

# PSALM 1, WEEK 1

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

### 1. Copy Psalm 1

### 2. Memorize Psalm 1:1

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

### 3. Consider the Words: WALK, STAND, SIT

**Notice the progression of these words in verse 1.** People generally WALK toward something, then decide to stop and STAND near it... and then might decide to actually SIT down and stay a while. This is the same progression in which we can also easily go astray from God's plans for our lives. Perhaps that is why God's Word in Psalm 1 describes it in this way. So, consider this progression and its connection to your spiritual journey. Write down any thoughts you may have.

### 4. Mirror Moment

The Bible describes itself as a mirror (James 1). **Look in the mirror of Psalm 1:1 and record your thoughts as you see your life in the light of these phrases...**

- *"How blessed is the man"...* Is your life blessed?
- *"who does not walk in the counsel of the wicked"...* Are you in any way walking in the counsel of the wicked?
- *"nor stand in the path of sinners"...* Are you in any way standing in the path of sinners, stopping to linger in their perspectives?
- *"nor sit in the seat of scoffers"...* Are you in any way sitting in the seat of scoffers?

### 5. Soul Planks

Planking is an exercise in which a prone person balances on the toes and forearms while holding the rest of the body up off the ground for a set amount of time. It requires strength and continuous focus.

In Soul Pilates, we won't be planking physically, but we will do Soul Planks! **Soul Planks will be moments when we stop to give some continued focus to looking downward at our souls, the way we think, feel and make decisions...** and as we gaze, being intentional to raise ourselves upward toward God's best in these things.

**So, take some time this week to Soul Plank.** In other words, take some time to look at your soul... your mind, will and emotions... and consider what God might be saying to you about your soul through Psalm 1:1. Record anything you hear God communicate to you.

### 6. Pray verse 1 over your life using the Scripture Prayer image (Scripture Prayer Images are shared each Wednesday)

