

# WEEK 4 READ [GOODNESS

**Click on the link below. Read this article on describing God's goodness. Spend a few minutes in your journal writing your thoughts before going on to the questions below.**

<https://www.desiringgod.org/articles/goodness-and-me--2>

## **Answer the following questions:**

- 1 What in your life holds you back from recognizing God's goodness?
- 2 Write down how God has been good to you?
- 3 You can celebrate God's goodness to us by being good to others. What attributes relate to goodness?
- 4 Write this down in your journal "O taste, and see, that Yahweh is good"  
Now say it 10 times. Do you believe it?

## WEEK 4: LISTEN TO GOODNESS

**Watch this video below. Listen to the words and reflect on God's actions of goodness.**

<https://www.youtube.com/watch?v=qlsQrycKKsY>

Today take some time and remember God's goodness in your life. Remember times that you have felt his presence. When have you sat and been in awe of his creation? Look at your kids, your job, your journey..... How has God been good?

**Take a few minutes and write out a prayer to God. Tell him how he has been good to you. Write characteristics down that represent his goodness.**

**After doing some reflection and prayer go back and listen to the song again. Can you tell him that he is a Good Good Father?**

## WEEK 4: BE - GOODNESS

Bring “good” is impossible with comparing to God’s Goodness. Our Papa is always good. His will is good and his love is good. He pours grace over us even though we do not deserve it. What we can do is let God take over our lives. When we are connected to God and let him take over our lives he produces goodness through us.

**Be intentional this week and attempt each challenge below. Let goodness be produced in your life.**

- 1 Disconnect - Take 24 hours this week and disconnect from all social media, Tv, and your phones. Be intentional with relationships. Take time to ask people about their lives. Look for opportunities to serve people. Have the margin in your life to sit with a friend, your kids, your spouse or a parent and invest in those relationships. When done journal your thoughts for the day. How was goodness revealed when we are not distracted?
- 2 Pray - Ask God to reveal three friends. Pray for these friends and let God reveal how you can serve them. How can we intentionally go out of our way to come along the side of our brothers and sisters. Go and Be Good to them.
- 3 Value Everyone - Today, consider everyone you meet to be the most valuable person in the world. Try to think of each person as having indescribable worth. Spend a few minutes at the end of the day reflecting on the experience in your journal. Were you able to see people the way God sees us? How did it change your actions?

**[GO AND BE GOOD**

