

# Train Yourself to Be Godly

## Week 8: The Discipline of \_\_\_\_\_

MOVEMENT is the function of the body.

- **endurance**
- **strength** training and
- **flexibility** are all components of movement.



WORSHIP is the function of the soul.

- Prayer (Ephesians 6:18)
- Service (Romans 12:1-2)
- \_\_\_\_\_ are all components of true worship.



Psalm	Occasion	Cross Reference
Ch. 3	When he fled from his son Absalom.	II Samuel 15:13-17:22
	O LORD, how many are my foes! How many rise up against me! <sup>2</sup> Many are saying of me, "God will not deliver him."	8
Ch. 7	Concerning Cush, a Benjamite.	(not listed)
	O LORD my God, I take refuge in you; save and deliver me from all who pursue me, <sup>2</sup> or they will tear me like a lion and rip me to pieces with no one to rescue me.	17
Ch. 52	When Doeg the Edomite had gone to Saul and said to him, "David has gone to the house of Abimelech."	I Samuel 22:6-23
	Why do you boast of evil, you mighty man? Why do you boast all day long, you who are a disgrace in the eyes of God? <sup>2</sup> Your tongue plots destruction; it is like a sharpened razor, you who practice deceit.	9
Ch. 54	When the Ziphites had gone to Saul and said, "is not David hiding among us?"	I Samuel 23:7-29/26:1-4
	Save me, O God, by your name; vindicate me by your might. <sup>2</sup> Hear my prayer, O God; listen to the words of my mouth. <sup>3</sup> Strangers are attacking me; ruthless men seek my life— men without regard for God.	I will sacrifice a freewill offering to you; I will praise your name, O LORD, for it is good. <sup>7</sup> For he has delivered me from all my troubles, and my eyes have looked in triumph on my foes.
Ch. 56	When the Philistines had seized him at Gath.	I Samuel 21:10-15
	Be merciful to me, O God, for men hotly pursue me; all day long they press their attack. <sup>2</sup> My slanderers pursue me all day long; many are attacking me in their pride.	<sup>13</sup> For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.
Ch. 57	When he had fled from Saul into the cave.	I Samuel 24
	Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.	I will praise you, O Lord, among the nations... <sup>11</sup> Be exalted, O God, above the heavens; let your glory be over all the earth.