

SERMON NOTES

July 30 & 31, 2022

Be Cool: My Time
Judges 6 | Psalm 1:1-3

My _____ **Psalm 1:2** God's _____

More Time Equal More Time

God as _____ **Judges 6:10,12 - 13** God as _____

More Time Equal More Time

_____ Doubts **Judges 6:13** _____ Doubts

More Time Equal More Time

Sitting with Personal _____ **Judges 6:15** Standing on God's _____

More Time Equal More Time

Creating _____ **Judges 6:12 - 13** Creating _____

More Time Equal More Time

_____ God **Judges 6:36 - 40** _____ God

More Time Equal More Time

Morning Quiet Time: Psalm 1:1-3 NIRV

Life Steps

Be Cool: My Time | July 30 & 31, 2022

Monday

Psalm 1:1a

"Blessed is the person who obeys the law of the Lord."

Reflect: What do you spend time thinking about? Obeying God's law, or entertaining advice that could take you off track?

Prayer: Throughout today, recite this passage as your centering prayer.

Tuesday

Psalm 1:1b

"They don't follow the advice of evil people. They don't make a habit of doing what sinners do."

Reflect: When you are in a bind, how much time do you spend gathering wise counsel? Do you seek counsel from those who walk in step with evil?

Prayer: Throughout today, recite this passage as your centering prayer.

Wednesday

Psalm 1:1c

"...They don't join those who make fun of the Lord and his law."

Reflect: Who do you spend your time with that you experience the love of God through?

Prayer: Throughout today, recite this passage as your centering prayer.

Thursday

Psalm 1:2a

"...Instead, the law of the Lord gives them joy."

Reflect: How much time do you spend chasing happiness in the world, versus finding peace within yourself?

Prayer: Throughout today, recite this passage as your centering prayer.

Friday

Psalm 1:2b

"...They think about his law day and night."

Reflect: Take a look at your phone usage. Where does your phone say you spend your time? What thoughts do you spend the most time with?

Prayer: Throughout today, recite this passage as your centering prayer.

Saturday

Psalm 1:3a-b

"...That kind of person is like a tree that is planted near a stream of water. It always bears its fruit at the right time. Its leaves don't dry up."

Reflect: What we take in will flow from us when the heat is on and the pressure is up. What would flow from us today if the pressure was high?

Prayer: Throughout today, recite this passage as your centering prayer.

Sunday

Psalm 1:3c

"Everything godly people do turns out well."

Reflect: Is there a place you have been testing God and not trusting God? Is there a way you can reposition your time towards trusting and not testing?

Prayer: Throughout today, recite this passage as your centering prayer.