



Week Three Reading Plan

Sunday

1 Samuel 29-30 & Psalm 63

Monday

Genesis 15 & Psalm 42

Tuesday

Lamentations 1 & Psalm 62

Wednesday

Daniel 3 & Psalm 121

Thursday

2 Corinthians 1:8-11 & Psalm 3

Friday

2 Corinthians 12:1-10 & Psalm 103

Life is so unpredictable. Situations come our way that thrill or disappoint, that stun or leave us deeply grateful. Our emotions can soar or plummet. As you read this week, tune into the emotions of what you read. Have you ever experienced those same feelings? How have you or how are you experiencing them in a healthy way?

As you read the Psalms, look for one phrase to hold on to during your day.

Use the emotions chart posted at watermarkwesleyan.com/training to identify the top three emotions you're feeling this week. Try to move past simply saying happy or sad, and really try to hone in to the more specific feelings. Talk to someone you trust about why you're feeling that way.