

PSALM 1, WEEK 3

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

1. Copy and Condense

Copy Psalm 1 again.

Then write one statement in 12 words or less that describes the overall message of Psalm 1.



2. Memorize Psalm 1:1-3

In the last two weeks you have memorized verses 1 -2, now add verse 3. Make sure you keep reviewing verses 1-2 as you memorize verse 3.

*Tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

3. Clear Pictures

Verse 3 describes the blessed man as being **"LIKE a tree, planted by a stream... bearing fruit... prospering..."** God uses pictures such as this in the Bible so that we can get a clear view of His desires for us. So... take time to clearly see the pictures! To see with this clarity, linger on each word/phrase by writing down the qualities/dynamics/values of each. *Example: tree – strong, reaching heavenward, requires light and rain, deep roots etc. (there are many more for tree)*

4. Mirror Moment... ARE. AREN'T. ASPIRE.

Focusing in on verse 3, take a look a look in the mirror and answer the following questions about the **"fruit"** of your life:

- What parts of my life **ARE** bearing good? How is that fruit blessing me and the people around me?
- Are there parts of my soul that **AREN'T** bearing good fruit? If so, what are they?
- What fruit does the Lord **ASPIRE** to grow in my life? How will planting my roots deeper in God's Word make a difference in producing that fruit?

5. Color and Pray

Print the **Scripture Coloring Page** provided in your email. It is also available on our website and Facebook page. Using your mirror reflections from the previous exercise, color the Scripture Page and as you do, pray about those reflections. Playing some worship music in the background will make your time even more rich.

Note: *Coloring may not be your thing... I get it, but grab some crayons or pencils/markers and go for it anyway. This exercise will help you slow down and provide focus for you as you meditate and pray in God's Word in verse 3.*

6. Pray verse 3 over your life using the Scripture Prayer image. Do this multiple times throughout the week.

Keep using the images from verses 1 and 2 as well to pray for yourself or for others.

(Scripture Prayer Images are shared each Wednesday)

