

Day 1

Goodness

Silence (2 minutes) Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

Scripture *“Taste and see that the LORD is good; blessed is the one who takes refuge in Him.”* Psalms 34:8

Discussion David is praising the Lord because he had great difficulties and called out to the Lord; and the Lord heard him and saved him. In verse 8, David encourages us to *“taste and see that the Lord is good.”* David doesn't advise us to just know intellectually the fact or doctrine that God is good. We are to reach out, experience, and have it proved to us that the Lord is good. This is a call to be in a genuine relationship with a God who is real, alive, powerful, and good. The second half of the verse expands on the first, *“blessed is the one who takes refuge in Him.”* In our real-life daily difficulties, and even in crises that arouse intense anger, fear, or suffering, David states that we are blessed or happy when we reach out to the Lord, seeking comfort, direction, protection. Part of the Lord's goodness is that He wants us to reach out to Him, wants us to experience Him, wants us to pour out our hearts to Him when life is hard. And how does the Lord respond? He welcomes us, comforts us, gives us direction. He is a powerful God who wants us in our weaknesses to reach out and receive His love and comfort.

Application Experiencing God's goodness and abiding in it isn't just a feeling or the knowledge of God's goodness. As Psalm 34:8 says: we are to *taste* God's goodness. Far from a mere sense experience of sweet or salty, tasting God's goodness means experiencing God's goodness towards us. As Christians, we've already experienced this goodness as we are redeemed by Christ's sacrifice, but that goodness continues to be extended to us in our Christian walk as we grow and mature. Consider how God's goodness is present in our sanctification: God does not just forgive our sins, but walks with us as we work to obey Him more and more in our day to day life. This week, ask yourself how you're reflecting God's goodness in your walk with Him. Are you concerned with your day-to-day obedience? Do you carefully consider how God's goodness is active in your life presently?

Prayer Father, I praise you that You are good. Thank You that You want me to know You, to talk with You. Thank You that I can tell You my thoughts, joys, fears, and hurts. I praise You that You are real and alive; and that when I do need Your refuge, You welcome and guide me. Amen.

Silence (2 minutes) Talk to God about what you are learning. What are your fears? Where are your hangups? Pray for direction.

Scripture memory for the week:

“The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.” Psalms 23

