



# SWELLS

TRUTH FOR LIFE'S UPS AND DOWNS

*from the Psalms*

# PLANTED BY STREAMS

PSALM 1

# BLESSED IS THE MAN

who does not walk in the counsel of the wicked

who does not stand in the way of sinners

who does not sit in the seat of scoffers

# BLESSED IS THE MAN

who does not walk in the counsel of the wicked - thinking

who does not stand in the way of sinners - behaving

who does not sit in the seat of scoffers - belonging

But his delight is in the law of the Lord...

The most valuable thing in your  
world is what you worship.

"Finally, brothers, whatever is true,  
whatever is honorable, whatever is just,  
whatever is pure, whatever is lovely,  
whatever is commendable, if there is any  
excellence, if there is anything worthy of  
praise, think about these things."

PHILIPPIANS 4:8





"Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."

COLOSSIANS 2:6-7



For the Lord knows the way of the righteous.

"but his delight is in the law of the Lord,  
and on his law he meditates day and night."

PSALM 1:2