



Scripture | Psalm 1

There is a rhythm to life. We inhale, and we exhale.

**Wisdom is NOT the ability to make wise choices,
but the ability to make Godly choices.**

The Psalms express different feelings and circumstances. The common theme is worship.

The Psalms are instructive and answer three questions.

Question #1 - Who is _____?

Question #2 - Who are we _____ to be?

Question #3 - How should we _____?

When not living in God's purpose and plan, we are wasting our life!

It starts with three things NOT to do...

- _____ in the plans of the _____
(better know who you are listening to)
- _____ in the path of _____
(better know who you are spending time with)
- _____ in the seat of _____
(better know what you value)

**What we breathe in impacts our heart.
What we breathe out impacts others.**

"You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore."

Psalm 16:11

Additional Notes:

Think about it...

- What conditions have you placed on God that limit your experience of God?
- What are you choosing to breathe into your life?