



## PSALM 23 WEEK 4

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

Our focus this week for our workout in Psalm 23 will be verse 6.

### 1. Warm up Part 1... READ and SHARE

- **READ** Psalm 23
- **SHARE** Psalm 23 before you move forward in your workout. There are lots of ways to share... on social media, speaking to a friend/family member, via email or a note in the mail. Make sure to include why it is meaningful to you!

### 2. Soul Plank... *“surely”*

**\*Note:** 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 do Soul Plank! **Soul Planks are 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 better way.**

It is important for us to make declarations of Truth over our own lives and that is exactly what David is doing in verse 6. Making declarations of Truth is like Soul Planking in the Truths of God. It is so good for us! In verse 6, David begins with a very important word, *“surely”* which in the original language means “indeed”! This is the word he used to raise his soul up. There is an absoluteness within this word... a strong faith, a no matter what I believe Your ways are good toward me O God declaration. Can we also declare this and raise our souls up in this word? Or is there any doubt in your mind that God's goodness will follow you? Journal your thoughts and conclude with a prayer.

### 3. Digging Deeper... *“goodness and lovingkindness”*

Sometimes looking in the original language of Scripture helps us to really dig deeper into what God may be revealing, and then sometimes it raises even more questions. Both can be good and help us dig deeper. I believe this is the case in verse 6 with these two words. The second word, *“lovingkindness”* is a familiar word to me, in fact I wrote a Bible study on this word called *‘Face to Face with His Lovingkindness’* so I am very familiar with the original Hebrew word from which it is translated. The word is *“checed,”* which means the goodness, kindness and faithfulness of God. But knowing that begs the question, why would God tell us about His goodness twice? Hold that thought, and also consider the first word, *“goodness”*... it is translated from the original word, *“towb”* which can be an adjective meaning pleasant and excellent, or a noun meaning prosperity and benefit. Keeping all that in mind, ponder these two considerations below. Journal your thoughts.

- If the word, *“towb”* is an adjective, the verse could read like ***“Surely pleasant and excellent goodness, kindness and faithfulness of God will follow me all the days of my life...”*** How does that impact your soul?
- If the word *“towb”* is a noun, verse 6 could read like, ***“Surely prosperity and benefits of the goodness, kindness and faithfulness of God will follow me all the days of my life...”*** How does this impact your soul?

### 4. Soul Plank *“all”*

David declares God's goodness over *“all”* the days of His life. Soul Plank in this word too by listing at least 10 ways God's goodness has already been shown in your life and 10 ways that you are trusting Him to show His goodness in your life.

### 5. *“and I will dwell in the house of the Lord forever.”*

David had lived in the palace so he knew what it was like to live like royalty. But while he is writing Psalm 23, he was in great turmoil and not physically living in the palace. However, in verse 6 he is speaking in faith and with a broader scope. Dwelling in the Lord's house is more than just our physical dwelling... it is also where our soul dwells in blessing and favor. Can you join David in making this declaration over your soul? Why or why not? Journal your thoughts.

### 6. Use the Scripture Prayer Image to pray Psalm 23:6 over your life.

