

WELLNESS WEDNESDAYS

SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy

2

WHO IS GOD?
KNOWING GOD

We are walking through Psalm 23 to discover who God is, who we are, and the good news that is available to us.

"What comes into our mind when we think about God is the most important thing about us." ~ A. W. Tozer

PSALM 23 NRSVA

¹ The LORD is my shepherd, I shall not want.

² He makes me lie down in green pastures;
he leads me beside still waters;

³ he restores my soul.

He leads me in right paths
for his name's sake.

⁴ Even though I walk through the darkest valley,

I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies;

you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long.

WELLNESS WEDNESDAYS

God is always greater and better than we can possibly imagine.

God's character is clearly shown to us in Jesus.

God is available.

God is three in one.

SPIRITUAL HEALTH CHALLENGE WEEK 2
Memorize Psalm 23 and recite it as soon as you
wake up—even before you get out of bed.

How do you memorize Scripture?

- Write it out over and over.
- Repeat one verse 5 times until you have it memorized and then move on to the next one.
- Write it on a sticky note and put it on your fridge door, mirror, wall—somewhere you will be reminded of it often.
- Picture or visualize the psalm as you memorize it.
- Don't give up!

How does this exercise help train my soul?

By letting the images wash over your mind, you sear this true story/ narrative into your soul. Your mind and body will begin to be shaped by these words.