



## PSALM 25 WEEK 2

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 2, our focus will be verses 4-7 with a theme of being TEACHABLE AND FORGIVEN.**

**1. Warm Up Part 1... READ.** Read Psalm 25 and Copy verses 4-7.

### 2. Memorization

- Review the verse(s) you memorized last week.
- Memorize verse 4 and verse 7.

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

### 3. Same but Different

In Psalm 25:4-7 David, who wrote this Psalm, is lifting his soul to the Lord, specifically asking to be taught and to be forgiven. Read these 4 verses in at least three other translations of Scripture. Make note of the different wording in the various translations and use those differences to give voice and strength to your own lifting of your soul to the Lord.

### 4. Lifting our Souls Part 1

In verses 4-5, David expresses a strong willingness to be taught. After careful study, I've found there isn't a notable difference in meaning between the words "**ways**" and "**paths**"... they basically mean the same thing. But I believe David repeats himself to emphasize his deep desire to be taught. And then in verse 5 he commits to waiting all day to learn from the Lord. With that understanding, let's consider our own willingness to be taught by the Lord by asking ourselves the following questions. Journal your answers.

- Are the words from verses 4-5 "**Make me...**" "**Teach me...**" and "**Lead me...**" a regular part of my conversations with God? Why or why not?
- When was the last time I asked the Lord to teach me? Did I listen for His lesson? What was His lesson? How have I implemented His lesson in my life?
- Are there certain areas in my life where I resist His teaching and leading? If so, what are they? Why do I resist?
- Would others describe me as teachable? Would the Holy Spirit describe me as teachable?
- How can I follow David's example in this moment and beyond... lifting my soul to the Lord to be taught by Him?

### 5. Lifting our Souls Part 2

Verses 6-7 really focus on our need to be clean before the Lord. Long before Jesus came to earth to bring salvation, these verses were written by David as a longing to stand cleansed before Him. We now know that forgiveness of sin comes through the compassion and lovingkindness of Christ. Praise the Lord! But knowing that Truth and living in that Truth in your mind, will and emotions are two different things. So, lift your soul up to His forgiveness by answering the following in your journal.

- Why would David ask the Lord to remember (vs.6)? Can God forget that He is compassionate and full of lovingkindness? No. So then, what could be the tone of David's asking? Do you also need to ask God to remember these things for you today in regard to any sin you are struggling to overcome?
- In verse 7, David specifically talks to God about the sins of His youth. Knowing what you know of David's story, what might some of those sins have been? And what about the sins of your youth? Are you still carrying the weight of those sins in your soul... your mind, will and emotions? Lift all of it up to the Lord based on "His goodness" as you workout your soul today in these verses.

### 6. Pray the Scripture

Use the Scripture Prayer Image to begin a conversation with God about your desire to be taught and forgiven.