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Dannah Gresh

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A note from Dannah

Let's take the Holy Girl Walk. Again!

The Holy Girl Walk transcends the popular self-affirmation trends. Instead of focusing on ourselves, this daily discipline uses Scripture meditation to be more mindful of the omnipresence of God.

I initially embarked on the Holy Girl Walk alone, choosing to meditate on Psalm 91 to overcome anxiety. This simple practice transformed my life in unexpected ways. Not only did I find it easier to memorize Scripture, but I also felt an intimate connection with Jesus that I had never experienced before.

Inspired by this transformation, I invited others to join me on this journey. Thousands accepted the invitation and took their own Holy Girl Walks when I made Volume 1 available. (It's titled *Calm Anxious Thoughts: A 28-Day Bible Memory Guide to Psalm 91*.) The reports were overwhelming! From my hometown of State College, Pennsylvania, to the mountains of Nice, France—many women around the world experienced profound changes in their lives. They found peace, strength, and a deeper connection with God.

The essence of the Holy Girl Walk is living in the presence of God, a concept known as *Coram Deo*. This is the constant awareness of His presence and protection in every aspect of life. When you walk with this awareness, you face life differently. You flourish.

I've chosen Psalm 92 for our next Holy Girl Walk because I'm deeply concerned that many in the Church are not flourishing. Instead, they are floundering. But the whole point of being in the presence of God is to live as overcomers. The promise of the Scriptures is that we can be fruitful no matter our circumstances.

Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit. (Jer. 17:7–8)

I invite you to join the Holy Girl Walk and discover the transformative power of living in God's presence. Together, we can flourish through Him.

Coram Deo,

Dannah

P.S. Invite a friend to join you for added support and encouragement!

How to Do the Holy Girl Walk

I invite you to give the Holy Girl Walk a try with me for twenty-eight days!

You can do it like I did, walking and meditating every single day, or spread it out over a longer period of time, if you like. Take it at the pace that works best for you.

Here's how the life-changing Holy Girl Walk works!



Study the same chapter of a book of the Bible each day. Use my easy-to-use **study guide** to help you meditate.



Walk every day while you memorize. (I've produced a five-minute **daily podcast** to get you started!)



While you're at it, grab a **water bottle** and hydrate! What's good for your body is good for your soul.

You'll need about one hour each day to do this well.

Make this experiment your own. Customize it to your own learning style and personality, as well as your physical abilities. Here are a few ideas to enhance your experience.



Listen to It!

I created some podcast tools to help you. These include:

- An audio file of me reading Psalm 92
- The Holy Girl Walk podcast - meant to be listened to in your first five minutes of walking each day (**Season 2: Made to Flourish available at dannahgresh.com**)



Write It!

I've provided space in this booklet for you to write the verse (or verses) of the day. Use this if it's helpful. Skip it if it's not. At the end, you'll find two pages where you can write all of Psalm 92 from memory.



Pray It!

When you don't know how to pray, the Psalms are a great tutor. Personalize the verses in Psalm 92 and lift them up to God as prayers.



Post It!

You might consider writing the verse or prompts on a sticky note and placing it where you can see it throughout the day. (I actually wrote the first letter of each word on my forearm each day so I could occasionally get a prompt when I got stuck while I was walking!)



Share It!

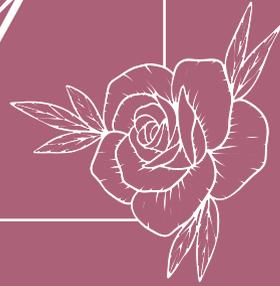
Ask a friend to take the Holy Girl Walk with you. Accountability is staying power. I'm especially blessed when I hear about mom+daughter or grandma+granddaughter pairs walking and memorizing together. There's no age that doesn't benefit from meditation on God's Word.

You can also connect to other walkers through my Instagram page. There, you can find my pinned Holy Girl Walk stories. (It's one of the little circles under my profile.) Read the testimonies of others and share your own.

 Find me at [dannah_gresh](https://www.instagram.com/dannah_gresh)



Week 1





Holy Girl Walk Day 1

Memorize Psalm 92:12

Note: I've decided to start our memory work at the end of Psalm 92 because it will set up the theme of flourishing for us.

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Psalm 92

“(Shalom) means complete reconciliation, a state of the fullest flourishing in every dimension—physical, emotional, social, and spiritual—because all relationships are right, perfect, and filled with joy.”

Pastor Tim Keller

Days before I began writing this... I was walking on a vast fortress wall in Italy with friends. Just below us was the Victorian-era Botanical Gardens of Lucca, established in 1820. The place is a hidden gem where you can wander through lush, vibrant landscapes, discover rare and exotic plants, and relax by picturesque ponds in a peaceful, historic setting. Towering above the canopy of all the other trees in the gardens is one planted in 1822, a rare cedar of Lebanon measuring in at 72 feet. *What a wonderful place to learn about flourishing*, I thought, recalling that Psalm 92 mentions one of these magnificent giants.

Alas, my travel companions had no interest in paying four euro to look at plants. The sweltering heat was causing visions of gelato to dance in their heads.

We pressed on and soon came to the city's aged aqueduct system, also built in the 1800's. The cold, stark stone walls, cracked and dry from years of weathering, rippled with the movement of water. Amidst the cracks, the happiest little flowers—white and yellow daisies—peeked out at me, seeming to sing, “*This is flourishing.*”

And so it is.

Today, you're going to start learning, as I did in Lucca, that God's definition of flourishing is much different than ours.

How does Psalm 92 describe the righteous?

One definition of flourish is to grow and develop in a favorable environment. (For example, like a tree planted in a botanical garden where the conditions are just right and the care is meticulous.) But God's plan is more magnificent.

A biblical understanding of flourishing invites us to grow and bloom even in the harshest of circumstances so that we

In the Holy Girl Walk podcast for season 2, I'll extrapolate some interesting things about palm trees and cedars of Lebanon. And for my younger walkers (under 12), I've prepared a mini-season of the True Girl podcast, and it's all about Psalm 92:12. You'll find it at mytruegirl.com, and it's titled Flourishing Forests.

I love the imagery of robust, enduring trees to illustrate the strength, resilience, and fruitfulness of the righteous. The palm tree symbolizes our triumph over the hurricane-strength storms of this life and fruitfulness. The cedar of Lebanon represents strength, stability, and the ability to grow no matter our circumstances.

can spread God's glory throughout the earth, much like the daisy blooming in the cracks of a stone wall. That's the definition we'll learn to live out as we memorize Psalm 92.

Rewrite our definition of flourish below.

How does the imagery of two specific trees, the palm and the cedar of Lebanon, help convey the idea of flourishing in this manner?

Is your life right now like a botanical garden? Or is it more like a dry, cracked stone wall? More importantly, are you flourishing there in that place? Take time to write about it at length below. We'll come back to this on your last day of study to compare how you're feeling.

I've got to say, many pieces of my life feel like a botanical garden. I was raised by a family that's stable and spiritually healthy, and I'd like to think that the beautiful yet imperfect family my husband Bob and I have nurtured would say the same. My career as an author and speaker has been surprisingly blessed by the Lord. And, as mentioned, I'm on vacation!

But on the first day of this trip, Bob and I received some news that felt like a horribly cracked stone wall. We're normally adaptable leaders who call others to charge on in faith. This one, however, has left us breathless and at a loss for what to do next. In fact, we're a bit embarrassed and unsure what to say to others about this unexpected twist in our journey of life. I cannot tell you if I am thankful for this vacation, which gives me pause to think and pray, or if I want to just get on a plane and go home. (I did price tickets!)

It's easy to let sentences like these run through my head:

- "This one's too big for you." (Translation: "This one's too big for God.")
- "If only I had _____, this might not have happened."
- "What will people say?"
- "Why, God!?"

It seems I'll be writing this study as I live it out on the hot pavement of life. But I'm not the only author who has wilted a bit under harsh thoughts when hard times hit.

Read Psalm 42:3, 9-10. What sentences played in David's head?

What are some of the negative sentences you hear when difficulties arise?

After our bad news came, Bob texted this to our family: "Some people believe it's more inspirational for leaders to never waiver in a season of vision, but I don't think that's a fair representation of the refinement and sharpening that is produced in a community when they face a difficulty." Then, Bob pointed our little clan to Scripture.

Read 2 Corinthians 4:7-18. Write a list of all the ways the difficulties you are facing might be useful. Circle the most important one.

Bob ended his text to our family with this: "Something truly God-ordained requires the painful clarity that 'this power is from God and not ourselves.'" This is the most important thing.

I always seem to need to remind myself: *It's not about me. It's about Him.*

The daisies blooming in a crack gave me pause to remember that I have a choice in this hardship. Will I crumble like an old rock or bloom in the cracks of one as I cling to the Rock of Ages?

I think I'll just cling a bit, starting with Psalm 92. Hope you'll hang in there with me. We just might bloom where we're planted!

What do you hope to experience in the next twenty-eight days?

Now, let's begin to walk through Psalm 92 together.

Begin by writing Psalm 92:12 below.



Today, you will meditate on and memorize Psalm 92:12.

Before you go, let's establish your personal goal, in terms of steps or minutes.

May I suggest a minimum of thirty minutes and/or 3,000 steps? I aim for forty minutes a day and about 6,000 steps.

If you are not physically able to take a long walk, consider two or three short walks each day.

Write your personal goal below.

| |
|------------------------|
| My daily walking goal: |
| |

I find I am most successful if I schedule a discipline like this into my life. Otherwise, I make excuses for not doing it. Write down when you intend to walk each day, giving yourself grace for when your schedule mandates a shift.

Write your default walking time below.

| |
|----------------------|
| I will walk: |
| |

Okay, let's go! Lace up those walking shoes and take the Holy Girl Walk. Simply meditate and memorize as you walk. You may invite me to join you for the first five minutes by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 1



While you cool off and hydrate, answer these questions:

What did you observe about Psalm 92:12 as you walked?

See you tomorrow. Together, we'll discover that the actions you take today will equip you to flourish in trials yet to come.

Extra Notes

/ /



Holy Girl Walk Day 2

Memorize Psalm 92:13

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Psalm 1

“Where you are planted now determines how you fare and whether you thrive and flourish over the long haul.”

Nancy DeMoss Wolgemuth

Psalms 1 and 92 contrast two kinds of people. Label the two columns below, making one for each type of person. Then, take a few minutes to write your observations about each based on both of these Psalms.

| | |
|--|--|
| | |
|--|--|

Look up Romans 3:23. According to this, who is righteous?

The good news of Jesus Christ is that through faith in Him, the One who died for sinners, we are declared righteous. Imagine it! By believing in Christ, who took our sin and gave us His righteousness, we are made righteous.

Verse 12 of Psalm 92 highlights two actions of the righteous. They flourish and grow. The Hebrew word used here, *yif-rach*, means “to bud.” The righteous are able to bud even in places of devastation. Why? It’s all about where they are planted.

You’ve just arrived at one of the most important secrets of a flourishing woman.

A flourishing woman is planted in the presence of God.

Psalm 92:13 references being firmly planted in a specific place. Where? Why does this matter?

Roots matter.

In August 2023, wildfires swept through Hawaii, causing \$6 billion in damages. The historic town of Lahaina on Maui’s northwest coast, with a population of about 12,000, was particularly devastated, resulting in the loss of at least ninety-eight lives and the destruction of 2,200 buildings, mostly homes. Amidst the ruins, a story emerged about a 150-year-old banyan tree in Lahaina’s center, known as “the heartbeat of the town.” Despite sustaining major damage, the community rallied to save it, pouring thousands of gallons of water on its roots. Weeks later, they were thrilled to see new leaves sprouting from the charred branches. The tree became “a symbol of hope” in a town facing a long recovery. Why? It was flourishing! It had good roots.

I imagine it wasn’t the first time that tree had been nurtured with thousands of gallons of water. It was planted in Lahaina, Maui, on April 24, 1873, by missionaries from India to commemorate the 50th anniversary of the first American Christians who came to share Christ’s love in that area. Initially eight feet tall, it slowly grew to about sixty feet with sixteen major trunks and a canopy covering 0.66 acres. It is the largest banyan tree in Hawaii and the United States. Just months before the fire, Lahaina celebrated the tree’s 150th anniversary despite severe stress due to drought conditions, soil compaction from foot and vehicle traffic in the park, and the development of the city around it. How did it make it through all of that? In times of hardship, the people of the city watered it.

The righteous are compared to a tree planted by streams of water in Psalm 1:3. What could that mean for us?

We can never overemphasize the importance of streams of water in our lives. They symbolize the sustenance and life that come from a close relationship with God. Just as our righteousness does not come from ourselves, neither does the strength of our roots. We require a constant supply of nourishment from God’s Word to be continually refreshed and strengthened. This ensures that our roots are readied for fires and storms.

Looking at both Psalm 92:12 and 13, let’s consider the roots of the palm tree. Based on what you know about where they live and the storms they sustain, what can you surmise?

The original readers of the Bible, predominantly Middle Easterners living in agricultural communities, were intimately familiar with palm trees. These trees grow delicious yellow fruits and have been symbols of life

and prosperity since ancient times. In fact, the Bible mentions palm trees thirty times. Understanding that “the righteous flourish like palm trees” meant recognizing the resilience and strength of these trees. To grasp this, we need to understand palm trees as they did.

The robust root systems of palm trees, which can spread wide and penetrate through concrete, give them incredible strength. This design helps them withstand severe tropical storms, hurricanes, and sandstorms common in their native regions. Unlike other trees, palms can bend with the wind without breaking. Why? Because their roots are so strong! In fact, they can even fold up like umbrellas as they bend to endure the storm’s force. This flexibility allows them to survive when other trees either topple over or have branches that snap off.

The lesson here is profound: God wants us to bend but not break when life’s storms hit. It’s not about ignoring challenges but adapting and enduring without losing our core strength. We can strive for this resilience in our lives, learning to navigate difficulties with grace and flexibility, just like the palm tree.

How do you need to apply this truth to your life today? Be specific. Write at least two action steps.

Now, let’s continue to walk through Psalm 92 together.

Begin by writing Psalm 92:13 below.



Today, you will meditate on and memorize Psalm 92:13.

You may invite me to join you for the first five minutes by listening to today’s episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 2**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:13 as you walked?

Be back tomorrow when we learn about two essential ingredients in the life of a woman who flourishes in every circumstance.

Extra Notes

/ /



Holy Girl Walk Day 3 Memorize Psalm 92:12–13

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

John 15:1–17.

“Not everyone who experiences trauma is traumatized.”

Dr. Victoria Gutbrod

David wrote Psalm 92. It is grouped into a section in the Psalms called Book 4, which includes chapters 90–106. They are considered a collection because they share the common theme of God’s sovereignty. Each reminds us to face the troubling circumstances of this world and our lives by looking at them through the lens of God’s ultimate reign and rule.

That’s not an easy thing to do. The world is severely broken—violence, hatred, unrest, war, vitriolic political messages, natural disasters, and trauma of many kinds plague us. We’re hurting as a result. Trauma is real. I have experienced it in my life and wrote about it in a book called *Happily Even After: Let God Redeem Your Marriage*. The title tells you a lot. Let’s just say, 70 percent of women whose husbands use pornography experience symptoms of PTSD, and I was one of them. I understand the pain and confusion trauma brings, whether it’s from betrayal, loss, abuse, or something else that has brought devastation to you. But I discovered something wonderful: 50 percent of people who suffer trauma also experience something called post-traumatic growth. These are the flourishers—the ones who choose to do the next right thing. They forgive, restore, recover, start again, and grow. They don’t choose the easy or comfortable path but the right one.

Unfortunately, many people today aren’t making the choice to flourish and grow. Our culture trains us to focus on trauma rather than the resilience and strength God has created within us to endure it. Trauma is undeniably real, but so is the healing power of Jesus.

In what area of your life do you yearn to experience Christ’s healing?

Today, I invite you to examine two essential ingredients of growing through difficulty. We read about them in John 15, but they are also nestled into verse 13 of Psalm 92.

Write the two places where righteous people are planted and flourish according to Psalm 92:13. Then, take a guess at what each of them might mean.

The “house of the Lord” refers to the temple, a sacred place where God’s presence was believed to dwell. In a broader sense, for Christians today, it represents the church and the community of believers. Being “planted” in the house of the Lord means having a firm and established place within God’s presence, which includes being nourished by worship and the Word of God. So, we are planted in the presence of God and the people of God. This second category is further supported when you consider the Scripture mentions the “courts of our God,” which refers to the outer parts of the temple where worshippers would gather. These courts were places of communal activity, prayer, and offerings. Flourishing in these courts symbolizes thriving in an environment overflowing with the support of a faith community. It means experiencing spiritual growth and vitality through regular engagement in worship and community life.

To be planted in the house of the Lord and flourish in His courts suggests a life deeply rooted first in His presence and then in fellowship with other believers. It implies that stability, growth, and fruitfulness come from remaining close to God and others who love Him.

Look at John 15:1–17. How do you see the importance of God’s presence and God’s people affirmed in these verses? List some specific things you must do to experience God’s presence, as well as some things you should do to enjoy His people.

Look at the heading or description just above Psalm 92:1 in your Bible. Write it below. What does this imply for us?

The Jewish Sabbath, known as Shabbat, is a day of rest and spiritual enrichment that begins at sunset on Friday and ends at nightfall on Saturday. Shabbat is a time for communal and family gatherings, prayer, and reflection, with various rituals and traditions such as lighting candles, sharing meals, attending synagogue services, and refraining from work and certain activities to focus on spiritual renewal and connection with God and community.

The fact that Psalm 92 is a Sabbath psalm underscores the importance of communal rest and gathering.

In what ways are you currently “planted” in your faith community? How does this impact your spiritual growth?

What steps can you take to become more deeply rooted in your relationship with God and your local church community?

I hope you will take those questions seriously. Many today are ignoring their need for Christian fellowship, and I see them wilting. You cannot flourish without God and His people. Think about that as you walk today.

Before you walk, write Psalm 92:12–13.



Today, you will meditate on and memorize Psalm 92:12–13.

Today is your first day to stack verses in Psalm 92. Meditate on these two as you walk today. You may invite me to join you for the first five minutes of your Holy Girl Walk by listening to today’s episode of the Holy Girl Walk podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 3



While you cool off and hydrate, answer this question:
What did you observe about Psalm 92:12–13 as you walked?

Be sure your time for walking is scheduled for tomorrow. We’re going to learn the secret to growing strong when you feel helpless in your circumstances.



Holy Girl Walk Day 4 Memorize Psalm 92:14

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Hosea 14.

“Flourishing is not doing more; it's becoming more like Christ.”

Susan Hunt

Write Psalm 92:14.

What observations do you have when you read this verse?

It's tempting to skip past this verse, especially if you're not approaching "old age." But there's something to learn here, even if you are young. So, let's slow down to learn about other things that might be growing as we age.

Recall Psalm 92:12. What imagery is used to describe the growth of a righteous person?

It is no mistake that the inspired author of Psalm 92, David, used this specific tree to exemplify the growth of a righteous person. In 1833, during a visit to Lebanon's high mountains, French poet Alphonse de Lamartine was captivated by the majestic cedar trees. He remarked that these cedars "know the history of the earth better than history itself." They can grow to heights of up to 115 feet and have diameters of 40 feet. But it takes a thousand years to get there.

The cedars of Lebanon are renowned for their slow and steady growth, which contributes to their impressive longevity and resilience. Typically, they grow only about ten to fifteen inches per year, while

others can grow up to twenty-four inches annually. The slow growth rate results in dense, durable wood that has historically been prized for construction and shipbuilding. It also allows the trees to develop extensive root systems, enhancing their stability to withstand the harsh environmental conditions in the high mountains of Lebanon. At altitudes between 3,300 and 6,500 feet, the pace of development allows them to thrive even in the well-drained chalky and rocky soils. For this reason, they are symbols of endurance and strength.

Take a moment to consider just how our culture discourages slow and steady growth of any kind. How might this hinder your patience for spiritual growth?

Now, reconsider Psalm 92:14. How does aging help us experience slow growth?

My friend and author, Susan Hunt, co-wrote a book titled *Aging with Grace: Flourishing in an Anti-Aging Culture*. It started with this question: *How could we be fruitful when we were increasingly giving up various responsibilities and activities we loved?* Susan shared how slowing down as she aged often made her feel useless.

Aging is not the only thing in life that makes us feel useless. Check any of the boxes below that make you believe the lie that it is impossible to flourish.

- My career isn't where I thought it would be by now.
- I'm struggling with chronic illness or pain.
- I feel overwhelmed by financial burdens and debt.
- My relationships are broken and seem beyond repair.
- I'm battling anxiety and depression every day.
- I can't seem to find my purpose or direction in life.
- I'm constantly comparing myself to others and feeling inadequate.
- I've made mistakes in the past that I can't seem to forgive myself for.
- I feel like I'm stuck in a cycle of bad habits I can't break.
- I'm surrounded by negativity and can't find peace.

These are all things that either slow you down or limit your ability to achieve goals. Thankfully, Psalm 92 teaches that flourishing isn't about constantly doing, going, and serving; it's about *being* more like Christ. And that requires slow and steady! Like any relationship that's developed over slow cups of coffee, long walks in the park, or years of building memories—your relationship with Jesus will happen slowly. (That's why I've loved the Holy Girl Walk. It establishes a rhythm for me of slow and steady time with Christ.)

As we go through different seasons of life, especially those that make us feel less useful, it's important to slow down and embrace them. Susan found that when she did that as she aged, she discovered a greater desire for righteousness. And remember, it is the righteous person who flourishes like a cedar of Lebanon.

How did your reading today in Hosea mirror some of the concepts we're learning about in Psalm 92?

If you have not been living righteously, Hosea 14 is an invitation for revival. Rewrite the first two verses as a prayer of repentance for anything in your life that is not righteous.

Before you go walking, can I just give a word of encouragement to bless our sisters in Christ who are older? We must be careful not to adopt the mindset of the world that devalues those who are aging righteously. Instead, we must honor them. God's Word does.



Today, you will meditate on and memorize Psalm 92:14.

Grab your walking shoes and get ready for a slow walk with Jesus. Meditate and memorize Psalm 92:14 today. You may invite me to join you for the first five minutes of your Holy Girl Walk by listening to today's episode of the Holy Girl Walk podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 4



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:14 as you walked?

You're going to be so blessed tomorrow as we begin to stack three verses of Psalm 92 on top of one another. And we consider what it means to be full of sap! (It's really good news.)



Holy Girl Walk Day 5

Memorize Psalm 92:12–14

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Jeremiah 17:1–18.

“There is no pit so deep, that God’s love is not deeper still.”

Corrie ten Boom

Corrie ten Boom—you’ve probably heard her name—was the author of the best-selling book *The Hiding Place*. It is one of my favorite books and tells the incredible story of how Corrie and her family hid Jews during World War II until they were betrayed, arrested by the Nazis, and imprisoned.

Corrie and her sister Betsie endured the horrors of the Nazi prison camp known as Ravensbrück. Despite the brutal conditions, these sisters maintained their faith and shared Christ’s love with fellow prisoners. They held secret Bible studies, prayed with the other women, and offered encouragement and hope. They were even thankful for the fleas in their barracks because they kept the soldiers out and enabled them to hide their most treasured and only possession: a Bible. They flourished in the most horrific of circumstances.

Though Betsy was taken home to be with the Lord before they were released, Corrie went on to share a worldwide ministry about Christ’s forgiveness and love. She was one fruitful woman!

Write Psalm 92:12–14.

Righteous people are fruitful. Consider what you learned about the way cedars of Lebanon grow. What conclusions might you draw about fruitfulness in the Christian life?

Cedar trees, known for their slow growth, take about thirty years to produce their first fruit. This is a painfully long time in the tree world. However, unlike most trees that die and decay relatively quickly, cedars continue to bear fruit for centuries!

What does it look like to be fruitful?

Fruitfulness can include many things, like hosting Bible studies, supporting missions work, or opening your home to express Christ’s hospitality. But let’s take a quick detour because all of these acts of service must be done with the right heart.

Read Galatians 5:22–23. List the fruit of the Spirit.

You can be like a cedar of Lebanon. Growing more and more fruitful with each passing year. Never failing to be fruitful. And I do mean *never*. Our focus verses and the Jeremiah bonus reading today both contain this promise. Jeremiah wrote that the person who trusts in the Lord “does not cease to bear fruit” (Jer. 17:8). And that includes seasons in our lives when we feel less capable.

At the age of eighty-five, Corrie ten Boom experienced the first of a series of strokes that left her paralyzed and unable to talk for the last five years of her life. Her longtime companion and caregiver wrote a book titled *The Five Silent Years of Corrie ten Boom*. It describes how God used Corrie even when she couldn’t speak. Bedridden and silent, she was still a powerful instrument of God’s grace through the ministry of silent intercession. Corrie communicated with her eyes to guests who visited her. Despite her inability to speak, people would leave her presence feeling refreshed and encouraged. God can use us in profound ways, even in our most silent and still moments.

The key? You’ve got to be a “sappy” woman!

What might it mean that a righteous woman is ever “green”? And what about being “full of sap?”

The evergreen nature of cedars symbolizes a life full of vitality and resilience. That’s pretty obvious, but there’s more to learn here when you consider this quality is paired with the sap of the tree. Sap is the sticky substance that sometimes seeps out of trees, which is a vital part of the tree’s life.

It's important to cedars of Lebanon for two reasons:

- Repelling insects
- Healing wounds

Let's talk about those insects for a moment. Did your grandma have a cedar closet? If so, you may remember the smell! The point of building it with cedar was to repel moths and other insects that could harm the contents. (In the United States, these are usually made of red cedar, which is a cousin to the cedar of Lebanon.) Your brain may recall the powerful scent. The aroma of wood comes from an incredibly complex chemical factory in trees that is constantly mixing and making molecules, turning sunlight, water, carbon dioxide, and minerals into all the "stuff" of wood. However, sap is a significant ingredient in the smell. The sap made the tree resistant to pests.

In addition, the sap of any tree heals wounds by covering and protecting gashes from fungus. It's kind of like a natural bandage that protects an opening in a tree while it heals. But beyond that, the sap of a cedar of Lebanon is so powerful that the Bible says it was used for purification rituals to heal lepers and protect people who were exposed to dead bodies!

How can these qualities of sap compare to our spiritual lives? Since the sap is used in the Bible to anoint the sick, and passages like Acts 19:1–6 encourage us to be anointed with the Holy Spirit, which gives us power and helps expose and heal spiritual sickness, could there be a connection?

Being "full of sap" could be a metaphor for a woman who is overflowing with the life-giving presence of the Holy Spirit. She may be aging or going through something difficult, but even there, she continues to find nourishment from the river of life—Jesus Christ (John 7:37–39).

And just as the sap heals the tree, the Holy Spirit acts as the lifeblood of our spiritual existence, drawing us closer to Jesus and healing our spiritual wounds. This not only sustains the tree but also symbolizes the Holy Spirit's essential role in our lives, enabling us to flourish and remain spiritually healthy.

I hope you are familiar with the Holy Spirit. Not simply from a studious perspective but from an intimate relationship. We'll come back to this topic when we study Psalm 92:10. For now, know that the Holy Spirit journeys with you with each step of your Holy Girl Walk.



Today, you will meditate on and memorize Psalm 92:12–14.

Meditate and memorize these three verses today. As you do, be sensitive to the prompting of the Holy Spirit. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 5



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:12–14 as you walked?

Tomorrow, we will consider why the Lord wants us to flourish in the first place. Be sure to come back.

Extra Notes

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Holy Girl Walk Day 6

Memorize Psalm 92:14–15

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Psalm 18:1–19.

“If my activity is human in origin, it will fail. If my activity is from God, nobody will be able to stop it.”

Daniel Henderson

Write Psalm 92:14–15.

What is the purpose of flourishing?

I read an article today that declared flourishing to be a buzzword. Why? Because a flourishing person apparently misses less work, experiences a sense of purpose, engages in hobbies they enjoy, lives a good life, and is respected by others.

All of those things are good, but they stop woefully short of the true purpose of flourishing. According to Psalm 92, the purpose of flourishing is to declare the greatness and faithfulness of the Lord.

What does it mean to “declare” something?

Declaring something goes beyond merely saying it; it carries a sense of authority, conviction, and purpose. When you declare something, you make a firm, confident statement intended to affirm or assert a truth,

often with the intention of making it known widely and unequivocally. It implies a public proclamation, often with the aim of inspiring belief or action in others.

“He is my rock,” declares Psalm 92:15. What does this imagery mean to you personally? How has God been that in your life?

When we say that God is our rock, we mean He is our unshakable foundation, our steadfast refuge in times of trouble. Not just “a” rock, but “ours”! It’s personal to us because we’ve known it and experienced it personally.

The last time I sensed that was just after I attended a Revive Our Hearts team prayer retreat. Daniel Henderson, an author who teaches what he calls worship-based prayer, facilitated us through a time of profound prayer. We put all our requests aside, and we simply focused on the greatness of God.

In his book *Transforming Prayer*, Daniel writes, “A worship-based approach fixes our heart first on the majesty of God, the person of Christ, the purity of His Word—and excites within us an appetite for Him. Our very motives for prayer are changed and elevated beyond anything merely earthly. Our heart is renewed with a longing for His glory.”

As we spent the better part of a day considering God’s righteousness, faithfulness, strength, wisdom, majesty, and all manner of magnificence, I felt the fears of this world fading. And my heart was brought to an understanding that “he is my rock” (Ps. 92:15).

And here’s the thing: I wanted to—no needed to—tell people! I found myself mentally and emotionally obligated to declare the greatness of God. Like the writer of Psalm 18, I felt like praying, “I love you, LORD, my strength” (Ps. 18:1).

This doesn’t happen with a passing glance at Scripture or a once-a-week worship experience. It occurs when we seek God’s face rather than His hand.

What does it mean to seek God’s face above His hand?

Here’s what Daniel Henderson says about that: “Worship-based prayer seeks the face of God before the hand of God. God’s face is the essence of who He is. God’s hand is the blessing of what He does. God’s face represents His person and presence. God’s hand expresses His provision for needs in our lives. I have learned that if all we ever do is seek God’s hand, we may miss His face; but if we seek His face, He will be glad to open His hand and satisfy the deepest desires of our hearts.”

As you take the Holy Girl Walk, I hope you are seeking God’s face. Walk with Him. Talk with Him. Just be with Him. This is the key that unlocks the door to a flourishing life.

Let’s get you walking in His presence.



Today, you will meditate on and memorize Psalm 92:14–15.

Meditate and memorize the last two verses of Psalm 92 today. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 6**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:14–15 as you walked?

Have you ever wondered why we suffer? I certainly have. Tomorrow, we’ll consider one possibility as it relates to declaring that God is our rock.



Holy Girl Walk Day 7

Memorize Psalm 92:12–15

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

James 1:1–18

“I think God wants to make me pure gold, so He is burning out the dross, teaching me the meaning of the fire, the burnt offering, the death of the self-part of me.”

Amy Carmichael

Rewrite Psalm 92:14–15.

What does it mean to declare that God is “upright” and that there is “no unrighteousness in him?”

You can trust God. He’s never going to do anything that is not right. This statement about God’s character finds its ultimate fulfillment in Jesus Christ. In the New Testament, Jesus is described as the perfectly righteous one. In John 14:6, Jesus says, “I am the way, and the truth, and the life.” Jesus embodies the sinlessness and moral perfection of God.

Why is it important to remember this when life is difficult?

As I’ve mentioned, I’m working on this memory guide as Bob and I walk through an unexpected twist in our journey. Something we felt God called us to do and that we have worked diligently on for nearly four years has gone awry in a relatively public manner. We are disappointed and sad and unsure of what to do next.

Have you been there?

This is suffering. Oh, maybe not the worst kind, but I think it qualifies. Elisabeth Elliot once said, "Suffering is having what you don't want or wanting what you don't have."

How might suffering be an important part of learning to "declare" that "the Lord is upright; he is my rock; and there is no unrighteousness in him." (Ps. 92:15)?

The palm tree endures hurricanes, and the cedars of Lebanon grow in rocky conditions. Can suffering possibly be an important ingredient in flourishing? If so, how?

A renowned psychologist and his colleagues once conducted significant research to differentiate between hedonic happiness (which is self-centered and pleasure-oriented) and eudaimonic happiness. The Greek term *eudaimonia* has no one-word translation in English. It could be best expressed as a combination of well-being, happiness, and thriving, and it is considered the ultimate goal of a human being.

At any rate, the researchers found that suffering and the presence of distressing events in a person's life were key variables that separated hedonic happiness from eudaimonic happiness. While hedonic happiness focuses on the pursuit of pleasure and the avoidance of pain, eudaimonic happiness involves a deeper sense of fulfillment that often includes experiencing and overcoming hardships. This aligns with our definition of flourishing.

It's interesting research, but James had it figured out long ago.

Having read James 1:1–18, how does James suggest we respond to trials and difficulties? And what are the outcomes of facing trials with a joyful attitude according to these verses?

What is the reward of a righteous response to trials according to James 1:12?

I would like to tell you that this crown would make people say, “Hey there, Queen!” It’s not. The “crown of life” mentioned here in James 1:12 (and in Revelation 2:10) refers to a victor’s wreath rather than a royal crown. The Greek word *stephanos* describes the reward given to winners in ancient athletic contests, like those in the Isthmian games held in Corinth.

Read 1 Corinthians 9:24–27. How does the metaphor the Apostle Paul writes about here add to your understanding of endurance in suffering?

The crown of life symbolizes the glory, blessing, and honor bestowed by God on the approved believer, who has lived righteously in this broken world. It is a crowning yet to come in the presence of God. If you’ve read much of my writing, you may know I love Amy Carmichael. She had every reason to feel discouraged by the suffering she experienced in life. In 1895, she moved from Ireland to South India and served there for fifty-five years without returning home. For the last twenty years, she was bedridden with debilitating pain from an accidental fall. Despite her suffering, she continued to lead the Dohnavur Fellowship, a haven for vulnerable children rescued from temple prostitution. I can only imagine the grieving she did as she helped those children heal!

Amy maintained joy amidst her struggles. She once beautifully said, “His brow was crowned with thorns; do we seek rosebuds for our crowning?”

As we wear our crowns in this life, we share in the suffering of our Lord and so become more intimate with Him. And through suffering, we experience God’s faithfulness firsthand, seeing how He sustains and supports us. As we endure and overcome challenges, our lives become living testimonies of God’s unwavering support and righteousness, fulfilling the purpose of flourishing as described in the Psalm.

Write a brief prayer, asking the Lord to be your rock in any suffering you may be experiencing right now, no matter how big or small.

May you truly discover how to embrace whatever crowning the Lord has ordained for your life. Time to walk!



Today, you will meditate on and memorize Psalm 92:12–15.

Before we go to the beginning of Psalm 92, we'll work on putting the last four verses in our memory bank! Meditate and memorize verses 12–15 today as you walk. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 7**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:12–15 as you walked?

Keep those walking shoes nearby and maybe warm up your singing voice. Tomorrow, we'll begin to see how praising God in song is the first habit of a woman who flourishes.

Extra Notes

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Holy Girl Walk Day 8

Memorize Psalm 92:1

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Acts 4:1–13

“The Scripture’s call to a flourishing life is not synonymous with having an easy life.”

Erin Davis

Now that we’ve examined the thesis of Psalm 92, we’ll return to the beginning and learn more about how to flourish.

Let’s review our definition: to flourish means to grow so that you can live on mission and sustain an outward focus for others, even in the harshest of circumstances, for God’s glory. The early church provides a vivid picture of flourishing despite being a persecuted and misunderstood minority. They grew and experienced joy regardless of their circumstances. They flourished!

In Acts 4, John and Peter are in less-than-ideal circumstances. They were in jail. Their crime? Praying for a lame man who was healed and able to walk! I’d say that’s cause for celebration, not punishment. But these two men flourish even as they carry this cross.

According to Acts 4:13, what happened in the minds of people who witnessed how John and Peter responded to their circumstances?

When I ask if you are flourishing, I am really asking this: *Do people recognize that you have been with Jesus?* I want you to complete your daily Holy Girl Walk and have people say, “She was with Jesus!” I want them to see a flourishing woman of God!

Psalm 92 is our tutor! It teaches us to live a flourishing life. In fact, it provides four steps or ingredients to help us to flourish. Now, God does not instruct or teach something unless it’s possible. Do you know what it means that He took the time to write you instructions to flourish? **YOU WERE MADE TO FLOURISH!**

Today, we will look at the second ingredient in the life of a flourishing woman. It was one the early church took very seriously.

At one point, Paul and Silas were imprisoned. Their crime was freeing a young girl of demonic bondage. These two early Church leaders were placed in an inner cell, and their feet were put into chains. What was their response, according to Acts 16:25? Would you have been doing the same thing if you were in jail for practicing your faith?

We're often tempted to sing based on our circumstances. And when they're not good, we don't lift our voices in song. The early church knew that to flourish, they had to sing—even in prison.

Write Psalm 92:1.

Today, we will examine our second secret to flourishing:

**A flourishing woman is planted in the presence of God.
A flourishing woman sings praise in every circumstance.**

Go back to where you wrote Psalm 92:1. Circle the word “good.” What does it mean that it is good to sing praises?

Singing praise songs isn't just a good thing to do; it's good *for you*—in ways that can even be measured on a CT scan. Here's what the data reveals about the power of living thankful.

Researchers have found that when we are thankful, a command center in our brain releases two chemicals: serotonin and dopamine. You've probably heard of them before—they're known as “the feel-good chemicals.” This same part of your brain controls your emotions, behavior, and higher-order thinking skills like focus and attention.

So, science has caught up with God's Word, showing that being grateful—an intentional choice not contingent on our circumstances—is beneficial for our bodies. As Christians, our gratitude is directed toward someone specific. We don't just send it out into the universe; we're grateful to God.

Return again to where you wrote Psalm 92:1. Circle the names the psalmist uses to address God. What does it mean that God is “Oh Most High?”

If you completed the Holy Girl Walk Volume 1, you know a lot about that name for God. In Hebrew, it is the term *Elyon*, meaning “upper” or “highest.” This is always our starting point for living a flourishing life! Instead of relying on circumstances, we trust in God as the “Most High.”

The first mention of Elyon in Scripture is in Genesis 14. During a massive international battle involving nine kings, Abram’s nephew Lot was taken captive. Amid this chaos, Abram called upon 318 of his “trained men” (Gen. 14:14), likely shepherds rather than soldiers, to rescue Lot. Imagine Abram telling them, “Put down your shepherd’s crook and do some push-ups, guys! We need to fight Kedorloamer, the fiercest king in our region, and his three allied nations.”

Abram could not rely on his army. The imprisoned apostles—Peter, Paul, John, Silas—could not rely on their government or politics. But they could rely on the God Most High.

Do you tend to rely more on God or more on circumstances in your life? What do you need to do to be more likely to rely on God Most High?

Okay, let’s get you walking. And singing. Today, as you start your Holy Girl Walk, begin with at least one song. You might just go a cappella, or you could stream a few of your favorite songs. Take note of how singing changes your emotions.

Let’s walk!



Today, you will meditate on and memorize Psalm 92:1.

Memorize and meditate upon the first verse of Psalm 92 as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 8**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1 as you walked?

When we study next time, I’ll share how God slowly but surely changed me from a night owl into a morning girl and why.

Scripture makes frequent mention of meeting with God in the morning. Below are a few of my favorites. Circle or underline where the first part of the day is mentioned.

I rise before dawn and cry for help; I wait for Your words.

(Ps. 119:147 NASB)

The Lord GOD has given Me the tongue of disciples, that I may know how to sustain the weary one with a word. He awakens Me morning by morning, He awakens My ear to listen as a disciple.

(Isa. 50:4 NASB)

In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.

(Ps. 5:3 NIV)

According to Psalm 90:14, praising God in the morning may help us to experience satisfaction in the Lord. There's something powerful about giving your heart to Jesus first thing in the morning. I've experienced that!

Once, when I was working on a book for college-aged women about getting lost in God's love, I felt God's Spirit speak to me: "I will release this book in you, but I want you to give Me your mornings." As a night owl, this was a challenge, so I asked for clarification. Through several friends, God showed me the power of giving Him the mornings.

Mike overcame alcoholism, finding strength through daily 4:30 a.m. devotions. Juli, a successful businesswoman, found true satisfaction in God after starting her mornings at 4:30 a.m. And Linda, whose gentle spirit I admired, revealed her secret was meeting with the Lord every morning at 4:30 a.m.

Seeing a pattern, I reluctantly tried to obey but struggled. My first draft of that book was rejected, and I confided to my editor what I sensed God had spoken to me. She prayed with me, and I pleaded with God for help.

Then, my daughter got a job requiring a 5 a.m. start time. I promised to get up with her at 4:30 a.m. daily. God's timing was perfect.

When I began to get up early and spend time with the Lord, the writing flowed later in the day. And my relationship with God was deepened in a beautiful way. Though I'm prone to ups and downs, I seem to lead a happier, more fruitful life when I maintain the habit of being with God early in the morning. It helps me flourish!

As for the end of the day, many years ago, Bob began praying with me at bedtime. We rarely end a day without talking to God together. It is a peaceful way to go to sleep.

I want to ask you to experience the "goodness" of starting and ending your day with Jesus. Will you commit to doing that for the duration of this Holy Girl Walk? Your time with Him can be as brief or as long as you like. I just want to encourage you to focus on Him as you begin and end your day.

Will you commit to beginning and ending your day with God? If so, how? I find it helpful to write down my intentions.

Okay, let's walk it out, friend!



Today, you will meditate on and memorize Psalm 92:2, starting with the words, "It is good."

Begin to memorize Psalm 92:2. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 9



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:2 as you walked?

Be sure to come back tomorrow. I'll ever-so-briefly share one of the most important trails to follow in your Bible.



Holy Girl Walk Day 10 Memorize Psalm 92:1–2

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

2 Timothy 2:1–13

“We flourish when we realize the presence of trouble is not the absence of His love.”

Stephanie Martinez

God loves you. Do you know that? There is nothing more important for you to grasp than this: God loves you without regard to anything you have or have not done.

Read Ephesians 1:4–5 and answer these questions.

What does it say God has done?

When did He do it?

Why?

Since before we were measuring time on this planet, God was loving you. And that is why He has chosen you. I once heard an author call this “before love.” I like that. God had “before love” for you.

I’m communicating this to you because Psalm 92 does.

Write Psalm 92:1–2. Then, circle the words “steadfast love” and “faithfulness.”

For the first readers or hearers of this Psalm, the word love was unnecessary. Instead, they read a much richer Hebrew word: *hesed*. This is probably among one of the most important words in the Bible.

Hesed is often translated as “mercy,” “loving-kindness,” “steadfast love,” or “covenant loyalty.” It refers to a deep, enduring love that is rooted in unfailing commitment, particularly within the context of a covenant relationship. It describes God’s unwavering, faithful love towards His people, exemplifying His commitment to the promises He has made. This term encapsulates acts of mercy, kindness, and benevolence, all stemming from a deep sense of responsibility and devotion God has for the people He created.

The Old Testament makes seemingly endless use of this word. Below are a few of my favorites. Circle or underline the words you think might be the translation of *hesed*.

Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the LORD forever.
(Ps. 23:6)

Give thanks to the LORD, for he is good, for his steadfast love endures forever.
(Ps. 136:1)

The steadfast love of the LORD never ceases; his mercies never come to an end.
(Lam. 3:22)

What quality of *hesed* can you observe from each of these verses?

The love God has for you is an endless supply. And it is flowing toward you right now.

Author Malcolm Smith writes, “Now, in this moment, you are the focus of the passionate and unconditional love of God. He loves you with His entire being. You have all of His love as if you were the only human in existence. And He loves you because you exist, without reference to your behavior. Understand and live in that reality, and behavior will change in response to such infinite love that leaves us worshipping in wonder. As John says, ‘We love because he first loved us’ (1 John 4:19 NAS).”

Do you believe that as a general rule? Or do you struggle to believe He loves you without regard to your performance? Why or why not?

It’s a basic tenet of the faith: *God loves you*. Even so, I sometimes struggle to believe it. You are not alone if you do.

Below is a list of some of the reasons people struggle to believe God loves them. Circle any you have experienced. I've underlined the ones I've fought through.

- 1. Personal suffering and hardships
- 2. Experiencing shame over unmet dreams or goals
- 3. Questioning if you heard clearly from God
- 4. Feeling unworthy or guilty about past or repeated sin
- 5. Transferring the rejection you've experienced from others onto God
- 6. Negative religious experiences or church wounds
- 7. Intellectual doubts and questions
- 8. Comparison to other Christians

Let's talk about the faithfulness mentioned in Psalm 92:2. It may help as we wrestle through these barriers to God's love.

Write a definition of faithfulness below.

God's faithfulness is unwavering and consistent, perfectly reliable in all circumstances, unlike human faithfulness, which can be inconsistent and unreliable (James 1:17). His faithfulness is perfect and without flaw, always true to His promises (Deut. 32:4), whereas human faithfulness is often marred by sin and failure. Additionally, God's faithfulness extends to all generations and encompasses His entire creation (Ps. 100:5), while human faithfulness is limited in scope and often conditional.

Many of the things that create a barrier to sensing God's love involve some human failing to be faithful. Sin, broken relationships, even just making mistakes. Either we fail or those around us do. And it hurts.

What happens to God's faithfulness when humans are not faithful based on 2 Timothy 2:11-13?

Can God's love fail when we are unfaithful? No. It will not. It cannot, for He is faithfulness. He cannot disown Himself.

Walk confidently in that today as you take your next Holy Girl Walk.



Today, you will meditate on and memorize Psalm 92:1–2.

Let's start to put the first two verses of Psalm 92 together as we memorize. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 10



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–2 as you walked?

I hope you will follow me on social media and let me know if God has brought new courage to flourish in life. Follow me on Instagram at [dannah_gresh](#) or on Facebook at [Dannah Gresh](#).

Extra Notes

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Holy Girl Walk Day 11 Memorize Psalm 92:3

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Revelation 5

“Heaven is a place of eternal worship, where every soul will bow before the King of Kings.”

Randy Alcorn

While we were in Italy, we visited Rome. What a spectacular experience! Bob had been there before and mentioned that I might like to go to the catacombs on the ancient Roman road known as the Appian Way.

Frankly, I had no interest. Why would I want to see an underground cemetery? But, intrigued at the idea of seeing the very road where Paul would have walked to enter this monumental ancient city, I set up a tour of the Catacombs of San Callisto. This is where the very first Christians of Rome were buried.

I expected to encounter a place of death. Instead, I was overwhelmed with the hope of eternal life. Now, I'm not sure you'd experience that in all the catacombs or with another tour guide, but it was my experience.

The very small rooms, mere pits carved from the dirt of the earth, were highly decorated with images, writings, and art glorifying Christ. It was almost immediately apparent that our tour guide was a believer who explained the profound faith of the believers—many of them martyred.

When we came to the last room, he explained that we were standing in a very special place. It was one of the places where my brothers and sisters in Christ would have come to worship in secret during times of persecution. As our tour guide basically delivered a sermon about the gospel of Jesus in the guise of a history lesson, my proverbial heart began to swell. I sensed a song pressing to get out. I wanted to worship. It was all I could do not to burst into song.

Have you ever felt yourself spontaneously worshiping or wanting to? Describe that experience below.

Those moments when we feel we must worship are few and fleeting. But they are something else: foretastes of heaven. Randy Alcorn, author of *Heaven*, views worship in heaven as a continuous, joyous,

and God-centered experience that involves the entire being of believers, free from sin and distraction. It will be a diverse and communal activity, with believers from all nations and periods of time coming together to glorify God. Imagine!

Now, we won't always be singing or praising God. In fact, we might not even have church or temple services. There's no record of that in Scripture. But the essence of our existence in heaven will be continual worship.

Any worshiping we do now is practice for heaven!

Revelation 5 portrays a scene of great worship and praise in heaven. How does this depiction challenge or inspire your own practices of worship?

Write Psalm 92:3.

What instruments are listed in Psalm 92 as a part of worship?

All three of these are stringed instruments. And they're referred to throughout the Old Testament as having a powerful impact on the spiritual environment. The harp and lyre that David played drove the evil spirit out of Saul (1 Sam. 19:9–10). Stringed instruments were played before the glory of Yahweh appeared (2 Chron. 5). And the playing of a harp brought God's presence, and the power of His hand came upon Elisha (2 Kings 3:15).

How might worshiping with instruments impact your spiritual world? Where do you want God to show up specifically?

Let's be clear: The instrument itself has no power. That comes, I believe, from the heart and soul of the worshiper who uses it. God does seem to be drawn to the heartfelt worship of His people. And He works within them to bring that complete sense of flourishing in every dimension of our lives, no matter our circumstances.

So, let's worship as we walk today.



Today, you will meditate on and memorize Psalm 92:1–2.

As you begin to memorize Psalm 92:3, you may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 11**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:3 as you walked?

Tomorrow, we'll try something a bit different before you begin your Holy Girl Walk.

Extra Notes

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Holy Girl Walk Day 12 Memorize Psalm 92:1–3

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Psalm 150

“The secret to freedom from enslaving patterns of sin is worship. You need worship. You need great worship. You need weeping worship. You need glorious worship. You need to sense God’s greatness and to be moved by it—moved to tears and moved to laughter—moved by who God is and what He has done for you.”

Tim Keller

Write Psalm 92:1–3 below.

It seems to me that we can conclude these things from the first few verses of Psalm 92:

- Worship may be prompted by who God is (God Most High)
- Worship may be prompted by what God does (acts of loving kindness and faithfulness)
- Worship can include singing
- Worship is an act of declaration
- Worship can include instruments
- And, finally, it is good to worship

Since it is good to worship, I want you to take your study time today to do that. You may grab an instrument if you play one, go a cappella, or find your favorite worship playlist. Just spend twenty to thirty minutes soaking in worship before you take your Holy Girl Walk today.



Today, you will meditate on and memorize Psalm 92:1–3.

Let's put Psalm 92:1–3 together as you walk. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 12



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–3 as you walked?

Tomorrow, we will consider why we worship. Join me!

Extra Notes

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Holy Girl Walk Day 13

Memorize Psalm 92:4

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Psalm 77:11–20

“Worship is not hysterical, it is historical . . .”

Derek Kidner

Write Psalm 92:4.

According to this verse, what is the reason we worship? Write as much as you can about this.

What emotional response does this reason create in the psalmist?

The psalmist's claim is that God has made him glad. And joyful. This doesn't mean life is without problems or pain. In fact, joy is the confidence that God is in control when the world seems very out of control. There must be problems and pain for joy to be the emotion you are experiencing.

Look around. There are people right beside you with deep struggles. Maybe you have some of your own. But even there, you can be glad. You can experience joy. That's why you can worship.

What is the source of this joy?

We are often confused and believe the lie that our circumstances, possessions, and relationships are the source of our joy. That's not true. God is. And if you look to Him and focus on Him, you will experience gladness and joy in every situation.

But it's difficult to do that when your circumstances aren't ideal. It's much easier to just let your mind hyperfocus on all you do and don't have. In fact, obsessive-compulsive disorder (OCD) is not only one of the most common psychological disorders, it is also among the most personally distressing and disabling. I have a lot of compassion for someone struggling with any mental health condition. I've experienced postpartum depression and a difficult bout with anxiety that I wrote about in Volume 1 of the Holy Girl Walk. In addition, I have walked family members through treatment-resistant mental illness that no amount of positive thinking could absolve. Even so, I believe in many cases, our emotional struggles can be greatly helped by making an effort to control our focus. At the very least, intentionality of thought can positively support other interventions. Though it's not easy, it is possible to redirect fixated thoughts. How do I know? Because the Word says that you can do all things through Christ (Phil. 4:13).

What helps you to focus on God rather than your circumstances?

Do more of that! Be intentional in participating in the things that help you focus on God. If this is terribly difficult for you, seek out a Christian therapist or coach to help you develop the skills you need to direct your thoughts to Christ. If you do not learn to do this, I'm afraid you will eventually get stuck in a rut where you are only able to look at the past through a self-deprecating lens. This could make you approach worship as a sort of emotional relief valve. And that's not what it is.

Derek Kidner is a Bible commentator who wrote, "Worship is not hysterical, it is historical." I think what he means by that quote is that we often want worship to be an emotional activity. That is not what it is. While it often results in joy and gladness, that is not where it begins. It begins with remembering your past through the lens of God's provision and presence.

What is the psalmist remembering in Psalm 92:4?

The worship the psalmist writes about is historical. He is worshipping God for who He is and what He has done. He sings for joy when he remembers the works of God's hands. Remembering how God has been at work in the past helps us declare, "Oh, that's right! You've done great things before. You'll do them again!"

This produces joy. It doesn't mean life is without problems or pain. In fact, joy is the confidence that God is in control when the world seems very out of control. There must be problems and pain for joy to be the emotion you are experiencing.

I had a YouTube worship video playing recently, where a man gave a testimony of a memory he had as a boy. His family was about to be evicted from their apartment, and he could hear his mother weeping in her bedroom. When he went to check on her, she was praising God and weeping tears of joy and remembering out loud all the ways God had provided for her and her children in the past. This changed the experience from a fearful one for him to an opportunity to see how God would work this time. What a powerful core memory that faith-filled mom provided for her son.

Taking time to remember how God has shown up for you in the past will also change your perspective and give you joy. I often use Scripture to help me do this, especially when I feel like I cannot find the words. Psalm 77 is one of my favorites. The writer was deeply troubled. His soul refused to be comforted, and his circumstances made him speechless. BUT, he chose to remember God's good works. It seems his tone shifts as he progresses from angry obsession to God-focused remembering.

Read Psalm 77:19. What remarkable work of God was the psalmist remembering, and what's interesting about his memory?

The writer is considering the miraculous work of God's parting of the Red Sea to deliver the Israelite people from the slaughter of the Egyptians. They were leaving the suffering of slavery to find God's promised land. The psalmist acknowledged God as the one who actually parted the seas. But then, he wrote, "... yet your footprints were unseen."

They missed God's faithful footprints! They stomped right across them and never saw them. How sad! And yet, now the writer looks back and *does* see. Think about that. It is very useful to pause and look back at your life's circumstances. In retrospect, we often see how God was at work even though it was hard to see it in real time.

Remember! Write a list of five things God has done in your life. Go big. Recall some of His best work in your life.

1. _____
2. _____
3. _____
4. _____
5. _____

Keep remembering His work as you take the Holy Girl Walk today.



Today, you will meditate on and memorize Psalm 92:4.

Memorize and meditate on Psalm 92:4 as you walk. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 13**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:4 as you walked?

Tomorrow, we're going to learn about that third step or ingredient in the life of a flourishing woman!

Extra Notes

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Holy Girl Walk Day 14 Memorize Psalm 92:1–4

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Matthew 11:25–30, 12:1–8

“The streams of religion run deep or shallow, according as the banks of the Sabbath are kept up or neglected.”

Matthew Henry

Let’s return to something we’ve previously visited: the fact that Psalm 92 is the only Psalm out of all 150 designated “A Song for the Sabbath day.” Let’s consider that once again.

According to the Old Testament, the Sabbath was part of a rhythm established by God from the beginning of time. God worked six days creating the world. Then, on the seventh day, He rested. When the Israelites became a nation, God gave them ten core commandments. One of them was to observe a weekly Sabbath on the seventh day. He wanted His people to rest just like He did.

Since the founding of the Church in the New Testament, Christians have set aside Sunday as a Sabbath-type day. This was modeled by believers who recorded the habits of the early church, though it is not widely well-observed today. In addition to observing a day of rest, believers are urged to fellowship together in church (Heb. 10:25).

Read Isaiah 66:23. What does it tell us about the practice of Sabbath after Jesus returns to finally redeem this earth?

Psalm 92 was not meant to be sung alone but in community! And as part of a rhythm of rest. And that is something we’ll still be doing after Jesus returns. Here, we find our third secret in the life of a flourishing woman.

A flourishing woman is planted in the presence of God.
A flourishing woman sings praise in every circumstance.
A flourishing woman embraces the community and the rest of God.

Do you practice a regular rhythm of rest? Why or why not?

Are you actively plugging into Christian community? Why or why not?

Let's consider how observing communal rest and worship might contribute to a life of flourishing!

What does Jesus say about the Sabbath in Mark 2:27?

God made this day for you. To bless you. It is not a ritual or rule to control you but one to guard against burnout and fatigue.

What does Jesus say about exhaustion and weariness—the opposite of a flourishing life—in Matthew 11:28–30?

It's no mistake that Jesus conveys this right before He says something astounding—to the Jews, anyway—about the Sabbath in the next chapter. (Remember, these divisions did not exist in the original manuscripts.) You see, the Sabbath was, at times, making them weary. Imagine the work it took for a woman without a refrigerator or microwave to plan for a day without work and still feed her family way back then! And that was just one way they were allowing the Sabbath to master their lives.

It is not hard for me to understand this. In my own life, there have been times when I functionally observed the commandment about the Sabbath like this:

For six days, you shall work and do all your paid tasks, but on Sunday, you shall attend Sunday service, teach a Sunday school class, worship, partake in communion, host a potluck lunch, attend an afternoon baby shower, and listen to two sermons. Spend Friday evening preparing, cooking, or rehearsing, and go to bed around midnight to squeeze it all in. Everyone in your family should participate, including your children and any guests. Make sure they feel the stress of getting the house ready for that potluck! While God rested on the seventh day, you must find yourself busy with church activities.

Hmmmm. That's not how it's supposed to work! The whole point of the Sabbath is to remind ourselves that we didn't create the world, and it will, in fact, go on turning without our help.

Read Matthew 12:8. What does Jesus declare to all who are weary? And what does it mean for you today?

Make no mistake. Jesus still wants you to observe a Sabbath rest where the main focus of the day is to gather with other believers and worship. I'm just not convinced it should look like the striving it often does. He wants it to be restful and rejuvenating.

And this is good for you!

A Liberty University study shows that regular Sabbath rest improves mental and physical health by reducing anxiety, stress, and worry. It enhances well-being with increased energy, better mood, and improved concentration. Spiritual practices during the Sabbath, like prayer and worship, help reduce anger and aggression, regulate heart rate, and speed up recovery from medical procedures. Embracing the Sabbath leads to overall flourishing!

In fact, you may even live longer if you practice a rhythm of rest. The Seventh-day Adventists comprise a denomination distinguished, in part, by their belief that the Sabbath of the Old Testament is still relevant today and is God's true biblical Sabbath. They observe it faithfully. And guess what? They live longer. Almost a decade longer.

One more thing I can't help but mention is that God may bless you for observing this commandment—case in point: Chick-fil-A Founder, S. Truett Cathy, decided to close on Sundays when he opened his first restaurant in 1946. He wanted to give employees a day of rest and family time, a tradition still upheld today. Despite this, Chick-fil-A has become the third-largest restaurant chain in the U.S. by sales. It outperforms competitors with average annual sales of \$8.7 million per location! If you've ever waited in line at one of their long drive-thru lanes, you won't find this hard to believe.

I wonder what God could bless in my life if I were more obedient to the Scripture in this area.

Considering this information and the fact that the Sabbath is one of the Ten Commandments, what might you do to observe it? How can you mitigate any personal limitations or challenges?

I confess I'm guilty of not observing a day of rest consistently. But I do feel the conviction of what I'm writing, and I have tried. Bob and I have, at times, observed a screen-free Sunday to aid in our rest. My regular course of action is to decline invitations to special events scheduled for Sundays, though I do make exceptions in some cases. But I'm still not consistent about observing a rhythm of rest! As in many other areas of my sanctification, I have a long way to go.

I hope I'm at least walking in the right direction most of the time. Speaking of walking, it's a great way to practice Sabbath rest. Let's do it. Together!



Today, you will meditate on and memorize Psalm 92:1–4.

Put all of Psalm 92:1–4 together as you memorize and meditate today. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 14



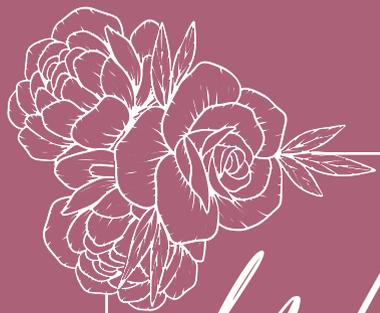
While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–4 as you walked?

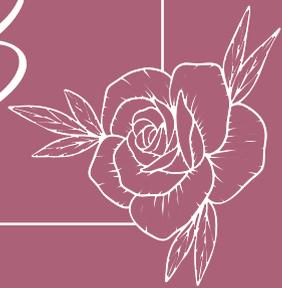
Well, friend, you’ve completed two weeks worth of Holy Girl Walk memory work. Congratulations! Since you’ve made it halfway, be sure to come back tomorrow to continue to press on!

Extra Notes

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Week 3





Holy Girl Walk Day 15

Memorize Psalm 92:5

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Psalm 104

“Nature never taught me that there exists a God of glory and of infinite majesty. I had to learn that in other ways. But nature gave the word glory a meaning for me. I still do not know where else I could have found one.”

C.S. Lewis

Write Psalm 92:5.

Reflect on the meaning of “great are your works, O LORD.” What comes to mind?

God's works began when He created the world. Describe a time when you were amazed by something in God's creation. How did it make you feel?

I barely go a day without being in awe of something God has created. I remember one time with great detail. Bob and I had just driven a long distance to the beach where we'd hoped to enjoy a vacation with our children, who were very young at the time. The only problem was the hotel was not exactly as good as the advertisement. It was not a safe place for us to stay. Bob dropped me off at the beach with the kids as he drove around looking for something with vacancy. We weren't hopeful, though.

Well, my friend, you've just begun to study the fourth quality of a flourishing woman.

A flourishing woman is planted in the presence of God.
A flourishing woman sings praise in every circumstance.
A flourishing woman embraces the community and the rest of God.
A flourishing woman remembers the works of God.

It is good to remember His works. And it's good to say it out loud. Either call someone or share your memory of God at work in your life with your walking buddy.

Let's walk!



Today, you will meditate on and memorize Psalm 92:5.

Memorize Psalm 92:5 as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 15**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:5 as you walked?

Tomorrow, you will be officially halfway through this Holy Girl Walk. Come back so we can celebrate!

- **Testimony to Others:** How a person handles suffering can serve as a powerful testimony to others. Demonstrating faith and trust in God during difficult times can inspire and encourage those who witness such resilience.

Aligning with the Joni Eareckson Tada quote I shared at the beginning of today’s devotional, Yancey emphasizes that suffering is not meant to destroy us but to bring us closer to God. The challenges and afflictions we face are tools used by God to mold our hearts and lives according to His purposes.

How does understanding this help us to flourish in life?

This morning, as I spent time with the Lord, I grabbed my journal page. For most of this week, I’ve been filling several pages with my purple Paper Mate Flair, pouring my heart out to God as I process some disappointment in my life. I have questions I need answers to and hurt that needs healing. And it is drawing me to the Lord.

The pages before this disappointment happened are hardly flooded with ink in the same way. I don’t know exactly what God is thinking about the impasse we’ve reached in our life journey, but I know He is pleased with the increased time Bob and I are spending with Him.

How about you and I spend some time with Him now? (The Lord, not Bob!) Let’s walk.



Today, you will meditate on and memorize Psalm 92:1–5.

Put together the first five verses of Psalm 92 as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 16**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–5 as you walked?

Tomorrow, we’ll discover the eye-opening contrast in Psalm 92:6, where the psalmist highlights how some people completely miss seeing God’s amazing work in the world around them. Let that not be us!



Holy Girl Walk Day 17 Memorize Psalm 92:6–7

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Proverbs 14:1–11

“The house of the wicked will be destroyed,
but the tent of the upright will flourish.”

Proverbs 14:11

Comparison and contrast play an important role in biblical interpretation because they help us understand critical nuances. The author of Psalm 92 uses this feature profoundly. Today, we’ll begin to look at the opposite of a flourishing person: the foolish one!

Let’s do something akin to reading the last chapter in a book and consider the quality of life for these two women.

Look at Proverbs 14:11 above. Circle the words that describe the outcome of being wicked/foolish. Then, circle the words that describe the upright/righteous.

Write Psalm 92:6–7.

What does the “stupid man” not know? Look at these two verses and their context. Consider what you have studied these last two days.

The word *stupid* in some translations of this verse is a similar word to foolish. If you look at commentaries, the word here is sometimes translated to “brutish,” which essentially means they’ve become like wild animals, acting only out of instinct and desire. Apparently, they cannot know the works of God. They completely miss seeing God’s amazing hand in everything around them.

The flourishing found in verse 7—that of the stupid man—is a transient beauty that is impressive but temporary, much like blossoms that eventually fade. This type of flourishing is surface-level and made for show, lacking lasting substance.

But when we get to verse 12 and study the righteous person, we see a word that implies the beginning of a deeper, more enduring growth. This flourishing starts underground, with roots preparing for a vibrant, sustained presence in God’s care, symbolizing a spiritual growth that will fully reveal its beauty and strength in God’s time.

It is important to remember that the platform and glory that evil people have today are temporary. Only the righteous will last forever. And we will be content to see God Himself get all the glory.

I want to end today with a question that I think requires us to slow down and really think through the lens of our natural response to daily living.

Are you a flourishing woman? Or a foolish one?

We’ve learned four qualities of a flourishing woman. They are:

- A flourishing woman is planted in the presence of God.
- A flourishing woman sings praise in every circumstance.
- A flourishing woman embraces the community and the rest of God.
- A flourishing woman remembers the works of God.

Do you regularly do these things? Are they your habits? If so, you’re growing into a flourishing woman. But if you ignore these activities, you may be in the process of becoming foolish.

No one is born a fool. We become stupid as we grow more and more reactive and self-focused rather than God-focused.

And no one is born righteous. Only through accepting the blood sacrifice of Christ can we be made righteous, and then we can learn to live as a righteous person does.

If you sense you are not living as a flourishing woman, there is a Scripture I invite you to pray.

Read Ephesians 1:18–21. Write it into a prayer below.

Hopefully, you asked God to open the eyes of your heart so you could see where He is at work and join Him there in praise. Now, let's get your feet moving so you can meditate on that.



Today, you will meditate on and memorize Psalm 92:6–7.

Learn Psalm 92:6–7 as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 17**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:6–7 as you walked?

Join me tomorrow as we learn that Psalm 92:1–7 reminds us of the fleeting nature of human life and the enduring strength of God, calling us to trust in His eternal power.

Extra Notes

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Holy Girl Walk Day 18 Memorize Psalm 92:1–7

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Isaiah 40:1–8

“Life is just a schoolroom with a glorious opportunity to prepare for eternity.”

Reverend Billy Graham

Rewrite the two definitions of the two different Hebrew words for flourish found in Psalm 92:

- *vai yatzitzu* (vs. 7)
- *yifrach* (vs. 12)

Isaiah 40:8 has been a favorite verse of mine since I was a teenager. What observations can you make comparing it to what you’ve learned about flourishing in Psalm 92?

Throughout Scripture, there’s a recurring theme highlighting human frailty and the fleeting nature of life. Isaiah 40:6 compares humanity to grass and flowers that wither and fade when the breath of the Lord blows on them, emphasizing our temporary existence. Grass, beautiful but short-lived, appears in spring and is gone by fall. Likewise, the wicked may sprout and flourish quickly like grass, appearing successful, but their prosperity is temporary and will ultimately be destroyed. Their flourishing is fleeting and lacks eternal substance.

Look again at Isaiah 40:3–5. They provide a hopeful solution for the frailty of humans. What is it?

This passage is often understood as a prophecy about Jesus Christ. It foretells the coming of a messenger who will prepare the way for the Lord, which Christians believe is fulfilled in John the Baptist, as described in the Gospels (Matt. 3:3; Mark 1:2–3). John the Baptist’s role was to prepare people for the arrival of Jesus by calling them to repentance.

Read John the Baptist’s words in Matthew 3:2. Then read Acts 3:19. What can you surmise about what repentance is and what it does?

John the Baptist’s call for repentance in preparation for Jesus invited people to turn from their sins, often rooted in very temporal desires, and to begin to have an eternal perspective on life. Our lives, which, according to James 4:14, are just a vapor compared to eternity, are just the beginning of our existence. Just enough time to bud and sprout and grow some roots. To begin to flourish.

Use a dictionary to write a definition for the word begin. Then, consider what it means that a righteous person only begins to flourish on this planet.

According to Psalm 92:12–15, where do the righteous flourish? How will this be enhanced when we are no longer alive on this earth but very much alive in the presence of God?

St. Augustine argued that true, ultimate flourishing is unattainable in this life due to the world’s fragility. He defines a “happy life” through a theological lens, rebuking common views like those of Aristotle, which focused on health, shelter, community, and work—all vulnerable to loss. Augustine’s *Confessions* state, “There is no rest where you are seeking it. . . . You are seeking the happy life in the area of death; it is not there.” Though a bit of a bummer, his idea sure does line up with the Hebrew word for flourishing, which is used to describe the righteous. We’re just getting started here!

The curse of sin deeply affects the world, echoing Romans 3:23, “for all have sinned and fallen short of the glory of God.” True thriving comes from a perfect relationship with God, made possible only through Christ’s reconciling work on the cross. Believers experience an aspect of this salvation now, with the full promise to come when we are finally with Him in heaven.

As you walk today, don’t be discouraged by that. The bud of a plant is something beautiful. It brings hope of a greater beauty yet to come. Think of how we use the term *bud* as a metaphor to describe something lovely that is still maturing: a “budding career,” for instance, or a “budding romance.”

You and I, we’re budding flourishers!

Remember some flourishing moments in your life, when the glory of God was bright in your life. Write about them below. And then consider how much more magnificent flourishing in heaven will be.

Let's think about eternal flourishing as we walk.



Today, you will meditate on and memorize Psalm 92:6–7.

Let's string the first seven verses of Psalm 92 together as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 18**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–7 as you walked?

Psalm 92:8 seems small, but it's mighty and full of encouragement for anyone who feels like they're floundering rather than flourishing. We'll study it tomorrow.



Holy Girl Walk Day 19

Memorize Psalm 92:8

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Exodus 17

“I lift my hands to believe again.”

Chris Tomlin

Write Psalm 92:8.

Though this verse is short, it is packed with power. It is another striking contrast in the Psalm. The first five verses celebrate God's greatness and eternal praise. Verse 6–7 mentions that fools who do not recognize God's greatness do show up to wreck the scenery in our lives. Then verse 8 states, “But you, LORD, are exalted forever.” The wicked may flourish briefly but will be eternally destroyed, while God remains exalted forever.

Put concisely: Heaven gets the last word!

I love that the first word is “but,” a word in Scripture that often introduces the message of the gracious and compassionate intervention of God. Sometimes, all seems lost, and then we hear, “But God!” He intervenes. He saves.

I needed to remember that today. There is someone seemingly destructive in my life who is flourishing (*vai yatzeitu*). Though their intentions are difficult to read accurately, they live their life like a tornado. A path of destruction trails them everywhere they go. I need a “but God.”

In what area of your life does someone seem to flourish (*vai yatzeitu*), and you could use a “but God?”

“But God” what? He is “on high forever” (Ps 92:8). What does that mean? Since this ever-so-small set of words is wrought with hope, we must slow down and wring it out. I think a good way to do that is to see it in story form.

In Exodus 17:11, Aaron and Hur “held up” Moses’ hands. In Hebrew, that was the same word that we see for “on high” or “exalted” in Psalm 92:8. Based on that, what does it mean that God is exalted?

Moses’ battle with the Amalekites provides a powerful story of victory and dependence on God. It also is one little snapshot of a flourishing (*vai yatzitzu*) tornado-like force of destruction in the lives of the Israelites. Amalek is both a nation and a nomadic tribe seen to be an ongoing arch-rival of ancient Israel. They came to fight against the Israelites at Rephidim. Moses instructed Joshua to choose men and go out to fight while he stood on the top of the hill with the staff of God in his hand. This symbolized the Israelite army’s dependence on God. As long as Moses held up his hands, His people prevailed; when he lowered them, the Amalekites gained the upper hand. Realizing the significance of Moses’ raised hands, Aaron and Hur provided support by holding up his hands, ensuring the Israelites’ victory. They were committed to “exalting” the staff of God.

Now, here is the interesting thing about Psalm 92:8: It doesn’t say God needs our help to be lifted high. It says He is on high! Forever. That’s a fact. But the psalmist is taking time to say so. He is expressing his dependence on God.

We don’t carry the staff of God around, so how do we express our dependence on God?

We can exalt God not only by lifting our voices in praise but also by humbly lowering ourselves before Him in worship. And, I happen to think it’s a lovely thing to lift our hands, as Moses did. It reminds us and those around us that we are always reaching out for the God we cannot see. But I think exalting God extends beyond what we think of as traditional worship activities.

In addition to Moses uplifting the staff of God, what other activities are taking place in Exodus 17 that could be done as praise or humility?

Beyond the raising of the staff, God is exalted and acknowledged by Moses and the Israelites through their reliance on His guidance and their acts of obedience. Following God’s instructions, Moses strikes the rock at Horeb to provide water for the people, demonstrating his faith and trust in God’s provision. The Israelites’ willingness to follow Moses and engage in battle against the Amalekites also signifies their

submission to God's will. Their collective prayers and support for Moses, as he held the staff, reflect their recognition of God's sovereignty and their dependence on His power for victory. These actions together underscore their yielding to and obedience to God, acknowledging His supreme authority and care for them. We, too, must not just pray but act as if God is on high forever. This requires obedient lives.

Here's where we New Testament followers of the One True God hit a hard truth. God does not tell us to wipe out our enemies. Obedience to Him requires something that feels a whole lot harder sometimes.

Read Matthew 5:43–44, Ephesians 4:32, and Colossians 3:13. Based on these verses, what actions of obedience does God require of you as you endure your destructive tornado?

God does not expect or want you to expose yourself to repeated abuse at the hands of an evil person or a troubled person. It's perfectly righteous to establish boundaries for the destructive people in your life. At the same time, He wants your heart to be flooded with love and forgiveness. This is our modern-day warfare, and it's no easy task. In fact, I find it's almost impossible to do it well alone.

There is one more little Scripture nugget in Exodus 17 that parallels a truth we've already learned in Psalm 92. Moses needed help!

What might it mean that Moses was unable to accomplish the task of holding up God's staff on His own?

Read Psalm 34:3. What does it tell us about exalting God? Who does it?

We exalt God or lift Him high together. This brings us back to Psalm 92:1 and this chapter's designation as a Sabbath song. True worship—in both song and obedient living—requires community. We need each other.

Consider that as you walk and memorize a rather simple set of words with a rather complex meaning. Try to really grasp the words as you hide them in your heart today.



Today, you will meditate on and memorize Psalm 92:8.

Memorize Psalm 92:8 as you walk and meditate today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 19



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:8 as you walked?

When the weather guy sends out a tornado warning, you know to respond. Well, some of what we've studied these past two days is a warning, so come back tomorrow for a chance to react to it.

Extra Notes

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Holy Girl Walk Day 20 Memorize Psalm 92:1–8

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

James 4:1–12

“The Jews have for a long while used this Psalm in the synagogue-worship on their Sabbath . . . because on that day above all others, our thoughts should be lifted up from all earthly things to God himself.”

C.S. Lewis

Ten-year-old Willie Myrick was likely terrified when he was kidnapped from his Atlanta home while playing with his pet Chihuahua. A stranger lured him into a car and drove off, demanding silence from the boy. But Willie began to sing a popular gospel song, offering praise to the Lord. Despite the kidnapper's anger and orders to stop, Willie sang for three hours. Eventually, the frustrated criminal kicked him out of the car. Willie later told reporters, “If you praise the Lord, He will help you in mysterious ways.” Do you believe that? Do you live in such a way that your times of terror turn into tunes of trust?

If you do, you're a flourishing woman.

Today, I want you to see the overall structure of Psalm 92. Though we've not studied all of it yet, we've looked at each section to some degree.

Derek Kidner, a commentator, breaks Psalm 92 up into three parts and succinctly describes each part as follows:

- Part 1: Tireless Praise for Our God (vs. 1–4)
- Part 2: Heedless Arrogance of the Wicked (vs. 5–9)
- Part 3: Endless Vitality of the Righteous (vs. 10–15)

Grab your Bible and mark off and label those three sections. What observations can you make just looking at what you've learned so far and those designations?

The Psalm begins with an exhortation to praise God at all times (not just the good times) and ends with a picture of people who have done that, truly flourishing in their old age. Verses 1–4 teach an important key to flourishing, and verses 10–15 use images to show what a flourishing life looks like.

But right there in the middle is a warning. Verses 5–9 show the antithesis of biblical flourishing in the Lord: arrogance. It’s important that we don’t just consider these words to be about someone else in our lives or world, but take to heart the warning that we are all capable of prideful living.

James 4:1–12 is a New Testament warning about pride. What does it say God does when He identifies it in us according to verse 6?

According to verses 7–10, what can we do to be restored to righteous living when we sense pride or arrogance in our hearts?

Pause to ask the Lord if you are guilty of arrogant living in any part of your life. Write a prayer of confession to God expressing any area in which you have been prideful.

With a clean heart made possible by the sacrifice of Jesus, take the Holy Girl Walk today!



Today, you will meditate on and memorize Psalm 92:1–8.

Recite Psalm 92:1–8 as you walk and meditate today. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 19**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–8 as you walked?

Is there someone in your life who is living unrighteously? Is it causing pain and difficulty? Find hope for that relationship tomorrow.



Holy Girl Walk Day 21 Memorize Psalm 92:9

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Ephesians 6:10–20

“Are you just indulging your weaknesses and whims and fancies, and pitying yourself, and grumbling and complaining about this and that problem or situation? Rise up, shake them off, stand on your feet, be a man! Realize that you are a member of this mighty regiment of God, fighting the battle of the Lord and destined to enjoy the glorious fruits of victory throughout the countless ages of eternity. Have you heard the trumpet call? ‘Be strong in the Lord and in the power of his might. Put on the whole armor of God.’”

Dr. Martyn Lloyd-Jones

Write a brief prayer to God about anything or anyone troubling you and causing difficulty in your life.

The verse we will study today conveys the message that justice will prevail, a thought I seem to need more and more as I read the headlines these days. It doesn't matter what end of the political spectrum you land on; you probably feel it, too.

Write Psalm 92:9.

Who are the enemies of God? And what does it mean that they are scattered?

The psalmist is expressing confidence in the ultimate victory of God over his enemies, which include anyone opposed to God’s kingdom. Those who reject His authority and persist in wickedness and unbelief are positioning themselves against Him. They oppose God’s will and righteousness, aligning themselves with sinful ways rather than seeking His truth and salvation. Eventually, He will weaken or scatter their numbers and forces.

The fact that warfare language is used—“enemies” and “scattered”—has meaning for us today. Remember, you are part of God’s mighty army, fighting His battle and destined to live in a state of flourishing for eternity. But for now, we fight. That is why we are clearly instructed in Scripture to “put on the full armor of God.”

According to Ephesians 6:12, who is our ultimate enemy? And how does that temper the way you should respond to the liars, cheaters, deceivers, and cowards in your world?

It’s easy to get bogged down by the offenses and challenges we face on this earth, but remember, our battle is not just physical—it’s spiritual. Whoever might be making it a challenge to feel as if you are flourishing is a mere chess piece in Satan’s game of control. And we know how that ends! Understanding this allows us to forgive others as Christ forgave us. It’s what equips us to turn the other cheek. And while it does not mean we don’t stand up for truth or defend righteousness, it means we do it with courage and character.

If you’re facing an enemy of God in your life, pray for God’s wisdom to guide you through these trials. Fight through prayer, knowing that you can overcome any obstacle with God’s strength. Embrace your role in His mighty army, stand firm, and trust His power and grace will lead you to victory.

A flourishing woman does not settle for defeat. But she does fight differently due to the knowledge that her God causes the spiritual forces of evil to scatter when she calls on Him.

Do all the calling you need to do today as you walk and meditate!

The Psalm begins with an exhortation to praise God at all times (not just the good times) and ends with a picture of people who have done that, truly flourishing in their old age. Verses 1–4 teach an important key to flourishing, and verses 10–15 use images to show what a flourishing life looks like.



Today, you will meditate on and memorize Psalm 92:9.

Recite Psalm 92:9 as you walk and meditate today. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 21



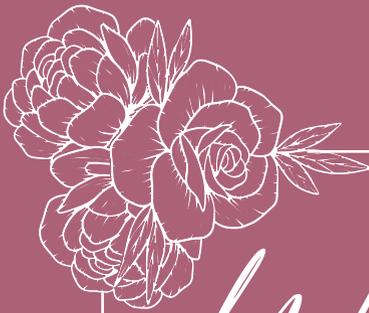
While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:9 as you walked?

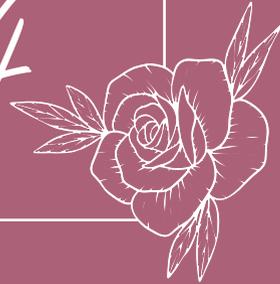
Did you know that the Bible actually calls YOU (and ME) an enemy of God? It also calls us friends of God. We must know what makes the difference so we land in the right place. We’ll uncover that tomorrow.

Extra Notes

/ /



Week 4





Holy Girl Walk Day 22 Memorize Psalm 92:1–9

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Psalm 32

“If you are God’s child, you are no longer bound to your past or to what you were. You’re a new creature in Jesus Christ.”

Kay Arthur

Read Psalm 32 and summarize it below.

Can you see Christ referenced in any of the verses in Psalm 32? Which ones, and what do they communicate about our Savior?

It is not an overstatement to say the whole Bible is about Jesus, as many Christian theologians and scholars believe all of Scripture points to Him. We should read the Bible both topically (God-Sin-Christ-Faith) and chronologically (Creation-Fall-Redemption-Restoration) to see how every theme in redemptive history finds its fulfillment in Christ.

Of course, Jesus is easy to see in prophecy and the Gospels and New Testament letters. He’s harder to spot in places like the Psalms. To find Him, you must be open to different ways the Psalms (or parts thereof) might apply to Christ.

In Psalm 32, Christ is alluded to when the writer speaks of the blessings of forgiveness and the joy of being forgiven, which point forward to Christ’s redemptive work. This highlights the importance of confessing sins and receiving God’s grace, a key aspect of our Savior’s teachings. Ultimately, the Psalm reflects the transformative power of God’s forgiveness, fulfilled through Christ.

Look at Psalm 92 and identify verses where you see Jesus, noting how each verse reveals His presence and significance. Consider marking them in your Bible.

I believe there are many spots where we can see Jesus in this Psalm. But at a glance, I see Him in verse 2, which celebrates God's steadfast love and faithfulness, which are fully revealed in Christ. I see Him in verse 15, where it declares there is "no unrighteousness in Him," which reminds me of Christ's sinless life on earth. But verse 9 is a key spot because Jesus is the source of ultimate triumph over evil and the bringer of justice. The defeat of God's enemies and the exaltation of the righteous point to Christ's ultimate victory and reign.

Read John 1:1. What does it tell us about every single word of Scripture?

In actuality, we can see and know Jesus more intimately in every word we read in our Bibles because He is the Word. When we read our Bibles, we are not only experiencing the lowercase t truth of the words but Christ as the Truth, capital T. And I believe with all my heart that knowing the Truth will set you free. And that brings me to a difficult question. Let me set it up.

It is easy to look at Psalm 92:9 and only consider how overtly evil people have been enemies of God. But the Bible does state that, in our natural condition of sin, we are considered enemies of God. Romans 5:10 says, "For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!" This verse indicates that we were once enemies of God due to our sinful nature, but through Jesus Christ, we can be reconciled and saved.

I hope you have confessed your sin and been reconciled to God. If not, maybe today is the day. Any sin you have committed is enough of an offense to keep you separated from the intimate relationship God wants to have with you. And heaven. But Christ has paid the penalty for your sin and mine. We need only call out to Him in prayer and receive full forgiveness. And then our relationship status changes dramatically. In John 15:15, Jesus tells His disciples, "I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you" (NIV). This verse indicates that through a relationship with Jesus, we can become friends of God.

I'll take this one step further. Though I surrendered my heart and life to Christ many decades ago, I often have to return to write or speak prayers, much like Psalm 32. I have to confess my sinfulness. Because though I am saved, I am still in need of saving. My sin proves it every day. Here are the ways I sin often:

- I overwork and fail to observe the Sabbath or tend to relationships as I believe God wants me to.
- I get selfish and live as if the world revolves around me rather than God.
- I tend to be sharp and direct in my opinions and comments, failing to be patient, kind, and gentle in my communication.
- I swear when my spirit is not well tended to.
- I buy clothes to soothe my heart rather than turning to Jesus during hard times.

These patterns become less and less regular with the maturing of my faith, but they remain my battles nonetheless. Regularly, I must return to a posture of humble confession to remain a friend of God and not be lost in my senselessness.

Are you a friend of God? Or an enemy? There is no middle ground. If you need to, write your own prayer of confession below.

If you just made a first-time confession, I'd sure love to hear about it. Message me on Instagram or at dannahgresh.com.

Okay, time to walk!



Today, you will meditate on and memorize Psalm 92:1–9.

Connect the first nine verses of Psalm 92 as you walk and meditate today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 22**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–9 as you walked?

Do you believe you can hear the voice of God? Tomorrow, we'll consider that question and see what God's Word says.



Holy Girl Walk Day 23 Memorize Psalm 92:10

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Today, your reading of individual verses will be significant, so there is no large passage of Scripture assigned.

“There is a big gap between what we read in Scripture about the Holy Spirit and how most believers and churches operate today.”

Francis Chan

Which member of the Trinity do you feel least comfortable and familiar with: God the Father, God the Son, or God the Holy Spirit? Why?

For many, the Holy Spirit is the most misunderstood member of the Trinity. Who is He? What does He do? Why does He matter so much in our lives today? These are important questions for each of us to answer, and today's verse from Psalm 92 invites us to begin or continue our quest.

Write Psalm 92:10.

Based on what you know of Scripture, what do the horn, wild ox, and oil symbolize in this verse?

This verse is a beautiful reminder of God's empowerment and renewal in our lives. In the midst of life's battles and weariness, God promises to lift us up and strengthen us, much like the wild ox, a symbol of power and resilience. This beast, of course, lifts its horns in victory after a display of power. (Though there

is more to the horn, which we'll explore tomorrow.) And the fresh oil signifies God's anointing and the refreshing presence of the Holy Spirit.

This divine enabling of the Spirit isn't reserved for a few "super saints." Every New Testament believer has been "anointed" by God, who has "given us his Spirit" (2 Cor. 1:21–22). And we are admonished to be filled by the Holy Spirit (Eph. 5:18). Being filled makes me think, "There's no room for anything else!" Why might we need the Holy Spirit to take up the capacity of our hearts, minds, and souls? Let's consider what He does for, in, and through us.

Look up each of these verses and write what you learn about the different roles the Holy Spirit plays in our lives:

John 16:8

Ephesians 1:13–14

1 Corinthians 2:10

John 14:26

Acts 1:8

John 16:13

Romans 8:16

Galatians 5:22–23

Most of us experience the work of the Holy Spirit for the first time when we are under conviction for our sin and rebellion against God (John 16:8). This is the most significant experience of our lives because it is ultimately what leads to our salvation. This sweet conviction of sin remains an active and critical role of the Holy Spirit in our lives. After especially enriching encounters with God's Spirit, I've noticed that I'm much more mindful of maintaining a radius of holiness around me. I don't want social media or entertainment or conversations around me to lure me away from the clean state of my heart made possible by an encounter with God.

Beyond our conviction, there are many roles the Holy Spirit plays in our lives. And though we sometimes know it is the Holy Spirit who empowers us to share Christ's love or live empowered by the fruit of the Spirit, there's often a huge gap between our heads and our lives. We live as if the kingdom of God depends on our abilities and gifts, not the power of the Holy Spirit. The result is human-sized tasks, goals,

and results. How sad! Through the power of the Holy Spirit, we can pursue God-sized tasks and get a front-row seat to see Him do what no human being ever could.

We need the anointing of the Spirit for anything and everything that God has called us to do as we serve Him. Circle any of the things in the list below where you need the anointing of the Holy Spirit of God.

- | | |
|------------------------------|--------------------------------------------|
| For your academic work | For praying for a prodigal |
| For your career | For serving in your church |
| For your marriage | For caring for elderly parents |
| For singleness | For understanding your calling and purpose |
| For motherhood | For the salvation of a loved one |
| For parenting grown children | For courage to share the gospel |

Rewrite Psalm 92:10 into a prayer for fresh anointing in that area or areas of your life.

Okay, let's get out there like a herd of wild oxen, ready to live powerful, resilient, flourishing lives!



Today, you will meditate on and memorize Psalm 92:10.

Memorize and meditate upon Psalm 92:10 as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 23



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:10 as you walked?

Come back tomorrow to learn about one of the most precious hidden gems in Psalm 92—the horn. Its meaning will fill you with the power to flourish.



Holy Girl Walk Day 24 Memorize Psalm 92:1–10

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Luke 1:67–80

“I’m convinced that this matter of the anointing of the Holy Spirit of God is one of the most essential ingredients in ministry. I also believe that in twenty-first century evangelicalism, it is one of the most neglected and overlooked and lacking ingredients.”

Nancy DeMoss Wolgemuth

Let’s capture a quick picture of the moment God chose David, the author of Psalm 92, to serve as the future king of Israel. We find it in 1 Samuel 16, where the prophet Samuel anointed David. How? By filling a horn with oil.

This ought to cause you to lean in, put on your detective hat, and begin to sleuth out what that might possibly have to do with the horn mentioned in Psalm 92:10. David wrote that God “exalted my horn like that of the wild ox; you have poured over me fresh oil.” Yesterday, we learned that the wild ox represented strength and resilience. And the oil symbolized the presence of the Holy Spirit.

What might the horn represent?

If you guessed that it represents victory or power, you are correct. This metaphor of the “exalted horn” comes from an image of an ox lifting its horns after winning a battle. The raised horn is a common biblical symbol of victory, especially of being rescued from oppression.

But there’s so much more to it. To fully understand the horn, we must understand the book of Psalms. Though it’s a large collection of poems in the Hebrew Bible, it is not a haphazard amassment. Each poem works with the others to create one complete storyline from the book’s beginning to its end.

In short, the book of Psalms poetically retells the entire biblical story. Of course, some of this looks back on creation, the exodus of God’s people from slavery, and other historical parts of the history of Israel. And some parts look forward prophetically to Jesus. And that’s where the word “horn” gets really interesting.

What do we discover in Luke 1:68–69 about Jesus?

Read Psalm 132:17. What do we learn about this title for the Messiah?

The horn is used to reference the House of David, but it originated obviously in the impression made by the horns of the wild ox or ram as symbols of strength. Because of that meaning, horns were used to anoint kings in the days of David. In the book of Luke, we find the old man, Zacharias, singing and using the horn to describe the coming Christ, who is to be raised up in power previously unknown in the spiritual sense.

What does this truth mean to you on days when you see evil men flourishing? Or when you simply don't feel as if you are?

Sometimes, in His displeasure, God allows wicked men to prosper, but never forget their success is fleeting. And He often allows us to find the futility of trusting in anything other than Him. This is so we will seek the salvation and grace found in the gospel so that we can be daily anointed by the Holy Spirit and share in the glory of our Redeemer. It is from His grace, through His Word and Spirit, that we receive the strength to live fruitful lives.

As you begin your Holy Girl Walk today, start by speaking directly to Jesus. Praise Him for His power to overcome death and the grave.



Today, you will meditate on and memorize Psalm 92:1–10.

String together Psalm 92:1-10 as you walk and meditate today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 24**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1-10 as you walked?

We have just one more verse to study before we begin to practice saying all of Psalm 92 together. You're working so hard. Let's not stop short! Almost there.

Extra Notes

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Holy Girl Walk Day 25 Memorize Psalm 92:11

Pray

for God's presence to be real as you meditate on and memorize His Word today.

Read

Psalm 7

“Forgiveness is a form of voluntary suffering. In forgiving, rather than retaliating, you make a choice to bear the cost.”

Pastor Tim Keller

As I write this, a squirrel is flourishing in my house. I knew the critter was in here. Bob and I have seen him a time or two this week. And as I sit here in the dark, the nocturnal fur ball has visited my dog's water bowl multiple times, pitter-pattered past me at least a dozen times, and now seems to be eating the seed pods in my potpourri.

But I have already placed a call to my pest control guy, Felix. Tomorrow, he will bring traps. The fast fur ball will be caught and taken at least ten miles from my home.

I will be happy to see it with my own eyes.

Write Psalm 92:11.

Though Psalm 92 is not considered a classic imprecatory Psalm, one that invokes judgment upon one's enemies or those perceived as the enemies of God, this verse sure does fit the bill. It invites us to all but gloat about outlasting evil people who have come against us.

How do you feel about basically bragging that you will see evil people experience doom?

I admit, it feels a bit unchristian to think the way this verse is written. After all, we're not talking about a rodent prancing through my house at night, but people. However, this is written in the Bible, which we can trust. So, let's figure out what we can learn.

Some scholars point us to the Abrahamic Covenant (Gen. 12:1–3) to understand why Israel would have rights to God’s unique protection of them as a people group. This binding agreement made by God while Abram slept sealed their safety forever.

Read Genesis 12:1-3. What does God promise to do to the enemies of Israel?

On the basis of the Abrahamic Covenant, the psalmist could ask God to effect what he had promised: cursing on those who cursed or attacked Israel.

As previously studied, we are taught to love our enemies (Matt. 5:33–35). So, should we still pray this way today? Why or why not?

I think Christians can still pray imprecatory prayers, but our hearts must be aligned with God’s justice and mercy. These prayers should express righteous anger against sin and injustice while trusting God to deliver justice in His perfect timing. We must remember that we don’t wrestle against flesh and blood but the enemy of our souls. And that same enemy is the enemy of the souls of people we are at odds with.

Once, when Bob and I were wrongfully sued, I found one of the classic imprecatory Psalms, number 7, to be a great comfort.

Having read Psalm 7, what is unique about this chapter of Scripture that could balance our prayers about our enemies?

Psalm 7 helped me to pray balanced prayers when I was at odds with someone by guiding me to seek God’s justice while maintaining personal integrity. The psalmist appeals to God to judge fairly and examine both the heart of the writer and the writer’s enemy. This approach encourages us to entrust the situation to God, asking for His intervention against wrongdoing while reflecting on our own behavior and motives. It balances seeking justice with humility and self-examination, reminding us to leave vengeance to God and strive for righteousness in our own conduct.

When you read Psalm 7, does anyone in your life come to mind? If so, how can you pray about your conflict with them?

Until Christ exercises final judgment, we have to maintain integrity in our pleas for God to right all wrongs. The final judgment of Christ is the event at the end of time when Jesus will return to judge all humanity. He will separate the righteous from the unrighteous, rewarding those who have faith in Him with eternal life and casting those who have rejected Him into eternal punishment. This judgment will bring ultimate justice, rectifying all wrongs and establishing God's perfect kingdom forever.

I'd like to think that I will rejoice if I see my enemies blessed with forever in heaven. Though I'm barely capable of that now, I trust God is aligning my heart with His pleasure to save sinful people!

(And, for what it's worth, I do not desire Him to save the squirrel that just ran past me.)

Let's walk!



Today, you will meditate on and memorize Psalm 92:11.

Just three more days to go. Today, you can focus on memorizing and meditating on Psalm 92:11 as you walk. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 25



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:11 as you walked?

Tomorrow, we'll return to those flourishing trees we learned about way back when we started: the palm trees and cedars of Lebanon. It seems like a long time ago that you learned those verses. Don't worry! You got this!



Holy Girl Walk Day 26 Memorize Psalm 92:1–11

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Psalm 107

“Whatever your particular need or trouble, from this same book [the psalms] you can select a form of words to fit it, so that you . . . learn the way to remedy your ill.”

Athanasius

In *The Songs of Jesus*, Tim and Kathy Keller declare that Jesus would have sung all the Psalms constantly, throughout His life so that He knew them by heart.

Think about that! The very words you and I read came from the lips of Christ both before He walked the earth through inspiration and then as He journeyed through life in human flesh. That gives me chills.

Jesus quotes Scripture from the Psalms more than any other book of the Bible. He was not alone in His affinity for singing these words. The Kellers taught me that the Psalms served as the divinely inspired hymnbook for public worship in ancient Israel (1 Chron. 16:8–36). These Psalms were not merely read but sung, allowing them to deeply embed themselves in the minds and imaginations of the people, as only music can.

As you move through history, this pattern continued with the Christian church. When Benedict established his monasteries, he instructed that the Psalms be sung, read, and prayed at least once each week. During the medieval period, the Psalms became the most familiar part of the Bible for most Christians, with the Psalter often being the only portion of the Bible a layperson might own.

Why were the Psalms so emphasized? Not that they are more important than any other part of Scripture but because they summarize the whole of the Bible. I’ve mentioned that earlier. In fact, Martin Luther referred to the Psalms as a “mini-bible” because they so encapsulate the rest of the Bible.

But there’s another reason they are so emphasized throughout the history of the faith. “The Psalms,” wrote the Kellers, “are not just a matchless primer of teaching but a medicine chest for the heart.”

Based on Psalm 107:19–20, is there evidence for Keller’s claim above?

Trusting in God’s Word can be “healing to your flesh and refreshment to your bones” (Prov. 3:8). It has been for me.

At one point in my life, stress and sadness were creating undiagnosable chronic pain and problems in my body. When I began to pray Scripture over my body and believe it, I slowly began to experience wellness. I believe this is because stress causes a myriad of health problems, but the Word brings peace and hope.

Have you experienced any kind of healing from trusting in God’s Word and praying it? Do you have the need for physical or emotional healing?

Using Psalm 107, choose some verses to rewrite into a prayer over your mind, body, or emotions.

Now, let’s walk and meditate.



Today, you will meditate on and memorize Psalm 92:11.

Just three more days to go. Today, you can focus on memorizing and meditating on Psalm 92:11 as you walk. You may invite me to join you for the first five minutes of your walk by listening to today’s episode of the *Holy Girl Walk* podcast.

 **Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 26**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1–11 as you walked?

You’ve almost made it. Just one more chunk of verses to add to the chapter in your mind. Tomorrow, we’ll return to the four verses we committed to memory when we first began.



Holy Girl Walk Day 27 Refresh your memorization of Psalm 92:12–15

Pray

for God’s presence to be real as you meditate on and memorize His Word today.

Read

Matthew 28:18–20

“When a woman of God flourishes, it never stops with her. It extends beyond her to those God has brought into her life.”

Erin Davis

Write 92:12–15 from memory if you are able!

We’ve returned to our thesis! “The righteous flourish!” And when you do, others notice.

When I was twenty-six years old, I had a deep encounter with Christ. Now, I’d been a Christian for two decades. But since my teen years, I was deeply ashamed of past sin—something that plagued me for many years. But I finally dared to believe Jesus Christ was the solution. Each day, I immersed myself in the Word of God during my lunch hour at work, pleading with God to remove the stain from my mind, not just my record. I did not know it at the time, but I was practicing something that only flourishing women do: **I was planting myself in the presence of God.**

Part of my routine was to chill out by listening to worship songs and singing them at the top of my lungs. Again, I was practicing a secret of flourishing: I was singing praise in every circumstance. **Each and every day.**

Ever so slowly, my heart began to believe the words I was reading. And I gained the courage to confess my sin to others rather than continue to hide it as a terrible secret. This led me to become more plugged into a

small group and Sabbath activities that were communal and restful for me. If you've just noticed another secret of a flourishing woman, you are correct. **I was embracing the community and the rest of God.**

As time went by, I was able to see how God was at work all along. I could see His fingerprint all over my history. And I couldn't help but tell people. Yes, that's the fourth secret of a flourishing woman: **I was remembering the work of the Lord.**

Simply put, I started to flourish in Christ. My mother once told me, "It was as if you were born again for the first time."

That experience led me to begin to minister to teen girls. Then, to write my first book, *And the Bride Wore White*. And eventually to found Pure Freedom and True Girl. Though numbers cannot adequately communicate the fruit of my team's ministry, I'm proud to have been a part of leading just over 16,000 girls and moms into first-time saving relationships with Jesus Christ. We follow up these decisions—made with both mom and daughter present—with discipleship and encouragement to follow the Lord in baptism in a local church.

When one woman flourishes, it impacts others! That's just how it works.

Read Genesis 1:28. What was the first command God gave to Adam and Eve? And how does this still have efficacy in our lives today, if at all?

From the start, God has wanted you and me to be fruitful and to multiply. This verse speaks of the essence of reproduction, but I believe it is also about multiplying God-knowers!

Matthew 28:18–20 is a command Jesus has given to you and me. How does flourishing position you to obey this?

When you flourish in Christ, the Great Commandment rolls out of you. You don't have to try hard. It's not a "have to." It's a "get to."

Have there been times in your life when you have been more prone to share Christ's love and truth? Write about one of them below. Ponder how God would help your heart return to that pattern of enthusiasm to be fruitful.

God's intent is that we would learn to flourish in Him because of Him, which would bear fruit in our lives. And that the lost would be drawn to that life in us and want it, too.

One thing that has always stirred my heart to be fruitful is time in God's Word. Today, as you walk, I pray it will stir up a desire to share what you learn and experience.

Lace up! Let's go!



Today, you will meditate on and memorize Psalm 92:12-15.

Memorize and meditate upon the last four verses in Psalm 92. This will be a review, but you may need to refresh it before we add it to the rest of the chapter. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



***Holy Girl Walk Podcast* • Season 2: Made to Flourish • Episode 27**



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:12-15 as you walked?

Bring the confetti! You have just one more glorious day left in the Holy Girl Walk. Let's enjoy the accomplishment.

How does your answer above compare to your answer from Day 1?

I certainly hope you have experienced a taste of flourishing as we've walked. And that you'll find yourself impacting others because of it.

How about one more walk?



Today, you will meditate on and memorize Psalm 92:1-15.

Recite all of Psalm 92 as you walk today. You may invite me to join you for the first five minutes of your walk by listening to today's episode of the *Holy Girl Walk* podcast.



Holy Girl Walk Podcast • Season 2: Made to Flourish • Episode 28



While you cool off and hydrate, answer this question:

What did you observe about Psalm 92:1-15 as you walked?

I'm already writing my next Holy Girl Walk! It will focus on learning how to experience the depths of God's forgiveness. Psalm 130 is one I've turned to again and again when I feel overwhelmed by my sinfulness. It never ceases to refresh my soul and produce a sense of freedom.

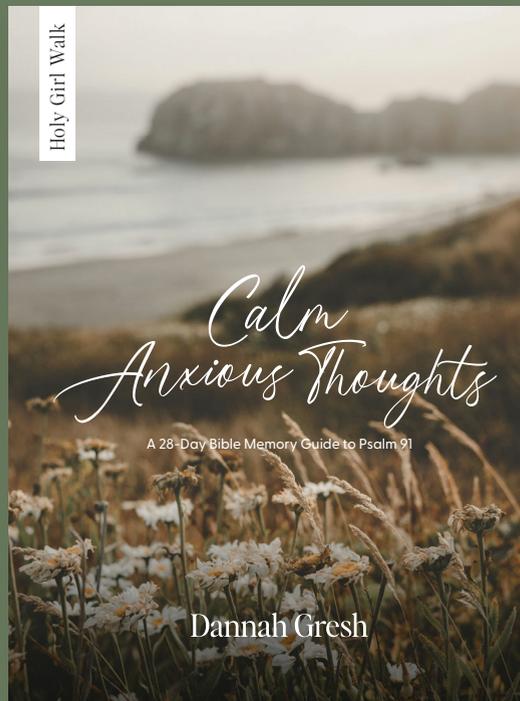
Holy Girl Walk • Volume #3

A 16-Day Bible Memory Guide to Psalm 130

Follow me on social media or sign up for my newsletter at dannahgresh.com to be notified when it releases.

What's Next?

Using Volume 1 of the Holy Girl Walk, **Calm Anxious Thoughts**, you'll walk, meditate on the truth of Psalm 91, and memorize a whole chapter of God's Word that's useful to crush anxiety.



Anxiety and depression have increased dramatically in recent years. We're just trying to keep our hearts above the headlines! Using Volume 1 of the Holy Girl Walk, *Calm Anxious Thoughts*, you'll walk, meditate on the truth of Psalm 91, and memorize a whole chapter of God's Word.

Psalm 91 encourages us to trust in God's faithfulness and to seek refuge in His presence. It reminds us that in times of trouble, we can turn to Him as our ultimate source of strength and find solace in His unfailing love.

Available exclusively at dannahgresh.com.