

“For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.” Psalms 100:5 NLT

lectio // Psalm 100

A psalm of thanksgiving. David's declarative statements are so strong, so encouraging. He knew God, he knew God's character. That only happens by spending time (a purely human experience by the way), with God. Walking in the cool of the morning with him. Commenting to him about the spectacular beauty of his sunsets or his flora and fauna. You only know God's character by experiencing the highs and the lows of life. By experiencing the incredible joys and crushing sorrows of our human journey. It is purely a wonder to know God in this way. And, to trust a God in his way. I close my eyes and say in all things, “you are good.” He has my best in mind. His love is unfailingly even in my failures. And, at my age now, the next part is the best - his faithfulness continues to THIS generation. I don't have to control or fix this generation, because God is at work in them and through them.

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Dad,

When I think about your love, your goodness - I am at peace. When I think about the complications of this life and how I am either trying to control them or fix them - I am stressed. I should leave the whole “running the universes” up to you. You ARE good. You are FAITHFUL.

contemplatio

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