

## PSALM 1, WEEK 4

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK



### 1. Read Out Loud

Read Psalm 1 “Out Loud” 3x this week. As you do so, since you have been memorizing verses 1-3, try to speak those from memory.

### 2. Compare / Contrast

There is a definite contrast between the images of a fruit bearing “*tree*” in verse 3 and wind-blown “*chaff*” in verse 4. Make lists of the qualities of each. How do your lists impact the meaning of their imagery as related to your life?

### 3. Bible Characters

The Bible contains so many stories of real people just like us, people who grew roots down deep into the Truth of God’s Word, and people whose lives became like chaff in the wind. As we read about these people in God’s Word, it is great to get to interact with the details of their stories, because these details often give us a view into their souls, allowing us to see how their thoughts, emotions and wills had great impact on what kind of life they chose to live.

So, think of a Bible character whose life is represented by Psalm 1:3, and a Bible character whose life is represented by Psalm 1:4. Read about each one in your Bible. As you consider their stories consider what God might want to further speak to you about the details of your own life story in relation to Psalm 1:3-4.

*\*Need help thinking of Bible characters and where to read about them? Reach out to us, we are happy to help!*

### 4. Listen

Listen to a message in our Podcast Library called “ Psalm 1”. You can find this message on:

- Sound Cloud - <https://soundcloud.com/established-footsteps/psalm-1>
- iTunes – Search “Established Footsteps Ministry” in your Apple Podcast App or use this link and scroll down to #103 <https://itunes.apple.com/us/podcast/established-footsteps/id999187847?mt=2>

### 5. A Personal Question

Ask yourself this question... Why does God want me personally to know and live by Psalm 1? Write out your answer.

### 6. Pray and Share

Using this week’s Scripture Prayer Image, pray about verse 4. Also, pick one of the Scripture Prayer Images from Psalm 1 posted thus far and share it with someone in your life... letting them know you are praying it for them.

*\*You can share the images easily. Find them in prior emails, on our FB page, or website and then right click to save image to your computer or mobile device. Then simply attach the image to an email, text, or social media post. Add in our hashtags if you’d like... #EFSoulPilates #EFPrayGodsWord*

