



## JANUARY THEME

### MEDITATE

#### Week One

#### Monday ~ READ

Read Psalm 1:1-3 quietly 3 times today.  
Read Psalm 1:1-3 out loud 3 times today.

#### Tuesday ~ COPY

Copy Psalm 1:1-3.  
Underline key words after you copy.

#### Wednesday ~ PONDER

Ponder Psalm 1:1-3 by asking yourself the following questions. Write down your answers in your notes.

- What are the definitions of the key words which you underlined?
- What distinguishes the two men in these verses?
- What would it look like in my life if I were to "*meditate on the law of the Lord day and night*?"
- How do "*delighting*" and "*meditating*" work together?

\*the Holy Spirit may direct you to ponder additional questions as well... go for it!

#### Thursday ~ PRAY

Pray the following from Psalm 1:1-3 for yourself and for someone else that you love.

- Pray for wisdom to not "*walk in counsels of the wicked, stand in paths of sinners, sit in seats of mockers*"
- Pray for a heart that "*delights*" in God's Word
- Pray to develop creative practices of "*meditating on God's Word day and night*"
- Pray for the commitment to give intentional and consistent energy to this MEDITATE study
- Pray to be "*firmly planted in God's Word, like a tree planted by streams of water*" and to "*prosper*"

#### Friday ~ LISTEN

You will find a brief message about Psalm 1:1-3 on our YouTube channel, *Established Footsteps Ministry*.

\*This video will be posted by Friday.

#### Saturday ~ SHARE

Share Psalm 1:1-3 in some way on any of your social media platforms. Please include the hashtag

#EFMEDITATE2021

\*If you do not have social media, share it with a family member