



PSALM 25 WEEK 3

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

Psalm 25:1 identifies our workout focus this month.... lifting our souls up to the Lord! That means lifting our minds, our wills and emotions up high into His Love and Truth. **For week 3, our focus will be verses 8-11 with a theme of THE GOODNESS OF GOD.**

1. **Warm Up Part 1... READ.** Read Psalm 25 and Copy verses 8-11.

2. Memorization

- Review the verse(s) you've already memorized from Psalm 25.
- Memorize verses 8-9. For extra challenge, memorize verses 8-11.

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

3. Hold That Thought

Sometimes in regard to physical exercise, we may hear, "*hold that position.*" In spiritual exercise, we often need to "*hold that thought.*" In other words, we need to recognize the value of meditating on the Truth God puts before us. Verse 8 begins, "**Good and upright is the Lord...**" That is a Truth we need to hold! The description of God as "**good**" is translated from the Hebrew adjective "**towb**" which is defined as "*good, pleasant, agreeable.*" But, looking closer, we find 10 further descriptions of "**towb**" which reveal rich insight into just how good God really is. You will find these descriptions listed below. Take a moment to hold the thought of each one, meditating on how it describes our God, and perhaps how you may have experienced that part of His goodness. As you meditate on each one, journal what comes to mind.

pleasant, agreeable to the senses	good, excellent of its type	good, appropriate, becoming	pleasant as in glad, happy, prosperous	good as in kind
pleasant to the higher nature	good, rich, valuable in estimation	better in comparison	good as in understanding	good as in right

4. Exercising in Verses 8 & 9.

These verses tell us of 3 things that God does as an outflow of His goodness and uprightness. Complete the following:

- Identify three things that God does as an outflow of His goodness and uprightness. List them in your journal.
- Identify the heart position described in verse 9 that sets someone apart to receive from the Lord in these ways. How does that speak into your own life and experiencing His goodness in these ways?
- Pray about the position of your heart and your current need for these things. In humility, ask God to let His goodness and uprightness overflow onto you or those you love today in one or more of these ways. Journal your prayer.

5. Lifting our Souls

Verse 10 makes a very bold statement. It says, "**ALL the paths of the Lord are lovingkindness and Truth to those who keep His testimonies.**" Most often in Scripture we find God's lovingkindness and Truth mixed together. One supports the other and together they manifest God's goodness in every way that He leads us. But it may not always feel that way. We may struggle to really understand and see His goodness. Knowing that, use the following questions to lift your soul up to the Lord.

- Do you struggle to have faith in your mind, will or emotions in this bold statement of verse 10? If so, why? Describe your struggle.
- Do you ever feel like the Lord has led you down a path that is not filled with His lovingkindness? Why?
- Have you ever thought that certain Truths of the Lord are not very loving? Describe your thoughts?
- How can you lift your mind will and emotions up into this bold statement even if you struggle to fully understand it?

6. Use the Scripture Prayer Image to begin a conversation with God about His goodness in your life.