



21 DAYS

The Healthy Church:
Healthy Roots. Healthy Followers.
Healthy Church.

The Journey of Trees

Healthy followers are deeply rooted in Christ, continually growing in His likeness, faithfully bearing fruit for His Kingdom, and joyfully awaiting His eternal presence.

Week 1 - Rooted in Christ; "Christ changes my identity."

Week 2 - Growing in Christ; "Christ transforms my character."

Week 3 - Bearing Fruit for Christ; "Christ uses my life for His glory."

Each day includes a key Scripture to guide the theme and message. Some Bible passages are lengthy, so we encourage you to read the entire passage to gain a fuller understanding of what the Holy Spirit desires to speak to you.

Week 1: Rooted in Christ

Just as a tree's health is determined by what lies beneath the surface, our spiritual health depends on how deeply we are rooted in Christ. Throughout Scripture, God uses trees to reveal His plan of redemption, His desire to dwell with His people, and His call for His followers to grow into spiritual maturity.

Day 1 - The Tree of the Knowledge of Good and Evil: The Choice of Obedience

Biblical Passage: Genesis 2:15–17

Focus: Every disciple must choose between trusting God's wisdom or living according to self.

Day 2 - The Tree of the Knowledge of Good and Evil: When Sin Took Root

Biblical Passage: Genesis 3:6–7

Focus: Sin damaged our relationship with God, but His pursuit of humanity never stopped.

Day 3 - The Acacia Tree: God's Presence Among His People

Biblical Passage: Exodus 25:10–22

Focus: God desires to dwell with His people and reveal His glory through them. Build your life around God's presence.

Day 4 - The Almond Tree: God Watches Over His Word

Biblical Passage: Jeremiah 1:11–12

Focus: Healthy believers trust that God watches over His Word and fulfills His promises.

Day 5 - Sycamore Tree: Climbing Higher to See Jesus

Biblical Passage: Luke 19:1–10

Focus: Spiritual growth begins with a genuine desire to encounter Christ. Start by removing every obstacle that keeps you from following Christ.

Day 6 - The Tree at Calvary, The Cross: The Tree That Changed Everything

Biblical Passage: Galatians 3:13

Focus: Jesus took our curse so we could receive His life by transforming the instrument of death into the source of eternal life and redemption.

Day 7 - The Tree of Life: The Gift of Eternal Life

Biblical Passage: Genesis 3:22–24

Focus: What was lost through Adam is restored through Jesus Christ.

Week 2: Growing in Christ

Healthy disciples of Christ continually grow through God's Word, the Holy Spirit, and daily dependence upon Christ.

Day 8 - The Vine: Abide In Christ

Biblical Passage: John 15:1–8

Focus: Everything in the Christian life flows from remaining connected to Christ.

Day 9 - The Olive Tree: Living Under God's Anointing

Biblical Passage: Psalm 52:8

Focus: Healthy believers depend upon the work of the Holy Spirit.

Day 10 - The Cedar of Lebanon: Standing Strong in God

Biblical Passage: Psalm 92:12

Focus: Spiritual strength comes from being deeply rooted in God's presence which will enable you to stand firm through every season.

Day 11 - The Palm Tree: Flourishing in Every Season

Biblical Passage: Psalm 92:12–15

Focus: Healthy believers planted in God's house flourish regardless of circumstances.

Day 12 - Oak Tree: Becoming Oaks of Righteousness

Biblical Passage: Isaiah 61:3

Focus: Forgiveness is the medicine that heals the body of Christ.

Day 13 - Juniper (Broom) Tree: God's Grace in Seasons of Burnout

Biblical Passage: 1 Kings 19:1–8

Focus: Healthy disciples learn that rest is not a weakness. It is part of God's provision for a healthy spiritual life.

Day 14 - The Agarwood (Aloes) Tree: The Fragrance of Christ

Biblical Passage: Psalm 45:8

Focus: Just as agarwood releases its richest fragrance after being wounded and transformed, God often uses our trials to produce the beautiful aroma of Christ in our lives. A healthy disciple doesn't merely speak about Jesus; he or she carries His fragrance into every relationship, every workplace, every home, and every ministry.

Week 3: Bearing Fruit for Christ

Healthy followers naturally become fruitful disciples who influence others, multiply God's Kingdom, and live with eternity in view.

Day 15 - The Fig Tree: Bearing Fruit That Lasts

Biblical Passage: Luke 13:6-9

Focus: God desires transformed lives that consistently produce spiritual fruit.

Day 16 - Mustard Tree: Small Acts of Faith, Lasting Kingdom Impact

Biblical Passage: Matthew 13:31-32

Focus: God delights in using small beginnings, simple acts of obedience, and growing faith to accomplish extraordinary Kingdom purposes. Healthy followers of Christ trust God to multiply what they faithfully surrender to Him into great Kingdom impact.

Day 17 - Burning Bush (not technically a tree but has a great lesson): God's Calling

Biblical Passage: Exodus 3:1-6

Focus: God calls ordinary people for extraordinary purposes.

Day 18 - The Frankincense Tree: A Life of Worship and Prayer

Biblical Passage: Exodus 30:34-38

Focus: See Christ in every person you serve.

Day 19 - Almug (Algum) Tree: Offering Our Best to God

Biblical Passage: 1 Kings 10:11-12

Focus: The rare and valuable almug wood was used to beautify the Temple and to craft instruments for worship. In the same way, God has uniquely gifted every believer not for personal recognition, but to strengthen His Church and glorify His name. Healthy disciples offer God their very best with excellence, humility, and joyful worship.

Day 20 - The Pomegranate Tree: A Life That Displays God's Glory

Biblical Passage: 1 Kings 7:18-20

Focus: The pomegranates on Solomon's Temple reminded Israel that God's dwelling place was to be marked by beauty and fruitfulness. Today, the Church is not defined by stone pillars but by transformed people. A healthy church is built by healthy followers whose lives are adorned with the character of Christ and whose spiritual fruit brings glory to God.

Day 21 - The Tree of Life (Revelation): Paradise Restored

Biblical Passage: Revelation 22:1-5

Focus: The Bible begins in a garden and ends in a garden-city. God's plan has always been to restore His people to Himself. Healthy followers of Christ live today with the hope of eternity, rooted in His love, growing in His grace, and bearing fruit that will glorify Him forever.