



Higher Pathways:

A 30-Day Guide to Living According to Divine Will

The Dead Sea Scrolls, The Gospel of Thomas and The Book of Enoch



noblewalk.org

This manual draws from three profound ancient texts to guide you in seeking and living out God's will:

The Dead Sea Scrolls: A collection of Jewish manuscripts from a sect near Qumran, these texts emphasize community, purity, and devotion to God's law, offering insights into a disciplined spiritual life.

The Gospel of Thomas: A non-canonical collection of Jesus' sayings, this text highlights inner knowledge, the presence of God within, and a personal connection to the divine.

The Book of Enoch: An ancient Jewish work, it explores righteousness, ethical living, and the cosmic order, urging readers to align their actions with divine justice.

Together, these texts provide a rich foundation for understanding God's will as a path to individual fulfillment and collective harmony. This 30-day manual translates their teachings into daily practices, reflections, and challenges to help you grow spiritually and live meaningfully. Whether you're seeking personal transformation or a way to benefit those around you, this guide invites you to embrace God's will as the best path forward.

Day 1: Community and Connection

Source: Dead Sea Scrolls (Community Rule, 1QS))

Quote: "They shall separate from the congregation of the men of injustice and shall unite, with respect to the Law and possessions, under the authority of the Sons of Zadok..." (1QS 5:1-2)

Relevance: This passage highlights the importance of forming a supportive community dedicated to shared values, a foundational step for beginning a spiritual path.

Practice: Reach out to someone in your life—friend, family, or stranger—and offer support or encouragement. This could be a kind word, a helping hand, or a thoughtful gesture.

Reflection: Recall a time when someone's outreach touched you deeply. How did it feel? How can you share that experience with someone else today?

Challenge: Connect with someone you haven't spoken to in a while, stepping beyond your usual circle to build or renew a bond.

Day 2: Inner Knowledge

Source: Gospel of Thomas (e.g., "The kingdom of God is within you")

Quote: "Jesus said, 'If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.'" (Saying 70)

Relevance: This teaching emphasizes self-discovery and the power of inner wisdom, encouraging you to explore your true self early in the journey.

Practice: Spend 10 minutes in quiet reflection. Sit comfortably, close your eyes, and repeat silently, "The divine is within me." Focus on sensing an inner peace or presence.

Reflection: What does it mean to you to carry the divine within? How might this awareness shape your actions today?

Challenge: Maintain that sense of inner calm throughout your day, even during stress or conflict, and notice how it affects you.

Day 3: Ethical Behavior

Source: Book of Enoch (focus on righteousness)

Quote: "And now I know this mystery: For they (the righteous) shall be given the books of joy, of integrity, and of great wisdom." (1 Enoch 104:12-13)

Relevance: Enoch links ethical living with divine rewards, reinforcing the need for integrity as you establish your spiritual footing.

Practice: Act with integrity in all interactions today. Be honest, respectful, and true to your values, whether at work, home, or elsewhere.

Reflection: Think of a past ethical dilemma you faced. How did you respond? What might you do differently now?

Challenge: Pinpoint one area where your integrity could improve (e.g., honesty in small matters) and take a concrete step to address it.

Day 4: The Light Within

Source: Gospel of Thomas, Saying 24: "There is light within a person of light, and it shines on the whole world."

Quote: "There is light within a person of light, and it shines on the whole world. If it does not shine, it is dark." (Saying 24)

Relevance: This saying invites you to recognize and share your inner divine light, illuminating your path and influencing others.

Practice: Identify a unique gift or talent you have—creativity, kindness, patience—and share it today. Write a poem, help someone, or simply listen attentively.

Reflection: What is your "light"? How can you let it shine more brightly in your life and for others?

Challenge: Share your gift in a way that stretches you, like performing a kind act for someone you don't usually engage with.

Day 5: Purity of Heart

Source: Dead Sea Scrolls (Thanksgiving Hymns, 1QH))

Quote: "I thank Thee, O Lord, for Thou hast cleansed me from my sins and purified me..." (1QH 11:10)

Relevance: Gratitude for purification reflects the Dead Sea Scrolls' focus on moral and spiritual cleansing, a key theme for starting anew.

Practice: Focus on purity of heart by being honest with yourself and others. Reflect on any hidden resentments or dishonesty, and commit to resolving one.

Reflection: What does a pure heart mean to you? How can you nurture it daily?

Challenge: Admit a mistake to someone you've wronged, seeking forgiveness to cleanse your conscience.

Days 6–10: Building Foundations

Day 6: Power of Words

Source: Book of Enoch (emphasis on the impact of speech and righteousness)

Quote: "For I know that sinners will tempt men to evilly-entreat wisdom, so that no place may be found for her, and no manner of temptation may minish." (1 Enoch 94:5)

Relevance: This warns against the misuse of speech, urging you to use words wisely as you build a strong spiritual foundation.

Practice: Be mindful of your words today. Speak kindly and avoid negativity. Before speaking, ask yourself if what you're about to say is true, necessary, and kind.

Reflection: Think about a time when someone's words deeply affected you, positively or negatively. How did it shape your understanding of the power of speech?

Challenge: Go beyond avoiding negative speech. Actively use your words to uplift someone today—give a sincere compliment, express gratitude, or offer encouragement to someone who doesn't expect it.

Day 7: Seeking Wisdom

Source: Gospel of Thomas (e.g., "Seek and you will find")

Practice: Dedicate at least 15 minutes to learning something new today. Read a spiritual text, watch an educational video, or explore a new idea that deepens your understanding of life or faith.

Reflection: What does wisdom mean to you? How does seeking knowledge connect you to the divine or to your purpose?

Challenge: Share what you've learned with someone else—perhaps in a conversation, a message, or a social media post—to spread the wisdom further.

Day 8: Forgiveness

Source: Gospel of Thomas (teachings on letting go of judgment)

Quote: "Jesus said, 'If you have money, do not lend it at interest, but give it to one from whom you will not get it back.'" (Saying 95)

Relevance: This reflects a spirit of generosity and letting go, akin to forgiving debts, fostering peace in relationships.

Practice: Identify someone you hold a grudge against or feel resentment toward. Consciously choose to forgive them, even if just in your heart. Release the burden of anger.

Reflection: How does holding onto resentment affect you? What might change in your life if you let it go?

Challenge: If appropriate, reach out to the person you've forgiven. Express your forgiveness or simply wish them well in your thoughts or through a kind gesture.

Day 9: Stewardship

Source: Book of Enoch (care for creation and the natural order)

Quote: "And the whole earth has been corrupted through the works that were taught by Azazel: to him ascribe all sin." (1 Enoch 10:8)

Relevance: Enoch connects human actions to environmental harm, calling for responsible care of the earth as part of your foundation.

Practice: Take a specific action to care for the environment today—reduce waste, conserve energy, plant something, or clean up a small area.

Reflection: How does caring for the earth connect to your spiritual beliefs? What responsibility do you feel toward the planet and future generations?

Challenge: Commit to a long-term environmental practice, such as reducing single-use plastics, supporting a conservation effort, or adopting a more sustainable lifestyle habit.

Day 10: Gratitude

Source: Dead Sea Scrolls (Thanksgiving Hymns, 1QH)

Quote: "I thank Thee, O Lord, for Thou hast placed my soul in the bundle of the living..."
(1QH 10:22)

Relevance: This expression of thanks for life and protection reinforces gratitude as a cornerstone of spiritual growth.

Practice: Write down three things you're grateful for today. Be specific and heartfelt, focusing on both big and small blessings.

Reflection: How does expressing gratitude change your perspective on your day? Can you find gratitude even in challenges or difficulties?

Challenge: Express your gratitude to someone directly—tell them specifically why you appreciate them or how they've positively impacted your life.

Days 11–20: Deepening Commitment

Day 11: Humility

Source: Gospel of Thomas (e.g., "Whoever exalts himself will be humbled")

Quote: "Jesus said, 'Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.'" (Saying 104, parallel to canonical gospels)

Relevance: Humility is presented as a virtue that elevates the spirit, essential for deepening your commitment.

Practice: Serve others quietly today without seeking recognition. Perform a small act of kindness—anonymously if possible.

Reflection: What does true humility look like in your life? How does it feel to serve without expecting praise or reward?

Challenge: Let go of the need for approval in a situation where you'd normally seek it. Trust that your actions are enough.

Day 12: Compassion

Source: Book of Enoch (calls for mercy and kindness)

Quote: "And now, my son, the Lord of spirits has caused thy name to be named among the holy ones, and has preserved thee among those who dwell on the earth." (1 Enoch 70:3)

Relevance: Compassion and righteousness are rewarded, encouraging you to extend mercy to others.

Practice: Show compassion to someone in need—offer a listening ear, help with a task, or simply be present for someone struggling.

Reflection: When have you experienced deep compassion from another? How can you embody that same spirit for others?

Challenge: Extend compassion to someone you find difficult to relate to or someone outside your usual circle.

Reflection: How does prayer or meditation affect your sense of connection to God or your inner self? What insights arise in the silence?

Challenge: Incorporate a moment of prayer or meditation into a busy part of your day, like during lunch or before a meeting, to maintain that connection.

Day 14: Integrity

Source: Gospel of Thomas (inner truth and authenticity)

Quote: "Jesus said, 'Be passersby.'" (Saying 42)

Relevance: This call to detachment from worldly distractions encourages a focus on inner truth and integrity.

Practice: Align your actions with your deepest values today. Make choices that reflect who you truly are, even in small matters.

Reflection: Where in your life do you feel misalignment between your actions and your values? What steps can you take to bridge that gap?

Challenge: Address one area where you've compromised your integrity—apologize, make amends, or change a behavior to realign with your values.

Day 15: Unity

Source: Dead Sea Scrolls (Damascus Document, CD)

Quote: "And they shall be joined to the holy congregation, and they shall be recorded in order..." (CD 4:3-4)

Relevance: Unity and order within a community strengthen collective spiritual purpose.

Practice: Strengthen a group bond—collaborate on a project, participate in a team effort, or simply spend quality time with loved ones.

Reflection: How does being part of a community enhance your life? What role do you play in fostering unity?

Challenge: Resolve a conflict or misunderstanding within a group, focusing on empathy and shared goals.

Day 16: Righteous Choices

Source: Book of Enoch (ethical decision-making)

Quote: "And the righteous shall be victorious in the name of the Lord of spirits." (1 Enoch 50:2)

Relevance: Righteous decisions lead to divine favor, reinforcing the importance of ethical choices.

Practice: When faced with a decision today, choose the path that aligns with righteousness, even if it's difficult or less convenient.

Reflection: Think of a time when you made a tough but ethical choice. How did it feel? What did you learn from it?

Challenge: Take a stand for what's right in a situation where others might be compromising their values.

Day 17: Self-Discovery

Source: Gospel of Thomas (Community Rule, 1QS)

Quote: "Jesus said, 'When you know yourselves, then you will be known, and you will understand that you are children of the living Father.'" (Saying 3)

Relevance: Self-knowledge unlocks divine connection, a critical step in deepening your journey.

Practice: Spend 15 minutes journaling about your purpose, identity, or spiritual journey. Ask yourself: Who am I becoming?

Reflection: What have you discovered about yourself recently? How does this self-awareness guide your actions?

Challenge: Share a part of your self-discovery with someone you trust, inviting deeper connection and mutual understanding.

Day 18: Generosity

Source: Dead Sea Scrolls (sharing resources within the community)

Quote: "He shall admit into the Covenant of Grace all those who have freely devoted themselves to the observance of God's precepts..." (1QS 1:7-8)

Relevance: The community's shared resources reflect generosity, a practice to emulate.

Practice: Give something away today—time, money, or a material possession—to someone in need.

Reflection: How does generosity enrich your life? What fears or attachments arise when you think about giving more freely?

Challenge: Give something that feels slightly uncomfortable to part with, trusting that it will benefit another.

Day 19: Patience

Source: Book of Enoch (endurance in the face of trials)

Quote: "Wait with patient hope; for formerly you have been disgraced with evil and with affliction; but now shall you shine like the luminaries of heaven." (1 Enoch 104:2)

Relevance: Patience is rewarded with transformation, encouraging endurance in challenges.

Practice: Practice patience in a frustrating situation—whether it's a delay, a difficult person, or a personal setback.

Reflection: How does impatience affect your well-being? What might you gain by embracing patience as a spiritual practice?

Challenge: Choose a long-term goal or project and commit to working on it steadily, without rushing or forcing outcomes.

Day 20: Joy

Source: Gospel of Thomas (finding joy in the divine presence)

Quote: "Jesus said, 'The kingdom of the Father is like a certain woman who was carrying a jar full of meal... When she reached her house, she set the jar down and found it empty.'" (Saying 97, abbreviated)

Relevance: This parable suggests finding joy in the present journey, not just the destination.

Practice: Find and savor a moment of joy today—laugh with a friend, enjoy nature, or celebrate a small victory.

Reflection: What brings you true joy? How can you cultivate more of it in your daily life?

Challenge: Share your joy with others—organize a small gathering, tell a funny story, or simply smile at strangers to spread positivity.

Days 21–30: Living Fully

Day 21: Discipline

Source: Dead Sea Scrolls (Community Rule, 1QS)

Quote: "They shall be strictly obliged to observe all the statutes of the Law..." (1QS 5:1)

Relevance: Strict adherence to spiritual practices fosters a disciplined life.

Practice: Stick to a positive habit or routine today, such as exercise, prayer, or a work task, even when you don't feel like it.

Reflection: How does discipline support your spiritual growth? What areas of your life could benefit from more structure?

Challenge: Introduce a new discipline into your life—commit to a daily practice for the next week and track your progress.

Day 22: Awareness

Source: Gospel of Thomas (e.g., "Be passerby" – observe without attachment)

Quote: "Jesus said, 'When you make the two one, and when you make the inside like the outside and the outside like the inside... then will you enter the kingdom.'" (Saying 22, abbreviated)

Relevance: Awareness of inner and outer unity leads to spiritual enlightenment.

Practice: Observe your thoughts and actions mindfully throughout the day. Notice when you react automatically and pause to choose a response.

Reflection: What patterns do you notice in your thoughts or behaviors? How can awareness help you live more intentionally?

Challenge: Practice mindfulness in a challenging situation—stay present and observe without judgment.

Day 23: Justice

Source: Book of Enoch (calls for fairness and divine justice)

Quote: "And the Lord of spirits will abide over them, and with that Son of Man shall they eat and lie down and rise up for ever and ever." (1 Enoch 62:14)

Relevance: Divine justice promises reward for the righteous, inspiring fair actions.

Practice: Stand up for fairness today, whether it's correcting a small injustice or advocating for someone who's been wronged.

Reflection: What does justice mean to you? How can you contribute to a more just world in your daily life?

Challenge: Take action on a larger justice issue—write a letter, join a cause, or educate others about an important topic.

Day 24: Trust

Source: Dead Sea Scrolls (Thanksgiving Hymns, 1QH)

Quote: "I thank Thee, O Lord, for Thou hast upheld me by Thy strength..." (1QH 7:6-7, abbreviated)

Relevance: Trust in divine support prevents stumbling, a key to living fully.

Practice: In a moment of uncertainty or worry, consciously release control and trust in a higher power or the process of life.

Reflection: When have you experienced the peace that comes from trust? How can you cultivate more trust in your life?

Challenge: Let go of a specific worry or fear, handing it over to God or the universe, and take a step forward without knowing the outcome.

Day 25: Creativity

Source: Gospel of Thomas (the divine spark within)

Quote: "Jesus said, 'I am the light that is over all things... Split a piece of wood; I am there. Lift up the stone, and you will find me there.'" (Saying 77, abbreviated)

Relevance: The divine presence in all things inspires creativity and reverence.

Practice: Express yourself creatively—write, draw, cook, or invent something new. Let your inner light shine through your creation.

Reflection: How does creativity connect you to the divine? What unique gifts do you bring to the world?

Challenge: Share your creation with others, even if it feels vulnerable, to inspire or uplift them.

Day 26: Respect

Source: Book of Enoch (honoring the dignity of all beings)

Quote: "And now, my son Methuselah... preserve, my son Methuselah, the books from thy father's hand, and see that thou deliver them to the generations of the world." (1 Enoch 82:1, abbreviated)

Relevance: Respect for knowledge and future generations shapes a meaningful life.

Practice: Treat everyone you encounter today with deep respect, recognizing their inherent worth and dignity.

Reflection: How does showing respect to others affect your relationships? What biases or judgments might you need to release?

Challenge: Show respect to someone you disagree with or find challenging, seeking to understand their perspective.

Day 27: Simplicity

Source: Dead Sea Scrolls (Community Rule, 1QS)

Quote: "They shall separate from the habitation of unjust men and shall go into the wilderness to prepare there the way of Him..." (1QS 8:13-14)

Relevance: Simplicity in lifestyle sharpens spiritual focus.

Practice: Declutter a part of your life—your space, your schedule, or your mind. Let go of something that no longer serves you.

Reflection: How does simplicity bring clarity or peace? What excess can you release to make room for what truly matters?

Challenge: Commit to a minimalist practice for a week—reduce consumption, limit distractions, or simplify your daily routine.

Day 28: Hope

Source: Book of Enoch (visions of a better future)

Quote: "And the righteous shall have peace and walk in the paths of uprightness." (1 Enoch 91:19)

Relevance: Hope for peace and righteousness sustains the journey.

Practice: Encourage someone who is struggling or feeling hopeless. Offer words of hope, a listening ear, or a helping hand.

Reflection: What gives you hope in difficult times? How can you be a source of hope for others?

Challenge: Take a step toward a hopeful vision for your life or community—start a project, join a movement, or set a new intention.

Day 29: Love

Source: Gospel of Thomas (the primacy of love and unity)

Quote: "Jesus said, 'Love your brother like your soul, guard him like the pupil of your eye.'" (Saying 25)

Relevance: Love for others is central to a fulfilled spiritual life.

Practice: Show unconditional love to someone today—through a kind act, a thoughtful gesture, or simply being present.

Reflection: What does it mean to love without conditions? How does love transform your relationships and your life?

Challenge: Express love to someone you've had difficulty with, seeking to heal or strengthen the relationship.

Day 30: Legacy

Source: Dead Sea Scrolls (Community Rule, 1QS)

Quote: "They shall be recorded in order, one after another, according to their understanding and their deeds..." (1QS 5:23, abbreviated)

Relevance: Your actions create a lasting legacy, completing the highest walk.

Practice: Reflect on the legacy you want to leave. Write down the values, actions, or contributions you hope to be remembered for.

Reflection: What kind of impact do you want to have on the world? How can you start living that legacy today?

Challenge: Take a concrete step toward building your legacy—mentor someone, start a meaningful project, or make a decision that aligns with your long-term vision.



Introduction

In a world often filled with noise, distraction, and uncertainty, the search for meaning and purpose remains a timeless human pursuit. Many of us seek to live in alignment with a higher calling—to walk a path that not only fulfills us individually but also uplifts those around us. This manual, *Walking the Highest Walk*, is a guide for that journey, drawing from three ancient and profound texts: the Dead Sea Scrolls, The Gospel of Thomas, and The Book of Enoch. These sacred writings, though separated by time and tradition, share a common thread: they illuminate the path to living in harmony with God's will, both for our own flourishing and for the collective good.

The Dead Sea Scrolls, discovered in the caves of Qumran, reveal the spiritual discipline and communal devotion of a Jewish sect dedicated to purity, righteousness, and the study of God's law. Their teachings emphasize the power of community, ethical living, and a deep connection to the divine through ritual and prayer.

The Gospel of Thomas, a collection of Jesus' sayings, invites us to look within for divine wisdom. It teaches that the kingdom of God is not a distant reality but a present truth, accessible through self-knowledge, inner peace, and a direct relationship with the divine. The Book of Enoch, an ancient Jewish text, offers a cosmic vision of righteousness, justice, and the natural order. It calls us to live ethically, honor creation, and trust in the unfolding of divine providence.

Together, these texts provide a rich tapestry of wisdom for modern seekers. This 30-day manual translates their timeless teachings into practical, daily actions—each day offering a practice to embody a spiritual theme, a reflection to deepen your understanding, and a challenge to stretch your growth. Whether you are seeking personal transformation, a deeper connection to the divine, or a way to serve others more fully, this guide invites you to see God's will not as a distant ideal but as a living reality that can transform your life and the world around you.

As you embark on this journey, approach each day with an open heart and a willing spirit. Some practices may feel natural, while others may challenge you to step beyond your comfort zone. Trust that each step, no matter how small, brings you closer to walking your highest walk. Remember, God's will is not a rigid path but a dynamic invitation to grow, love, and serve in ways that uplift both yourself and the collective. May this manual be a companion on your journey toward greater alignment, peace, and purpose.





Day 13: Prayer and Meditation

Source: Dead Sea Scrolls (Community Rule, 1QS)

Quote: "They shall eat in common and bless in common and deliberate in common." (1QS 6:2-3)

Relevance: Communal prayer and reflection highlight the discipline of connecting with the divine and others.

Practice: Spend 10 minutes in prayer or meditation, focusing on connecting with the divine. You might pray for guidance, peace, or strength.



But the kingdom is within you, and it is outside of you. When you know yourselves, then you will be known, and you will know that you are the sons of the living Father. But if you do not know yourselves, then you are in poverty, and you are poverty.

~ Yahshua - Gospel of Thomas



“Yahshua said, ‘You see the mote in your brother’s eye, but you do not see the beam in your own eye. When you cast the beam out of your own eye, then you will see clearly to cast the mote from your brother’s eye.’” (Gospel of Thomas 26)