

## PSALM 1, WEEK 5

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



### 1. Read Out Loud OR Type to Share

Read Psalm 1 “Out Loud” 3x this week to someone else OR type it out and share it in an email or on a social media post. As you do, since you have been memorizing verses 1-3, try to speak/type those from memory.

### 2. Being Known

Verse 6 makes it clear that God will “*know*” the way of the righteous. The Bible teaches that we receive our righteousness through Jesus Christ and as Psalm 1 clearly shows us, we live in that righteousness as we delight in the Word of God! So, consider what it means for God to personally “*know*” you. To do that, read Psalm 139 and then journal a prayer of thanksgiving to God for the relationship you share with Him.

### 3. Key Word Exercises (\*this may take some time so don’t rush, it is fine to spread out these exercises over several days)

1. First, review each verse and highlight Key Words that have impacted you as you have meditated on Psalm 1.
2. Second, for each Key Word you identified, ask the Holy Spirit to help you write out a question for yourself centered on that word and its meaning in the passage.
3. Third, genuinely answer the questions you created.
4. Fourth, pray about your answers.
5. Fifth, share with us about the Key Word from Psalm 1 that impacted you the most this month and why. You will find a post on our Facebook page dated “January 28” where you can share with us in the comments section. To locate us on Facebook search for our page as *Established Footsteps Ministry*. Also, if you haven’t already, make sure to “like” our page 😊.

### 4. Invite

This month God has shown us how delighting in the Word of God grows a blessed life. Think about people in your life who need to be encouraged to be in God’s Word and experience His blessings. Consider inviting them to join you in Soul Pilates for the month of February. It is so great for us to personally be in God’s Word growing a blessed life... it is even better to invite others into the experience too!

### 5. Final Prayer Stretch

Using this week’s Scripture Prayer Image along with the others previously shared, pray your way through Psalm 1... praying for yourself, and for others too.

\*The more you pray Scripture, the more your words and conversation with God will flow. The images and text we provide are given as a starting place for you in praying into the heart of God expressed in the passages we study.

**Please note:** This last workout in Psalm 1 should cover this whole week for you. We will share the Soul Pilates February passage on Friday February 1<sup>st</sup>, but the first Workout for our February passage will be sent on Monday, February 4<sup>th</sup>.

