

“Give thanks to the Lord, for he is good! His faithful love endures forever.” Psalms 118:1 NLT

## [lectio] // PSALM 118:1

listen to the text by reading out loud slowly and repeat up to 3x if desired

## [meditatio]

reflect on – what word, words, phrase, or sentence speaks to you from the text, then write them down

One very powerful verse, one abundantly full concept. These are declarations that are eternal. He is good! There is no shadow, no turning, no bad moods or wrong side of the bed mornings. There is no doubts, second guesses or secret motives. There is however an overwhelming amount of evidence to the contrary. God is good... all the time. When I don't understand, he is still good. When I see bad things happen in our world or in our humanity or in my own life, he is still good. When I see him in the past, present and future - he is unchanging - he is good. There are so many stereotypes of God's character, so many atrocities associated with his name. It does not matter. THEY ARE ALL WRONG. He is good. Anyone who misunderstands or mislabels him does not know him, because he is good. And I would add, his love is more than forever, it is eternal. His love will not falter or change.

## [oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

Since you don't change, you are good and your love is eternal. Then I must be the one to change. I must let you contend with my sin, my selfishness and trust you to forgive as well as reform my life to be like you. My sin desires to be independent of you, but my heart want to be like you. My sin wants power, control and freedom apart from your rule, but my heart wants to submit, relinquish and come under your love. Accept my request, my offering today. Amen.

## [contemplatio]

rest in the presence of God, allowing the words revealed to take root