



PSALM 25 WEEK 1

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

As Psalm 25:1 begins, this month our workouts will focus on 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 1, our focus will be verses 1-3 and 16-22 with a theme of OUR NEEDY SOULS.

1. Warm Up Part 1... READ. Read Psalm 25 and Copy verses 1-3 and 16-22.

2. Warmup Part 2... WATCH. Watch the **Intro to Psalm 25** video on our YouTube Channel. The video will post by Tuesday.

3. Repetition

Study verses 1-3 & 16-22. Using the page where you copied these verses in your warmup, complete the following exercises:

- Underline any repeated words.
- Circle any repeated themes.
- Put a star beside any of these needs you see repeated in your own life.
- Pick one or more verses from these two sections to memorize. Repeat them daily this week... out loud or in copying.

***Note:** As our verses this week reveal, Psalm 25 begins and ends with a theme of lifting our souls to the Lord. So, each week this month we will have a section in our workout called **Lifting our Souls**. This week we will have two of them. Remember that our souls include **our minds** – the way we think, **our wills** – the choices we make, and **our emotions** – the ways that we feel. In a physical workout, more often than not, it is the LIFTING UP work that is challenging. Whether using weights or our own body weight, it is hard to LIFT! But that is how we get stronger. So too, our thoughts, wills and emotions often get quite heavy with need in this life, but as we lift them, our souls will grow stronger in God's Love and Truth.

4. Lifting our Souls Part 1

Read verses 1-3 again and ponder the following questions based on these verses. Record your thoughts in your journal.

- Are there places of shame in my mind, will and emotions? How can I lift them to the Lord today?
- What are the current enemies of my mind, will and emotions? How would lifting them up to the Lord be better than fighting on my own?
- Am I intentionally "*waiting*" (looking up to God with expectant hope) for the needs of each part of my soul? What does that look like in my life?
- Why is it important to lift my soul every day?

5. Lifting our Souls Part 2

Read verses 16-22 again and ponder the following questions based on these verses. Record your thoughts in your journal.

- How does loneliness affect my soul? Where do I turn (in my mind, will and emotions) when I am lonely?
- What troubles feel enlarged for me today? Why is God the best one to ask for help?
- How have my own sins contributed to the heaviness of my soul? Have I specifically asked God for forgiveness?
- How would it help me to know that God sees my enemies?
- As I ask God to guard my soul and deliver me, are there any guard rails that He wants to put in place in my mind, will and emotions? Am I allowing Him to do that?
- Am I willing to commit to lift up my mind, will and emotions with integrity and uprightness before the Lord today? What will that require of me?

6. Pray the Scripture

After working out in these verses all week, we see that the prayer "*Unto You O Lord, I lift up my soul*" is heavy lifting, but it is so good for us! Use the Scripture Prayer Image for this week to start your prayer in these verses.