

Day 1

The Lord is my shepherd, I lack nothing.

Psalm 23:1

The primary role of a shepherd is to care for, guide, and protect the flock, ensuring their well-being as they move. A good shepherd will scout the land, find lush pastures for grazing, and provide access to fresh water. They act as the eyes and ears for the sheep, always ready to defend against any danger. It's powerful to realize that this is who the Lord is for us—a shepherd. "I lack nothing" isn't just a hopeful phrase; it's a statement rooted in fact! With God as our Shepherd, we are fully provided for. So, rest in the green pastures He has prepared for you. Your Shepherd has everything taken care of and is working on your behalf.

Reflection: Find a quiet space to just breathe. Imagine yourself resting in nature, with God nearby as your shepherd. What needs are at the front of your mind?

Leave it to the Good Shepherd.

Prayer: Good Shepherd, thank you in you all my needs are supplied and I lack nothing. Fill my heart with peace as I trust you for my daily needs.

Day 2

The Lord is my fortress, protecting me from danger, so why should I tremble? Psalm 27:1



A fortress is intentionally built to protect. The best ones are reinforced, secure, and unshakable. They're designed to withstand attack and be a place of safety. So when Scripture says, "The Lord is my fortress," it's not just poetic—it's powerful. It means you're protected, surrounded, and held by something far stronger than you—by the one who doesn't crack under pressure. That makes David's question in Psalm 27 hit differently: "The Lord is my fortress... so **why should I** tremble?" God's not asking you to have it all together, He's asking you to lean on the one who does.

Reflection: Take a minute to meditate and imagine a massive fortress. What would yours look like? See yourself standing inside, safe.

Prayer: God, I thank you that you are steady even when life isn't. When I am overwhelmed, remind me that as long as I lean on you I don't have to be moved by what happens around me.



Day 3

He will cover you with his feathers, and
under his wings you will find refuge.
Psalm 91:4



There's a deep sense of closeness, warmth, and security when a mother hen shelters her chicks beneath her wings, protecting them from the elements. Under her wings, the young birds find safety, comfort, and rest—it's their home as they grow, learn to swim, and begin to navigate the world. That's God's promise to you today: He will cover you.

Even when it feels like you're floating alone, figuring out life and navigating young adulthood, remember this—while you're growing your wings and learning how to swim, you always have a place of refuge. You can always come back under His wings and rest.

Reflection: Find a moment this week when you face a tough task, and once it's done, pause and take a breath—rest under God's wing before continuing with your day.

Prayer: God I choose to rest under your wing, covered and safe. Keep me close as I grow into who you called me to be.

Day 4

God is our refuge and strength, an ever-present help in trouble.
Psalm 46:1

Everyone has that one person in their life—the ride or die. The friend you know you can call when you're in a bind, who will drop everything to show up and have your back. There's a deep comfort in knowing someone like that is just a phone call away. But the truth is, even that person might miss a moment or fall short—not because they don't care, but because they're human. Even our ride or dies need rest. That's why Psalm 46 is so powerful. It reminds us that God is our ever-present help—He doesn't miss a moment, He doesn't need to recharge. He's always with us, steady in every storm, reliable in every crisis.

Reflection: This week, when you're tempted to rely solely on your own strength (or someone else's), pause and pray. Invite your ride or die to show up and show out.

Prayer: God I thank you that you never miss a beat concerning me, I invite your presence to surround me even now. When I am overwhelmed, send the help I need.

Day 5

The Lord will watch over your coming and going, both now and forevermore.

Psalm 121:8

This Psalm reminds me of the way a parent might watch at the window—like a concerned mother or father peeking through the curtains, sitting up late in a robe, waiting to make sure you made it home safely. The kind of parent who comes outside to greet you in the driveway when you visit for the weekend. Their love compels them to be mindful of your every coming and going.

That's the kind of parent God is to us—constant, attentive, and full of love. From now until the end of time, His eyes are always on us, watching over us with care. Like a devoted parent, He ensures that we are protected, provided for, and never out of His sight.

Reflection: As you go into your weekend, pause for a moment and thank God for watching over you—reflect on where you've seen His care this week, and ask Him to guide your steps ahead.

Prayer: God I thank you for watching over me. You are a good, good father. Keep an eye as I go forth into the world and bless every step I take.