

Series: You Can Celebrate: Regaining Emotionally Healthy Holidays

Title: *Rejuvenate: Cultivating A Healthy Soul*

Text: Psalm 1

Introduction:



Memory Verse

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever. (Psalm 23:6)

Big Idea

A healthy _____ is created by cultivating a healthy lifestyle.

Let's look at three lifestyle habits that lead to a healthy soul.

I) I must _____ the health of my current Lifestyle.

A. _____ Lifestyle.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. (Psalm 1:3)

1. Healthy Lifestyles have a good source of food.
2. Healthy Lifestyles produce fruit.
3. Healthy Lifestyles endure hardships.
4. Healthy Lifestyles prosper.

B. _____ Lifestyles.

1. Unhealthy Lifestyles feel out of _____.

The ungodly are not so: but are like the chaff which the wind driveth away. (Psalm 1:4)

2. Unhealthy Lifestyles cannot stand up to _____.

Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. (Psalm 1:5)

3. Unhealthy Lifestyles _____ handle the company of producers.

Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. (Psalm 1:5)

4. Unhealthy Lifestyles cause _____.

For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish. (Psalm 1:6)

II) I must avoid hanging around people who are _____ toward God.

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. (Psalm 1:1)

- A. Don't _____ to bad counsel.
- B. Don't _____ with non-believers.
- C. Don't _____ with ridiculers.

Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled. (Titus 1:15)

III) I must delight in a _____ time with God.

But his delight is in the law of the LORD; and in his law doth he meditate day and night. (Psalm 1:2)

- A. Allow Scripture to Capture your Full _____.
- B. Allow Scripture to Capture your Full _____.

Conclusion:

A healthy soul is not natural, we must spend time each day cultivating it by creating a lifestyle that promotes and encourages a healthy soul.

**You Can Celebrate: Regaining Emotionally
Healthy Holidays**

***Reclaim: Feeling Forgiven When I Have
Done Wrong***

Join us next week as we continue our preaching series You Can Celebrate! with the message *Reclaim: Feeling Forgiven When I Have Done Wrong*.

