

psalms 23:3

reflect

**refresh**

*SUMMER SERIES*

He refreshes my soul

PS  
30  
40

**Reflect:**

**To take inventory of our lives in  
accordance with the goodness of God.**

**So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.**

**So, as we reflect on God's goodness, we can see that He desires a close relationship in our lives so that we can be transformed in the image of Christ**

**“But God” moments signify pivotal change brought about by divine intervention. They reveal God's ultimate authority and transformative power in seemingly hopeless situations.**

refresh

# Reflecting on God's Goodness Refreshes Our Soul

reflect

**Goodness of God:  
All of God's perfect qualities are made  
freely available to all for the benefit of  
the whole world**

**Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the Lord Forever.**



**Exercise:**

**Take a few minutes to make a list of blessings in your life**

# Refresh Resources



[calvarysg.com/refresh](https://calvarysg.com/refresh)

# God Demonstrates His Goodness:

## In His Actions

**Nehemiah 9:20**

**2 Chronicles 30:18**

**Psalms 73:1; 119:68; 143:10**

**Acts 10:38**

**Romans 2:4**

# God Demonstrates His Goodness:

## In His Work of Creation

**1 Timothy 4:4**

**Genesis 1:4,31**

**Psalms 145:9**

# God Demonstrates His Goodness:

**In His love**

**Psalm 86:5**

**1 Chronicles 16:34 | Psalm 106:1**

**Psalm 25:7-8; 69:16; 100:5**

# God Demonstrates His Goodness:

## In His Gifts

**James 1:17**

**Numbers 13:27**

**Deuteronomy 8:7; 26:11**

**Hebrews 9:11**

# God Demonstrates His Goodness:

**In His promises**

**Joshua 23:14-15**

**2 Samuel 7:28 | 1 Chronicles 17:26**

**1 Kings 8:56**

**Jeremiah 29:10**

# God Demonstrates His Goodness:

## In His Commands

**Psalm 19:7, 119:39**

**Romans 7:12,16; 12:2**



refresh

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reflect