



7-Day Psalm Challenge

Rooted in Faith, Strengthened by Scripture

A simple way to dive deeper into God's 'Word' every day.

Stay Rooted in Christ.
Stand Firm.
Be Blessed.

Godly
Gear

Welcome to the 7- Day Psalm Challenge

We're so excited to have you join us for this 7-day journey through Psalms. Each day, we'll explore a different Psalm-taking a moment to pause, reflect, and apply God's Word to our daily lives.

You'll find:

- A Psalm to reflect on
- A challenge to inspire your day
- A prayer prompt to deepen your connection with God

 "Your word is a lamp to my feet and a light to my path." — Psalm 119:105

Let's stay rooted in His Word and grow in faith together. 

Day 1: Psalm 1- Rooted in God's Word

“Happy are those
who do not follow the advice of the wicked
Or take the path that sinners tread
or sit in the seat of scoffers,
But their delight is in the law of the Lord,
And on his law they meditate day and night.” — Psalm 1:1-2

Challenge for Today:

Take time today to meditate on God's Word. Let it be the first and last thing on your mind.

Prayer prompt:

Lord, help me find my delight in Your Word and stay rooted in Your truth every day. Amen.

Take 5 minutes to walk outside and thank God for His provision.

Day 2: Psalm 23-The Lord is My Shepherd

“The Lord is my shepherd, I shall not want. He makes me lie down in green pastures. He leads me by still waters.” — Psalm 23:1-2

Challenge for Today:

Take a moment to be still and reflect on God as your Shepherd.
Trust Him to lead and provide for you.

Prayer prompt:

Thank You, Lord, for leading me and guiding me through every season of life. Amen.

Call or text to a loved one whom you haven't talked to in awhile.

Day 3: Psalm 34-Seeking God's help

“I sought the Lord, and he answered me
and delivered me from all my fears.” —Psalm 34:4

Challenge for Today:

Bring your worries, fears, and anxieties to God. Trust that He will
hear and answer your prayers.

Prayer prompt:

Lord, I lay my fears at Your feet. Please deliver me from anxiety and
give me peace. Amen.

Close your eyes...listen...to the sounds around you

Day 4: Psalm 46—God Is Our Refuge

God is our refuge and strength, a very present
● help in trouble. —Psalm 46:1

Challenge for Today:

When life feels chaotic, remember that God is your refuge. Take refuge in Him today.

Prayer prompt:

God, be my refuge and strength in every situation. I trust in Your presence. Amen.

Close your eyes and take a deep breath. Think about what weighs you down. As you exhale, release it all to God.

A scenic view of a waterfall cascading over mossy rocks in a dense forest. The water is white and frothy as it falls, surrounded by lush green trees and foliage. The scene is peaceful and serene, with sunlight filtering through the canopy.

Day 5: Psalm 91-Under His Protection

“You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,” — Psalm 91:1

Challenge for Today:

Remind yourself that you are under God’s protection. Let this truth
bring you peace.

Prayer prompt:

Lord, thank You for Your protection and refuge. Help me to trust in
Your shelter. Amen.

Write down 5 things God has done for you.

Day 6: Psalm 103- God's Mercy and Love

The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.

—Psalm 103:8

Challenge for Today:

Reflect on God's endless mercy. How can you show mercy and grace to others today?

Prayer prompt:

Lord, thank You for Your endless love. Help me to show the same compassion to those around me. Amen.

Smile today, even if it's for a moment.

Day 7: Psalm 121- Our Helper

I lift up my eyes to the hills—
From where will my help come?
My help comes from the Lord,
who made heaven and earth. —Psalm 121:1-2

Challenge for Today:

When you face challenges, look to God as your help. Trust in His provision.

Prayer prompt:

Lord, thank You for being my help. I trust in Your ability to guide and protect me.

Allow someone to go in front of you in line at the store.

Congratulations on Completing the 7-Day Psalm Challenge!

Wow, you did it! By diving deep into God's Word, you've taken powerful steps to stay rooted in His love. We hope you've felt closer to God and more grounded in your faith.

As a special thank you, we want to offer you the newly published E-Book Thankful Hearts: Guided Hearts Through Biblical Wisdom to help you keep walking in faith.

Stay Rooted in Christ. Stand Firm. Be Blessed.

Godly-Gear~ Your Partner in Faith and Inspiration