

## PSALM 1, WEEK 2

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



#### 1. Copy and Divide

Copy Psalm 1 again and then divide it into 2 – 4 sections. Give each section a name.

#### 2. Memorize Psalm 1:1-2

Last week you memorized verse 1, now add verse 2. Make sure you keep reviewing verse 1 as you memorize verse 2.

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

#### 3. Same but Different

Look up Psalm 1:1-2 in 3 or more different translations.

You can use hard copy Bibles or view varied translations at [www.biblegateway.com](http://www.biblegateway.com). At this site, simply type in Psalm 1:1-2 on the search bar, choose from the many different versions, and then press enter. Make note of:

- the similarities you find
- the differences you find
- anything you see which increases your understanding or brings revelation of God's Word in these verses

#### 4. Loaded Words

Sometimes Bible verses seem to have words and phrases loaded with meaning. In verse 2, "**delight**" "**meditate**" and "**day and night**" are three that call out for our attention. So, define these 3 words/phrases and then consider how God intends for them to be a description of your life in regard to how you interact with His Word. Are they? Write down your thoughts as you complete this exercise.

#### 5. Do You Know Someone?

Does verse 2 describe someone you know? Think about that person and answer the following:

- How are you aware that God's Word is a delight to him/her?
- How does he/she practice meditating on the Word of God day and night?
- What practice would you like to imitate from his/her life? Why?

Take it an extra step by letting him/her know that their example is an encouragement to you. You can do that with a phone call, text, note, message, shout out on social media... there are so many easy ways to give that encouragement!

#### 6. Pray verse 2 over your life using the Scripture Prayer image. Do this multiple times throughout the week.

Also, pick someone else for whom you can pray either verse 1 or verse 2 and do that throughout the week. You can simply insert their name as I have done for you in this example below of verse 2.

**"O God help \_\_\_\_\_ to delight in Your Word. Help him/her to think about it day and night."**

(Scripture Prayer Images are shared each Wednesday)

