

THE WORSHIP SHELF

WEEK ONE | RETURN
TO THE
Word

WEEK 1 – RETURN TO THE WORD

DAY 1 – BACK TO THE BOOK

PSALM 1:1–3 (KJV)

READ IT SLOWLY

- Read Psalm 1:1–3 (KJV) out loud once.
- Read it again, more slowly, and notice what words or phrases “catch” your attention.
- Mark or circle in your Bible: **walketh not - standeth not - sitteth not - delight - meditate - bringeth forth fruit - prosper**

Write any first thoughts, phrases, or questions below:

ROOTED OBSERVATIONS

WHAT I SEE

Write what the passage actually says—facts, phrases, and images.

WHAT I NOTICE

Write patterns, contrasts, or repeated ideas.

WHAT IT REVEALS ABOUT GOD

Write what this shows about His character, ways, or priorities.

ROOT CHECK

- Where have I been “planted” lately—near the Word or near other voices?
- What is one environment (voice, space, or habit) that may be pulling me away from the Word?

"Blessed is the man... his delight is in the law of the LORD." (Psalm 1:1–2, KJV)

SOAK WITH THE SCRIPTURE

TODAY'S PHRASE TO SOAK IN:

"...his delight is in the law of the LORD; and in his law doth he meditate day and night." (Psalm 1:2, KJV)

WHAT STOOD OUT

Write a word, phrase, or picture that stirred you, pricked you, or drew you in.

WHAT I HEARD

Write any whisper, nudge, or reminder you sensed as you sat with this verse.

"Blessed is the man... his delight is in the law of the LORD." (Psalm 1:1–2, KJV)

SURRENDER RESPONSE

CONFESS

"Lord, I admit that lately I have been planted near _____ instead of near Your Word."

RECEIVE

"Your Word says that the blessed life is rooted in delighting in Your law. Today I receive that as true for me."

WALK IT OUT

Today, by Your grace, I will move away from _____ and move toward _____ so I can be planted by Your Word."

CARRY THIS PHRASE TODAY

"like a tree planted by the rivers of water"

DAY 2 – MEDITATE DAY AND NIGHT

READ IT SLOWLY

- Read Joshua 1:8 (KJV) out loud once.
- Read it again, slowly, and notice the order of the words.
- Mark or circle in your Bible: **book of the law · mouth · meditate · day and night · observe to do · prosperous · good success**

Write any first thoughts, phrases, or questions below:

ROOTED OBSERVATIONS

WHAT I SEE

Write what the verse actually says—commands, promises, and conditions.

WHAT I NOTICE

Write patterns, order, cause-and-effect, or repeated ideas.

WHAT IT REVEALS ABOUT GOD

Write what this shows about how God ties His Word to courage, obedience, and success.

ROOT CHECK

- What usually fills my mind first thing in the morning and last thing at night?
- Where have I been hearing the Word but not observing to do what it says?

"...thou shalt meditate therein day and night..." (Joshua 1:8, KJV)

SOAK WITH THE SCRIPTURE

TODAY'S PHRASE TO SOAK IN:

"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night..." (Joshua 1:8, KJV)

WHAT STOOD OUT

Write the word or phrase that keeps echoing in your heart.

WHAT I HEARD

Write any instruction, encouragement, or correction you sensed as you lingered.

"...thou shalt meditate therein day and night..." (Joshua 1:8, KJV)

SURRENDER RESPONSE

CONFESS

"Lord, I confess that I have let _____ fill my mouth and mind more than Your Word."

RECEIVE

"Your Word says that as I meditate and obey, You will make my way prosperous and give good success. I receive this promise."

WALK IT OUT

Today, by Your grace, I will replace _____ with one simple way of meditating on Your Word (speaking it, writing it, or repeating it)."

CARRY THIS PHRASE TODAY

"meditate therein day and night"

"...thou shalt meditate therein day and night..." (Joshua 1:8, KJV)

WEEK 1 – RETURN TO THE WORD

PSALM 119:11 (KJV)

DAY 3 – HIDDEN IN MY HEART

READ IT SLOWLY

- Read Psalm 119:9–11 (KJV) once to see the full thought.
- Read verse 11 again, slowly, and linger over each phrase.
- Mark or circle in your Bible: **Thy word · hid · mine heart · not sin against thee**

Write any first thoughts, phrases, or questions below:

ROOTED OBSERVATIONS

WHAT I SEE

Write what the verse says about the Word, the heart, and sin.

WHAT I NOTICE

Write any connections to purity, choices, or inner life.

WHAT IT REVEALS ABOUT GOD

Write what this shows about God's desire to keep you from falling.

ROOT CHECK

- What have I been secretly storing in my heart—worries, offenses, or the Word?
- Where do my thoughts tend to run when I am alone or quiet?

"Thy word have I hid in mine heart, that I might not sin against thee." (Psalm 119:11, KJV)

SOAK WITH THE SCRIPTURE

TODAY'S PHRASE TO SOAK IN:

*"Thy word have I hid in mine heart, that I might not sin against thee."
(Psalm 119:11, KJV)*

WHAT STOOD OUT

Write the word or phrase that felt like it was spoken directly to you.

WHAT I HEARD

Write what you sensed the Lord showing you about what is hidden in your heart.

"Thy word have I hid in mine heart, that I might not sin against thee." (Psalm 119:11, KJV)

SURRENDER RESPONSE

CONFESS

"Lord, I confess that I have been hiding _____ in my heart."

RECEIVE

"Your Word is powerful to keep me from sin. I receive Your truth as my guard and protection."

WALK IT OUT

"Today, by Your grace, I will replace _____ with this verse, hiding Your Word in my heart on purpose."

CARRY THIS PHRASE TODAY

"Thy word have I hid in mine heart"

"Thy word have I hid in mine heart, that I might not sin against thee." (Psalm 119:11, KJV)

DAY 4 – LAMP FOR MY STEPS

PSALM 119:105 (KJV)

READ IT SLOWLY

- Read Psalm 119:105 (KJV) out loud.
- Read it again, slowly, and picture a small lamp in the dark.
- Mark or circle in your Bible: **lamp · feet · light · path**

Write any first thoughts, phrases, or questions below:

ROOTED OBSERVATIONS

WHAT I SEE

Write what this verse clearly says the Word is and what it does.

WHAT I NOTICE

Write any difference between feet and path—right now vs. long-term.

WHAT IT REVEALS ABOUT GOD

Write what this shows about God's care for your next step and your whole journey.

ROOT CHECK

- Where do I feel like I “can’t see what’s next” right now?
- Have I been waiting for full clarity instead of obeying the light I already have?

"Thy word is a lamp unto my feet, and a light unto my path." (Psalm 119:105, KJV)

SOAK WITH THE SCRIPTURE

TODAY'S PHRASE TO SOAK IN:

"Thy word is a lamp unto my feet, and a light unto my path." (Psalm 119:105, KJV)

WHAT STOOD OUT

Write the part of the verse that met you the most—lamp, feet, light, or path.

WHAT I HEARD

Write any next step, reminder, or comfort you sensed as you lingered.

"Thy word is a lamp unto my feet, and a light unto my path." (Psalm 119:105, KJV)

SURRENDER RESPONSE

CONFESS

"Lord, I confess that I have wanted to see the whole path before taking the next step."

RECEIVE

"Your Word is enough light for my feet and my path. I receive the light You are giving me today."

WALK IT OUT

"Today, by Your grace, I will take one step of obedience in the area of _____, trusting the light of Your Word."

CARRY THIS PHRASE TODAY

"a lamp unto my feet"

"Thy word is a lamp unto my feet, and a light unto my path." (Psalm 119:105, KJV)

DAY 5 – BREAD FOR MY SOUL

MATTHEW 4:4 (KJV)

READ IT SLOWLY

- Read Matthew 4:1–4 (KJV) once to see the scene in the wilderness.
- Read verse 4 again, slowly, as if Jesus is speaking directly to you.
- Mark or circle in your Bible: **It is written · bread alone · every word · proceedeth · mouth of God**

Write any first thoughts, phrases, or questions below:

ROOTED OBSERVATIONS

WHAT I SEE

Write what Jesus actually says about how we live.

WHAT I NOTICE

Write any contrast between natural bread and the Word of God.

WHAT IT REVEALS ABOUT GOD

Write what this shows about God's desire to feed and sustain your inner life.

ROOT CHECK

- When my soul feels empty or stressed, what do I usually run to first?
- Have I treated the Word like a snack instead of daily bread?

*"...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.
" (Matthew 4:4, KJV)*

SOAK WITH THE SCRIPTURE

TODAY'S PHRASE TO SOAK IN:

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." (Matthew 4:4, KJV)

WHAT STOOD OUT

Write the word or phrase that revealed your true spiritual appetite.

WHAT I HEARD

Write any invitation, warning, or comfort you sensed as you listened.

*"...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."
" (Matthew 4:4, KJV)*

SURRENDER RESPONSE

CONFESS

"Lord, I confess that I have tried to live on _____ instead of every word from Your mouth."

RECEIVE

"Your Word is the true bread for my soul. I receive Your Word as my necessary food."

WALK IT OUT

"Today, by Your grace, I will feed my soul by _____ (specific way you will take in the Word)."

CARRY THIS PHRASE TODAY

"every word that proceedeth"

DAY 6 – LET THE WORD DWELL

READ IT SLOWLY

- Read Colossians 3:12–17 (KJV) once to see the bigger picture.
- Read verse 16 again, slowly, paying attention to the word “let” and the word “dwell.”
- Mark or circle in your Bible: **word of Christ · dwell · richly · all wisdom · teaching · admonishing · psalms · hymns · spiritual songs**

Write any first thoughts, phrases, or questions below:

ROOTED OBSERVATIONS

WHAT I SEE

Write what this verse says the Word of Christ should do in you.

WHAT I NOTICE

Write where the Word is supposed to dwell, and how it overflows.

WHAT IT REVEALS ABOUT GOD

Write what this shows about God's desire for His Word to fill your whole life, not visit occasionally.

ROOT CHECK

- Have I treated the Word like a visitor (only in emergencies) or like a resident (welcome every day)?
- What is one rhythm, time, or space where I can “let” the Word dwell more richly?

"Let the word of Christ dwell in you richly in all wisdom..." (Colossians 3:16, KJV)

SOAK WITH THE SCRIPTURE

TODAY'S PHRASE TO SOAK IN:

"Let the word of Christ dwell in you richly in all wisdom..." (Colossians 3:16, KJV)

WHAT STOOD OUT

Write what stirred you—"let," "dwell," "richly," or something else.

WHAT I HEARD

Write what you sensed the Lord saying about your home, habits, or heart.

"Let the word of Christ dwell in you richly in all wisdom..." (Colossians 3:16, KJV)

SURRENDER RESPONSE

CONFESS

"Lord, I confess that I have given Your Word limited visiting hours in my life."

RECEIVE

"Your Word is welcome to live in me richly. I receive Your Word into every room of my heart."

WALK IT OUT

"Today, by Your grace, I will make space for Your Word to dwell by _____."

CARRY THIS PHRASE TODAY

"let the word of Christ dwell"

DAY 7 - REVIVED BY HIS WORD

WEEK 1 - RETURN TO THE WORD

PSALM 19:7-8 (KJV)

READ & REMEMBER

- Read Psalm 19:7-8 (KJV) slowly.
- Underline each effect of the Word: converting the soul, making wise the simple, rejoicing the heart, enlightening the eyes.

*"The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple: The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes."
(Psalm 19:7-8, KJV)*

THIS WEEK , I SAW GOD'S WORD...

CONVERT MY SOUL WHEN...

MAKEME WISE WHEN...

REJOICE MY HEART WHEN...

ENLIGHTEN MY EYES WHEN...

WEEK 1 REFLECTION

WEEK 1 SNAPSHOT

CONVICTED

Where I was corrected by the Word this week:

COMFORTED

Where I was comforted by the Word this week:

CHALLENGED

Where I was stretched by the Word this week:

CHANGED

One thing that is already shifting in me:

ANCHOR & CARRY FORWARD

MY ANCHOR SCRIPTURE THIS WEEK:

From all seven days, write the one verse reference that is gripping your heart most right now.

WHY THIS VERSE?

Where I was comforted by the Word this week:

RHYTHMS I AM TAKING INTO WEEK 2

STUDY: ONE WAY I WILL KEEP SCRIPTURE FIRST IN MY DAY IS...

SOAK: ONE WAY I WILL LINGER WITH THE WORD IS...

SURRENDER: ONE WAY I WILL YIELD MY DECISIONS TO THE WORD IS...

"The law of the LORD is perfect, converting the soul..." (Psalm 19:7, KJV)

