as refreshing as the dew from Mount Hermon
that falls on the mountains of Zion.
And there the Lord has pronounced his blessing,
even life everlasting.

Ponder

1. What attitudes or behaviors are unity killers in a family, workplace, or church?

2. How can we disagree with grace and maintain unity?
What role does humility play in fostering unity?

3. When have you personally experienced powerful Christian unity?
What was that like?

4. How does our unity serve as a witness to the world?

5. How can you contribute to greater unity in your family, church, or community?

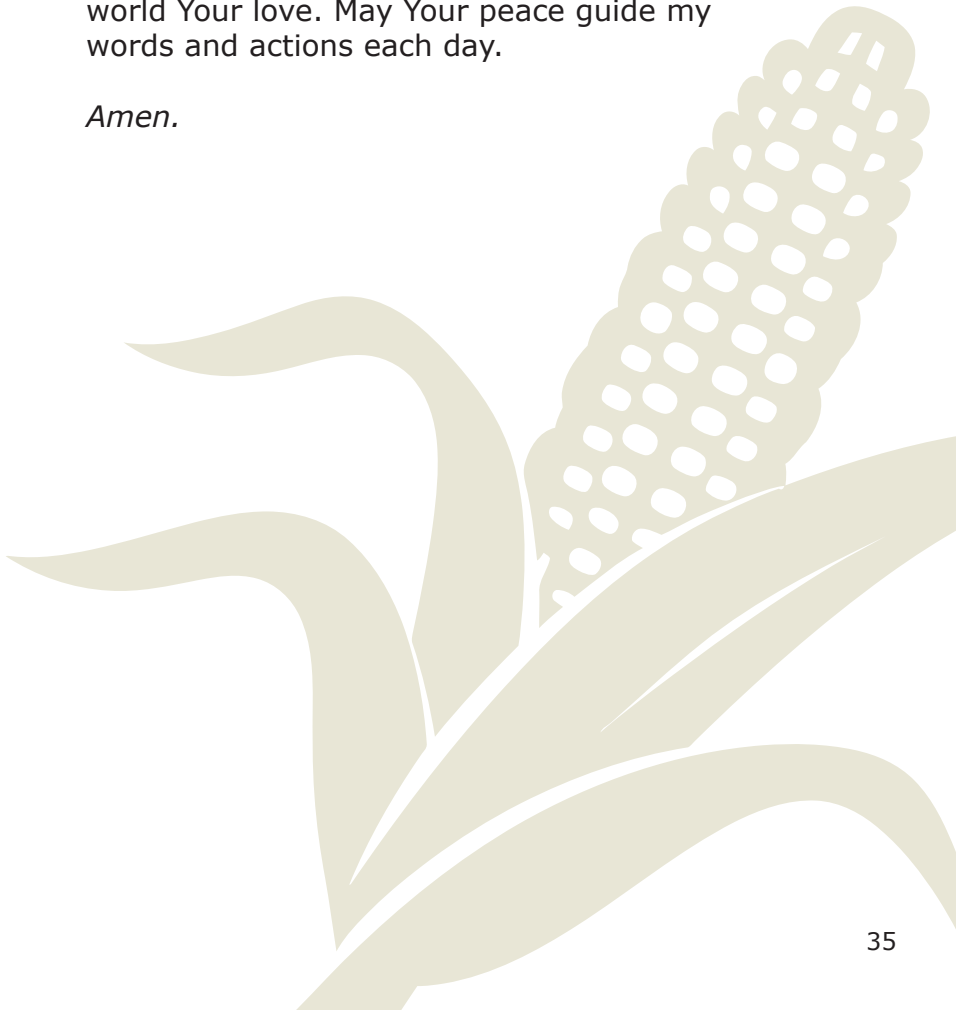


Pray

Dear God,

Thank you for showing me the goodness and pleasantness of unity. Help me to live in harmony with the people around me—in my home, my church, and my community. Give me a humble heart and teach me to listen, forgive, and love others well. When disagreements come, help me respond with grace. Use the unity in my life to show the world Your love. May Your peace guide my words and actions each day.

Amen.





Practice

Living in unity doesn't mean we always agree, but it does mean we choose love, grace, and peace in how we treat each other. Here are some simple ways to pursue unity this week:

1. Speak words that build others up instead of tearing them down. Practice encouragement intentionally each day.
2. Pray for someone you struggle to get along with. Ask God to soften your heart and bring peace to the relationship.
3. Be quick to listen and slow to speak when disagreements arise. Try to understand before seeking to be understood.
4. Look for opportunities to forgive someone or ask for forgiveness. Unity grows when pride gives way to humility.

By taking small, faithful steps, you can help create harmony in your home, workplace, and place of worship—bringing refreshment to others and glory to God.

*Alone we can do so little;
together we can do so much.*

-Helen Keller



WEEK 9 July 27-31

Resemble Our lives are best lived resembling Jesus.

Prepare

Psalm 141 is a personal prayer from David as he seeks God's help to remain faithful in the face of temptation and pressure from others. David asks God to guard his words, guide his choices, and protect him from evil. This Psalm offers a powerful example of how to remain close to God when tempted to compromise

or conform to the crowd. As you read, notice David's desire for integrity and his confidence that God hears and answers. Psalm 141 reminds us that we can turn to God for strength and direction, even in difficult moments. Let this Psalm encourage you to seek God's help to resemble Jesus daily.

Peruse – Psalm 141

A psalm of David.

- 1 O Lord, I am calling to you. Please hurry!
Listen when I cry to you for help!
- 2 Accept my prayer as incense offered to you,
and my upraised hands as an evening offering.
- 3 Take control of what I say, O Lord,
and guard my lips.
- 4 Don't let me drift toward evil
or take part in acts of wickedness.
Don't let me share in the delicacies
of those who do wrong.
- 5 Let the godly strike me!
It will be a kindness!
If they correct me, it is soothing medicine.
Don't let me refuse it.
But I pray constantly
against the wicked and their deeds.
- 6 When their leaders are thrown down from a cliff,
the wicked will listen to my words and find them true.

Psalm 141 continued on next page... 37

- 7 Like rocks brought up by a plow,
the bones of the wicked will lie scattered without burial.
- 8 I look to you for help, O Sovereign Lord.
You are my refuge; don't let them kill me.
- 9 Keep me from the traps they have set for me,
from the snares of those who do wrong.
- 10 Let the wicked fall into their own nets,
but let me escape.

Ponder

1. Are there any influences in your life right now that pull you toward spiritual compromise? What causes you to give in to these temptations? What are some ways you have been able to resist them?

2. How do you usually respond to correction or accountability from other Christians? How can it help you grow?

3. David prays for strength and guidance. How can you pray specifically in your current season of life to ask God for the same things? What was that like?



4. In what ways do you think you resemble Jesus well? In what ways do your thoughts, words, and actions not glorify God?

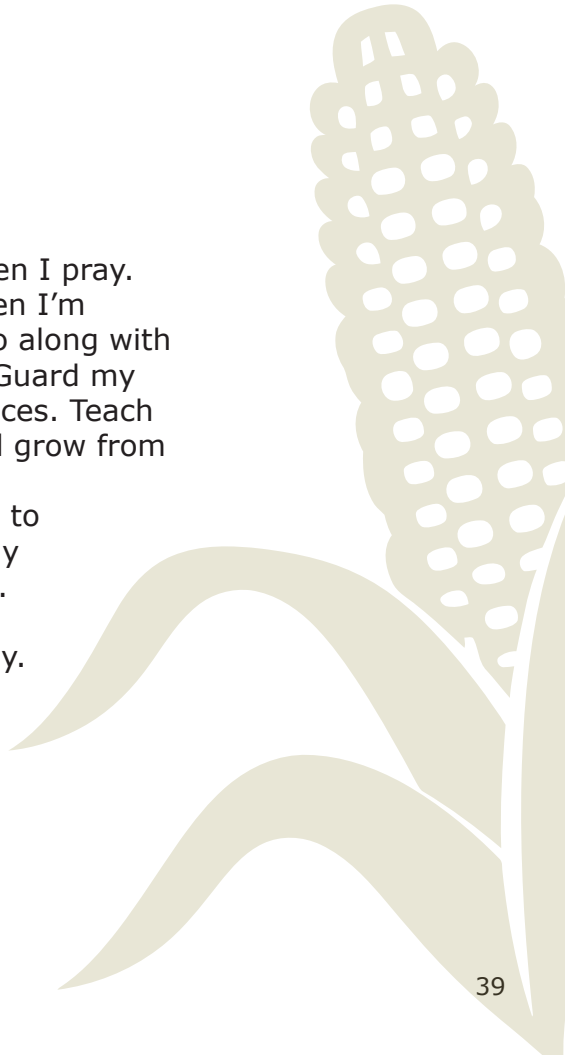
5. What would it look like to live more intentionally to resemble Jesus this week?

Pray

Dear God,

Thank you for hearing me when I pray. Help me stay close to You when I'm tempted or feel pressure to go along with things that don't please You. Guard my heart, my words, and my choices. Teach me to welcome correction and grow from it. Be my help and my refuge today and every day. Help me to look more like Jesus in the way I live, speak, and treat others. I need Your guidance and strength to follow You faithfully.

Amen.



Practice

Psalm 141 provides a helpful model for living a life that resembles Jesus—a life characterized by honesty, humility, and dependence on God. Here are a few simple, practical ways you can live out the truths from this Psalm during the week ahead:

1. Pay attention to the influences that shape your thoughts and actions. Keep track of what you are watching, listening to, or spending time on. Note which of these draws you closer to or farther from God?
2. Ask someone you trust to help hold you accountable in your walk with Christ. Give them permission to speak the truth in love, just like verse 5 encourages us to welcome correction from the godly.
3. Memorize verses 3 and 4 to remind you throughout the day to stay on the right path.
4. When you face a moment of temptation or pressure to conform to the crowd, pause and talk to God. He cares, He listens, and He will help you escape the temptation (verse 10).
5. Practice resembling Jesus in your words and choices, especially when it's difficult. Notice how it affects your relationships and your sense of peace.

As you live with intention this week, remember that God is your help and refuge. Keep turning to Him, just like David did, and trust that He will strengthen you to live a life that honors Him.



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