

**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*.

