Reflecting on God's Goodness

Scripture Reading — Psalm 145

My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever. 
Psalm 145:21 —

In Psalm 145 David calls us to take the time to look back on our lives and reflect on the goodness of our God. We are encouraged to praise God for his greatness, his compassion, and his faithfulness, and to thank God for his many gifts throughout our lives. In the words of an old hymn, we are urged, “Count your blessings, name them one by one.”

Of course, it’s possible that you don’t feel like praising God. Maybe you look back on this year and feel you were not blessed at all. Perhaps you feel like the person who said to me, “There is absolutely nothing that I could possibly be thankful for.” Perhaps life came at you in ways you never anticipated.

If that’s how you feel, read Psalm 145 again. Take some time by yourself to reflect on every part of this psalm. Look back on this past year, and trace the hand of God who provides you with everything you need.

In spite of everything that happens in our lives, God never leaves us. Most important, he gave us the greatest gift imaginable, the gift of his only Son, the Lord Jesus.

That is the key. As Paul states in Romans 8:32, “He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?” Be assured today that the giving God is always with you.

Prayer

Lord, we praise you for your goodness and faithfulness in this past year. Help us to count our blessings and to be assured of your love. In Jesus, Amen.

Devotion topics:  Thankfulness, Seasons, Christmas

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