

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'ē-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.

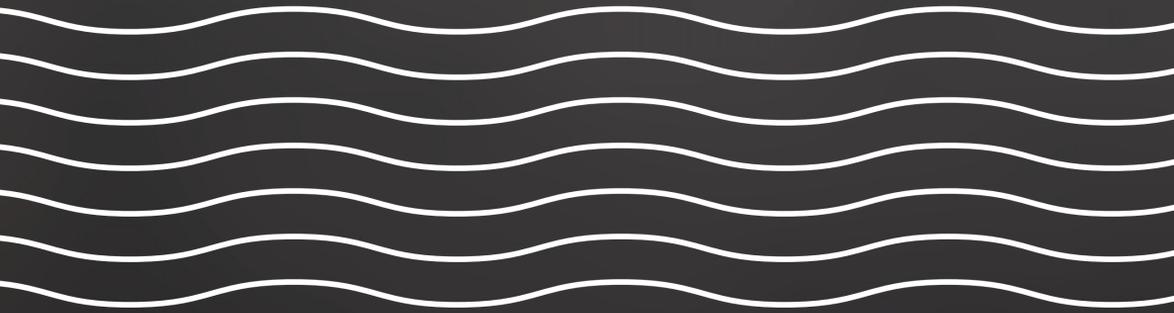
62 My soul ¹¹waiteth in silence
for God only:
From him *cometh* my salvation.
2 He only is my rock and my sal-
vation:
He is my high tower; I shall
not be greatly moved.
3 How long will ye set upon a
man,
¹²That ye may slay *him*, all of
you,
Like a leaning wall, like a tot-
tering fence?
4 They only 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}

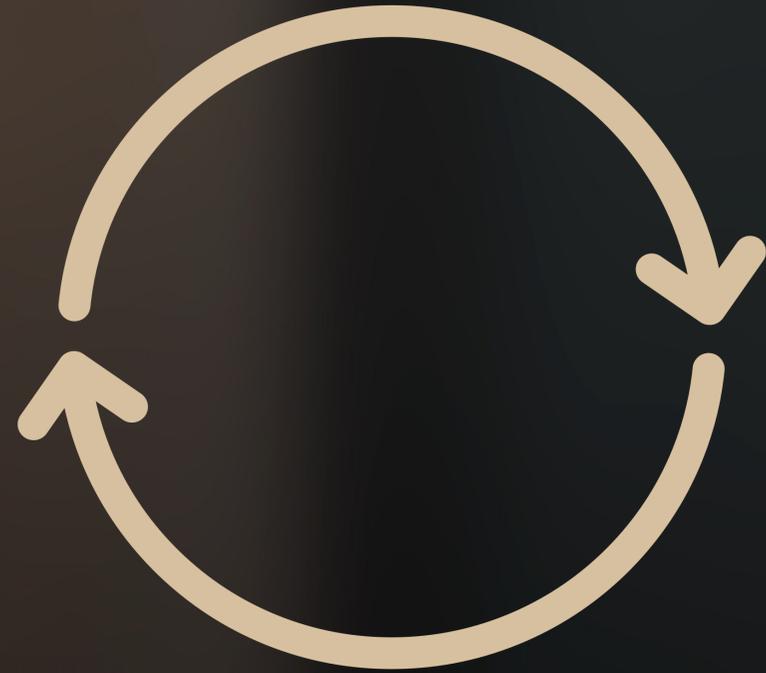
But his **delight** is in the Law of the Lord, And on His Law he **meditates** day and night.



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

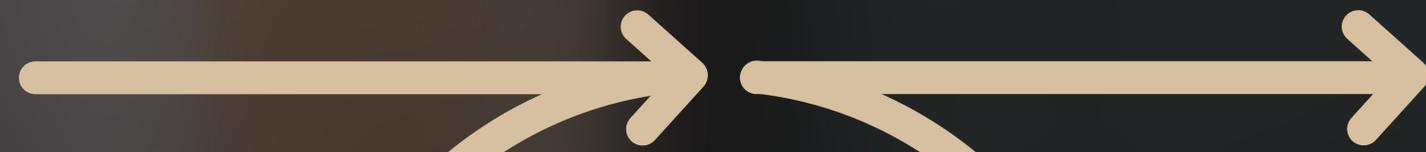
Nourishes: *“yields its fruit in its season and its leaf does not wither”* 1:3

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



9 And when the headwaiter tasted the water which had become wine, and did not know where it came from (but the servants who had drawn the water knew), the headwaiter called the bridegroom.

10 and said to him, "Every man serves the good wine first, and when *men* have drunk freely, then that which is poorer; you have kept the good wine until now."

11 This beginning of His signs Jesus did in Cana of Galilee, and manifested His glory, and His disciples believed in Him.

12 After this He went down to Capernaum, He and His mother, and His brothers, and His disciples; and there they stayed a few days.

13 And the Passover of the Jews was at hand, and Jesus went up to Jerusalem.

14 And He found in the temple those who were selling oxen and sheep and doves, and the moneychangers seated.

15 And He made a scourge of cords, and drove them all out of the temple, with the oxen and sheep and doves, and He poured out the coins of the moneychangers, and overturned their tables.

16 and to those who were selling the doves He said, "Take these things away; stop making My Father's house a house of merchandise."

17 His disciples remembered that it was written, "ZEAL FOR THY HOUSE WILL CONSUME ME."

18 The Jews therefore answered and said to Him, "What sign do You show us, seeing that You do these things?"

19 Jesus answered and said to them, "Destroy this temple, and in three days I will raise it up."

20 The Jews therefore said, "It took forty-six years to build this temple, and will You raise it up in three days?"

21 But He was speaking of the temple of His body.

22 When therefore He was raised from the dead, His disciples remembered that He said this; and they believed the Scripture, and the word which Jesus had spoken.

23 Now when He was in Jerusalem at the Passover, during the feast, many believed in His name, beholding His signs which He was doing.

24 But Jesus, on His part, was not entrusting Himself to them, for He knew all men, and because He did not need anyone to bear witness concerning man for He Himself knew what was in man.

3 Now there was a man of the Pharisees, named Nicodemus, a ruler of the Jews:

2 This man came to Him by night, and yet said to Him, "Rabbi, we know that You have come from God as a teacher; for no one can do these signs that You do unless God is with him."

3 Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again, he cannot see the kingdom of God."

³ Perhaps 10 a.m. (Roman time). ⁴ Or, steward.

4 Nicodemus said to Him, "How can a man be born when he is old? He cannot enter a second time into his mother's womb and be born, can he?"

Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, You must be born again."

8 The wind blows where it wishes and you hear the sound of it, but do not know where it comes from and where it is going; so everyone who is born of the Spirit."

9 Nicodemus answered and said to Him, "How can these things be?"

Jesus answered and said to him, "Are you the teacher of Israel, and do not understand these things?"

11 Truly, truly, I say to you, we speak that which we know, and bear witness of that which we have seen; and you do not receive our witness.

12 If I told you earthly things and you do not believe, how shall you believe if I tell you heavenly things?"

13 "And no one has ascended into heaven, and He who descended from heaven, even the Son of Man."

14 "And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up:

15 that whoever believes may in Him have eternal life.

16 "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life.

17 "For God did not send the Son into the world to judge the world, but that the world should be saved through Him.

18 "He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.

19 "And this is the judgment, that the light has come into the world, and men loved the darkness rather than the light; for their deeds were evil.

20 "For everyone who does evil hates the light, and does not come to the light, lest his deeds should be exposed.

21 "But he who practices the truth comes to the light, that his deeds may be manifested as having been wrought in God."

22 After these things Jesus and His disciples came into the land of Judea, and there He was spending time with them and baptizing near Salim, because there was much water there; and they were coming and were being baptized.

24 For John had not yet been thrown into prison.

25 There arose therefore a discussion on

¹ Some mss. read believes in Him may have eternal life.
² Perhaps 6 p.m. (Roman time).

the part of John's disciples with a Jew about purification.

26 And they came to John and said to him, "Rabbi, He who was with you beyond the Jordan, to whom you have borne witness, behold, He is baptizing, and all are coming to Him, from heaven, unless it has been given him from above."

27 John answered and said, "A man can receive nothing, unless it has been given him from heaven.

28 "You yourselves bear me witness, that I sent before Him."

29 "He who has the bride is the bridegroom; but the friend of the bridegroom, who stands and hears him, rejoices greatly because mine has been made full.

30 "He must increase, but I must decrease.

31 "He who comes from above is above all, speaks of the earth, He who comes from heaven is above all.

32 "What He has seen and heard, of that He bears witness; and no man receives His witness.

33 "He who has received His witness has set his seal to this, that God is true.

34 "For He whom God has sent speaks the words of God; for He gives the Spirit without measure.

35 "The Father loves the Son, and has given all things into His hand.

36 "He who believes in the Son has eternal life; but he who does not obey the Son shall not see life, but the wrath of God abides on him."

4 When therefore the Lord knew that the Pharisees had heard that Jesus was making and baptizing more disciples than John

2 (although Jesus Himself was not baptizing, but His disciples were),

3 He left Judea, and departed again into Galilee.

4 And He had to pass through Samaria.

5 So He came to a city of Samaria, called Sychar, near the parcel of ground that Jacob gave to his son Joseph;

6 and Jacob's well was there. Jesus therefore, being wearied from His journey, was sitting thus by the well. It was about the sixth hour.

7 There came a woman of Samaria to draw water. Jesus said to her, "Give Me a drink."

8 For His disciples had gone away into the city to buy food.

9 The Samaritan woman therefore said to Him, "How is it that You, being a Jew, ask me for a drink since I am a Samaritan woman?" (For Jews have no dealings with Samaritans.)

10 Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water."

11 She said to Him, "Sir, You have nothing to draw with and the well is deep; where then do You get that living water?"

Hear



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