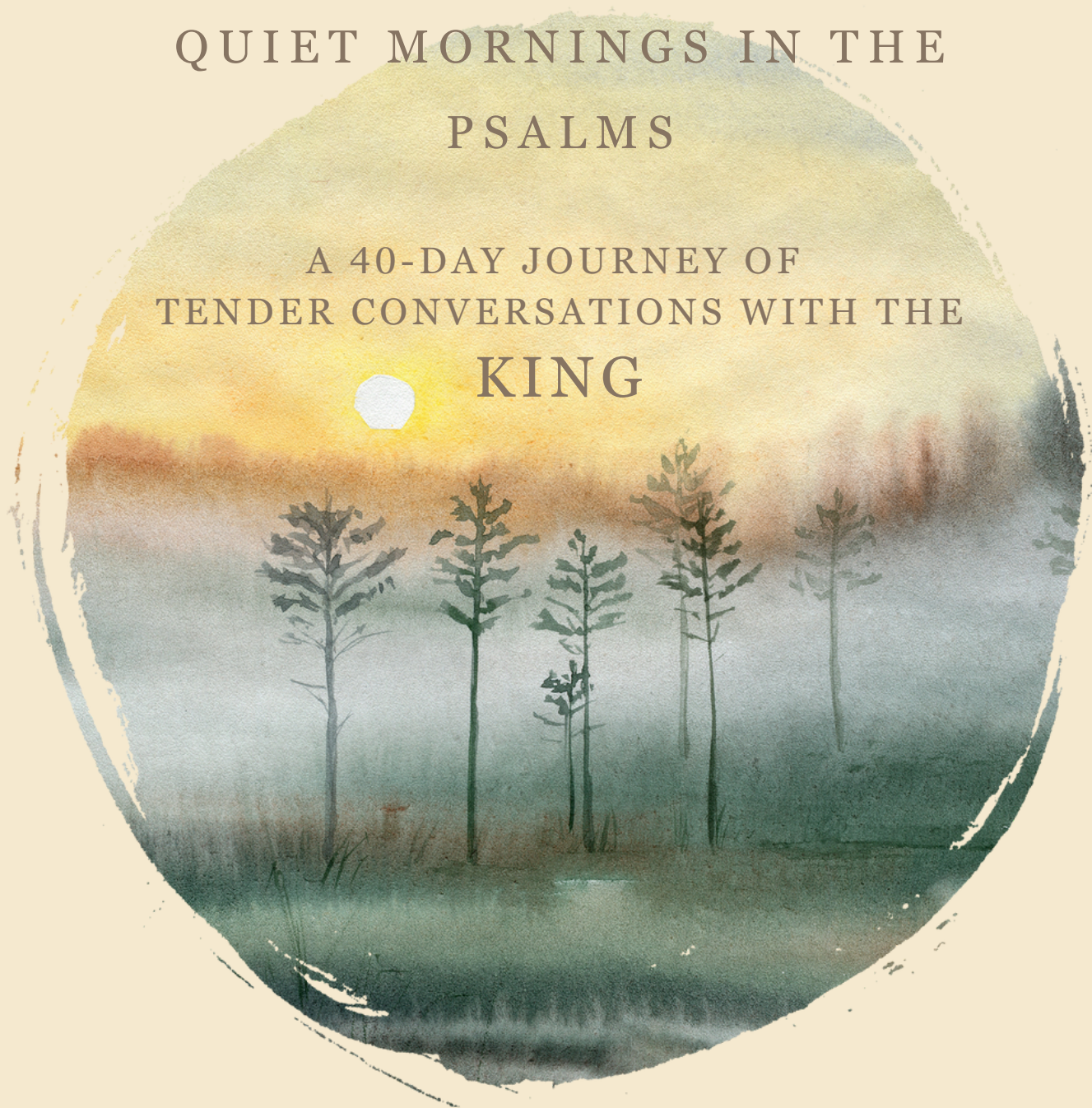


QUIET MORNINGS IN THE  
PSALMS

A 40-DAY JOURNEY OF  
TENDER CONVERSATIONS WITH THE  
KING



by Kimba Christian  
[www.Kimba4Christ.com](http://www.Kimba4Christ.com)

**PSALM 1:1–3, NIV**

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, but whose delight is in the law of the Lord, and who meditates on his law day and night.

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.







## DAY 1 – THE WAY OF THE ROOTED

**Read:** Psalm 1, Psalm 19, Psalm 24, Psalm 112

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**Theme:** Rooted in God's Word, Ready for His Presence

### **Prepare Your Heart:**

Begin by worshiping with one or more of the following songs:

·“Your Word” – Hillsong Worship ·“Speak” – Bethany Barnard  
·“Give Us Clean Hands” – Shane & Shane ·“Rooted” – Kingdom Culture  
Worship ·“Come and Find Me” – Jonathan Ogden

### **Reflect**

“Blessed is the one... like a tree planted by streams of water.” Psalm 1 begins with this image: rooted, steady, fruitful.

Psalm 19 carries it further. The Word revives the soul, makes wise the simple, rejoices the heart.

Psalm 24 asks: who may ascend the hill of the Lord? Only those with clean hands and pure hearts.

And Psalm 112 shows what it looks like to live that way, a life that is not shaken, not afraid, not greedy, but secure and generous.

The Word of God nourishes. The presence of God purifies. What might it mean to be both grounded and ready?

### **Study**

1. List the traits of the “blessed” person in Psalm 1 and Psalm 112. How do they compare?
2. In Psalm 19:7–11, the Word is described using rich metaphors (law, testimony, precepts...). Which one speaks to you most and why?
3. Psalm 24 asks who may stand before God. What kind of preparation is described?

### **Prayer**

Lord, make me like the tree in Psalm 1, anchored in Your Word, alive in Your presence.

Shape my heart to love what You say and long for where You dwell. Prepare me to stand before You with clean hands, not because of my work, but because of Your mercy.

### **Journal**

Where are your roots today? Are they deep, shallow, tangled, dry?

Write honestly about your relationship with God's Word.

What would it look like to become unshakable, not because of your strength, but because of where you're planted?