

Sister Talk: Resuscitate Your Faith

Going Deeper — Week 12: Trusting God is Good

**Memory Verse:**

The Lord is good to all,  
and his mercy is over  
all that he has made.

Psalm 145:9

*Gratitude: There is no better way to remember who you are... whose you are... than to give thanks. Write down things you are thankful for this week.*

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***This Week's Spiritual Discipline***

Throughout our faith journeys we have practiced a variety of spiritual disciplines. Spiritual disciplines are simply habits or activities we exercise to help us grow in faith. Each week we will make a suggestion for you to try.

**God is Good**

Write **Psalm 139:17-18** on an index card. Put the card in a place you will see it each morning and evening. Say the words out loud.

Create an evidence list this week. Evidence pointing to the goodness of God.

*God is good,  
All the time.  
All the time,  
God is good!*

## *Trusting God is Good*

<p style="text-align: center;"><i>Day 1</i></p> <p>Every Sunday morning one of our preachers began worship with this simple saying, “God is good.”</p> <p>And we would respond, “All the time.”</p> <p>It is an easy thing to say, but believing it can be much harder. Remember believing is not just a thought process it takes action. The first action in believing God is good is trusting He’s good even in something or some circumstance, we see as bad.</p> <p><b>Read John 2:1-11</b></p> <p>Jesus’ mother Mary presented her problem to Jesus. Think about a problem you’ve been praying about recently.</p> <p>Now consider Mary’s response in verse 5.</p> <p>Many times we take the things we consider bad and ask Jesus to change them in some way and then we roll it around in our minds and try to fix it ourselves. Or we tell Him how to fix it.</p> <p>Take your problem again to Jesus today and then speak softly to yourself: “Do whatever He says.”</p>	<p style="text-align: center;"><i>Day 4</i></p> <p><b>Read Psalm 139: 13-16</b></p> <p>Have you ever seen someone knit or knitted something yourself? It takes time and attention to detail. Knitters hold their work close to them in their lap for hours.</p> <p>How does it make you feel to know before you took your first breath, God lovingly created every single part of you?</p> <p>He knew before you were born every circumstance and issue you would face. He knew and He created you with all the gifts and graces to bring the most good out of every situation.</p> <p>Do you believe this? Why or why not?</p> <p>Knitters, unravel things. When stitches are dropped or knots impede the work, the unraveling begins.</p> <p>We were born into a broken world. And God lovingly unravels the things in our lives so that in the end... we will be beautiful, perfect, complete.</p> <p>Does this change your perspective about things you consider bad in your life?</p>
<p style="text-align: center;"><i>Day 2</i></p> <p><b>Read Psalm 139: 1-6</b></p> <p>God himself has searched you... knows you. He knows when you rise and when you sleep.</p> <p>He not only knows your thoughts, He discerns them... understands them. Every word we utter is His to know.</p> <p>What emotions rise up in you when you think of how well God knows you?</p> <p><b>Read vs. 5 again.</b></p> <p>The ESV says “You hem me in.” Is it possible God restricts us. Is this a good thing or bad thing?</p> <p>When you feel hemmed in, constricted by circumstances, how do you respond?</p>	<p style="text-align: center;"><i>Day 5</i></p> <p><b>Read Luke 11:5-13</b></p> <p>Have you ever given a bad gift to a friend or loved one? Something to hurt them intentionally? Why or why not?</p> <p>It seems obvious doesn’t it. There is a desire in us to give good gifts, to see another smile, to bring joy. Do you believe God is any different?</p> <p>Is it possible something you considered a snake, is good in some way?</p> <p>Trusting God is good shifts our understanding of our circumstances. It provides a lens for us to view our world from an eternal perspective.</p> <p><b>Read vs. 13 again</b></p> <p>What does God give to those who ask?</p> <p>Do you consider the Holy Spirit a good gift?</p>
<p style="text-align: center;"><i>Day 3</i></p> <p><b>Read Psalm 139:7-12</b></p> <p>Has there been a time you found yourself dwelling out in a remote place? Maybe you found yourself running away?</p> <p>How did God hold you or lead you in those times?</p> <p>What about times darkness seems to surround you, and you feel like you just can’t see?</p> <p>Is it possible the time of darkness brought God’s light in some way?</p> <p>How?</p>	<p style="text-align: center;"><i>Want to learn more?</i></p> <p><b>Sister Talk: Going Deeper</b> is an extension of <b>Sister Talk: Resuscitate Your Faith</b>. You can find more on <b>Trusting God is Good</b> by going to:</p> <p style="text-align: center;"><b>SisterTalkFaith.com</b></p> <p>Scroll to the bottom and search <b>Week 3/Day 2 Trust</b> to review more information on trusting God’s goodness.</p> <p>Sign up to receive blog posts by e-mail and each day’s lesson will come straight to your inbox.</p> <p>Follow us on <b>Instagram</b> for encouragement along the journey at <b>sistertalkfaith</b>.</p>