

SPIRITUAL FORMATION | PRAYER + MEDITATION | FASTING | SIMPLICITY | **WORD** | CONFESSION | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | SABBATH | SERVICE

RHYTHMS

livered,
Save with thy right hand, and
answer ¹us.
6 God hath spoken in his holi-
ness: I will exult;
I will divide Shē'chēm, and
mete out the valley of Sūc'-
cōth.
7 Ġil'ě-ād is mine, and Mă-nās'-
sēh is mine;
Ē'phrā-īm also is the defence
of my head;
Jū'dāh is my ²sceptre.
8 Mō'āb is my washpot;
³Upon Ē'dōm will I cast my
shoe:
Phī-lis'ti-ā, shout thou because
of me.
9 Who will bring me into the
strong city?
⁴Who hath led me unto Ē'dōm?
10 ⁵Hast not thou, O God, cast
us off?
And thou goest not forth, O
God, with our hosts.
11 Give us help against the adver-
sary;
For vain is the ⁶help of man.
12 Through God we shall do vali-
antly;
For he it is that will tread down
our adversaries.

Confidence in God's Protection.
For the Chief Musician; on a stringed
instrument. A Psalm of David.
61 Hear my cry, O God;

name.
6 Thou wilt prolong the king's life;
His years shall be as many
generations.
7 He shall abide before God for
ever:
Oh prepare lovingkindness and
truth, that they may preserve
him.
8 So will I sing praise unto thy
name for ever,
That I may daily perform my
vows.

God alone a Refuge from Treachery and
Oppression.
For the Chief Musician; after the manner
of Jeduthun. A Psalm of David.

62 My soul ¹¹waiteth in silence
for God only:
From him *cometh* my salvation.
2 He only is my rock and my sal-
vation:
He is my high tower; I shall
not be greatly moved.
3 How long will ye set upon a
man,
¹²That ye may slay *him*, all of
you,
Like a leaning wall, like a tot-
tering fence?
4 They only consult to thrust him
down from his dignity;
They delight in lies;
They bless with their mouth,
but they curse inwardly.
[Sē'lāh
5 My soul, ¹³wait thou in silence

TEACHER | MARK SCHATZMAN

WORD



Psalm 1:1a NASB20

Blessed is the person...

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth

- Robert Frost, *The Road Not Taken*



Believe
Behave
Belong

Psalm 1:1 NASB20

Blessed is the person who does not **walk** in the
counsel of the wicked, Nor **stand** in the path of sinners,
Nor **sit** in the seat of scoffers!

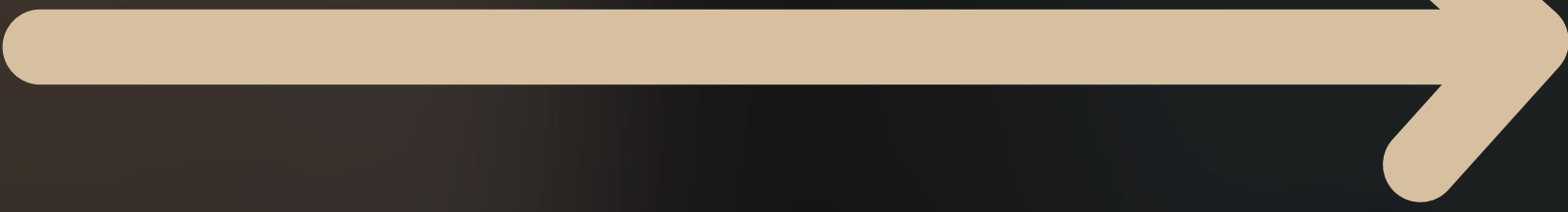


Attitude Action

Psalm 1:2 NASB20

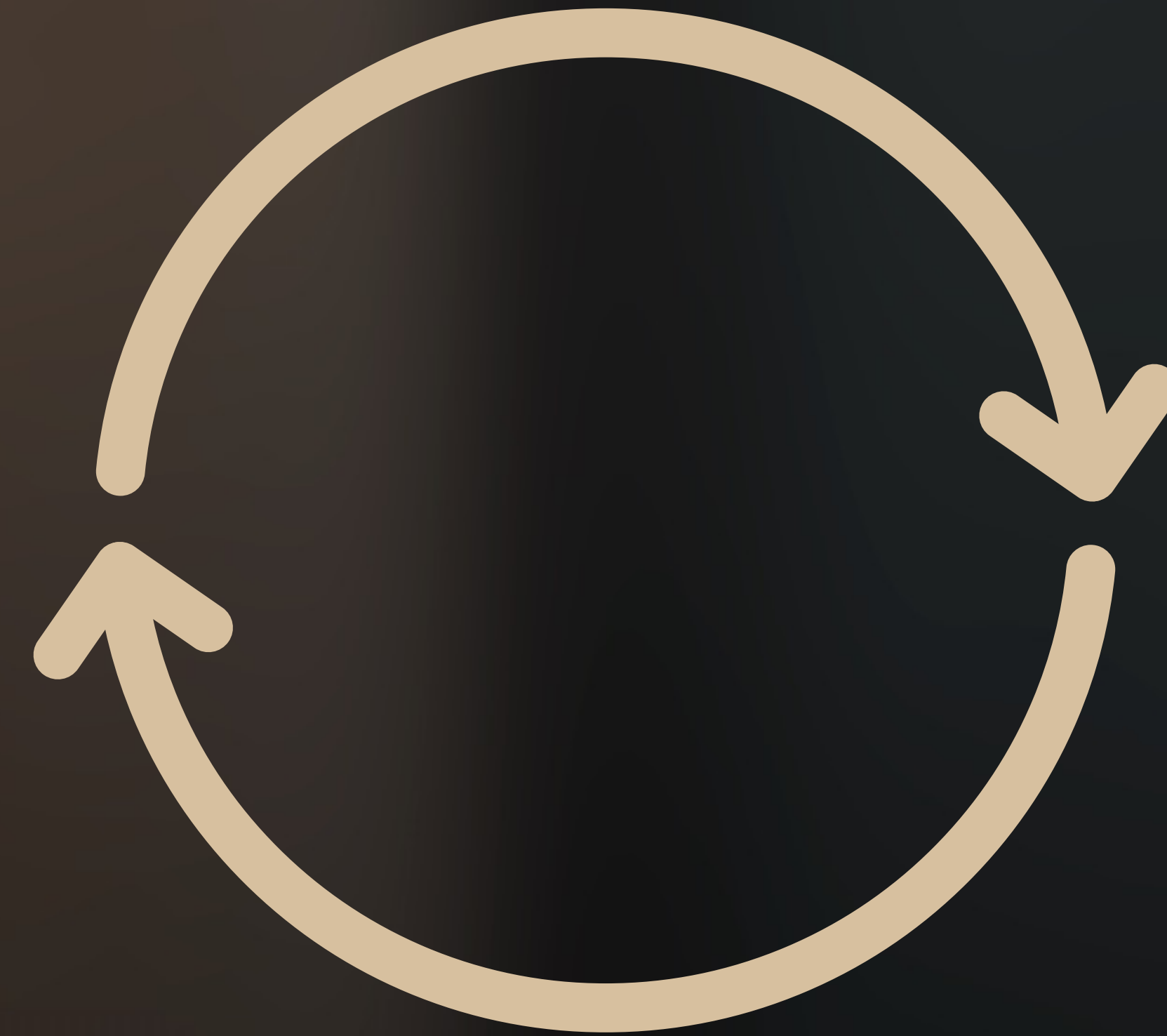
But his **delight** is in the Law of the Lord, And on His Law he **meditates** day and night.



Attitude  **Action**



Attitude



Action



Psalm 1:3 NASB20

He will be like a tree planted by streams of water,
Which yields its fruit in its season, And its leaf does
not wither; And in whatever he does, he prospers.



God's Word

Anchors: *“like a tree planted by streams of water”* **1:3**

Nourishes: *“yields its fruit in its season and its leaf does not wither”* **1:3**

Guides: *“For the Lord knows the way of the righteous”* **1:6**



Hear → Do



Hear



Do

Matt 7:24-27
James 1:22-25

**Believe/Trust
(conviction)**

Hebrews 4:2; 11-12

Transformation

Romans 12:2

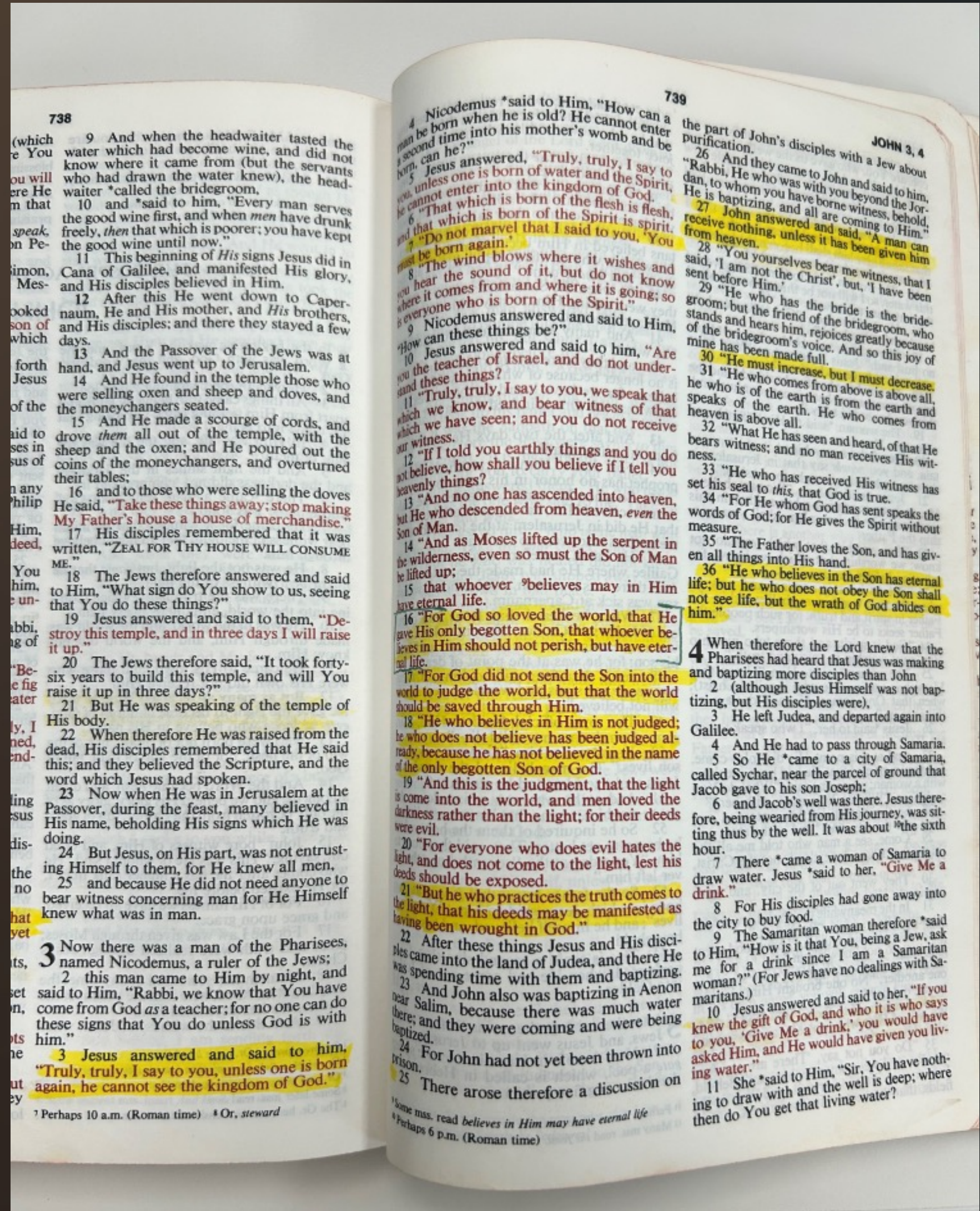
Recognize

1 Thess 2:13
2 Tim 3:16-17

Meditate

Joshua 1:8, Psalm 1:1-2





Hear



Do

Matt 7:24-27
James 1:22-25

**Believe/Trust
(conviction)**

Hebrews 4:2; 11-12

Transformation

Romans 12:2

Recognize

1 Thess 2:13
2 Tim 3:16-17

Meditate

Joshua 1:8, Psalm 1:1-2

