

THE GOOD AND BEAUTIFUL GOD
CHAPTER THREE
GOD IS TRUSTWORTHY

The love of the Father, the redemption of Jesus, and the communion with the Holy Spirit is not based on anything we have earned but is a gift from the Holy Spirit to believe in a God Who is good even when things look bleak. Today we are invited to place our trust in God Who is all good.

Reading the chapter - On pages 60-61 think about the six characteristics of God that is found in the Lord's Prayer. Which of these aspects of God is most comforting for you? Which one is the most difficult to grasp?

Scripture - Jesus's human story about complete trust in God found in Matthew 26:36-44 takes place in the Garden of Gethsemane. Reflect on how this moment in Jesus's life can impact your ability to trust God. What is your own "cup" of suffering that makes it difficult to trust God. What is one thing you can place in God's hand today? What is the next thing you can place in His hand tomorrow?

Soul Training - How do we start practicing trust in our good and beautiful God? Counting your blessings is a simple and powerful spiritual exercise that fits perfectly with how we were made—God made us for praise. Think of the things that make your life wonderful and make a list of your blessings this week. Look especially for the hidden or often overlooked things that aren't usually included in your prayers (the soul training section will give you some ideas). Start small with 10 things and add to the list each day this week. Make your own goal to reach by the end of the week. I have included a sheet with an "ink blot" representing your "cup" of suffering, a problem. Surround it with God's wide-spread mercy.

This exercise can help you see the goodness of God. It places your attention on our trustworthy God Who has, is, and will always work for your good. Your list can jump start your prayer time whenever and wherever you choose to talk with God. May this practice become a daily thing with you.

