



GIRLS RETREAT DEVOTIONAL SERIES:
**An Invitation to see God's goodness
in the Midst of our Suffering**

DAY 2: HE IS BOTH SOVEREIGN AND GOOD.

Scripture Focus: Psalm 25

“To you, O Lord, I lift up my soul. O my God, in you I trust;
let me not be put to shame; let not my enemies exult over me.
Indeed, none who wait for you shall be put to shame; they shall be
ashamed who are wantonly treacherous. Make me to know your ways,
O Lord; teach me your paths. Lead me in your truth and teach me, for
you are the God of my salvation; for you I wait all the day long.
Remember your mercy, O Lord, and your steadfast love, for they have
been from of old. Remember not the sins of my youth or my
transgressions; according to your steadfast love remember me,
for the sake of your goodness, O Lord! Good and upright is the Lord;
therefore he instructs sinners in the way. He leads the humble in what
is right, and teaches the humble his way. All the paths of
the Lord are steadfast love and faithfulness, for those who keep his
covenant and his testimonies. For your name’s sake, O Lord,
pardon my guilt, for it is great. Who is the man who fears the Lord?
Him will he instruct in the way that he should choose. His soul
shall abide in well-being, and his offspring shall inherit the land. The
friendship of the Lord is for those who fear him, and he makes known
to them his covenant. My eyes are ever toward the Lord, for he
will pluck my feet out of the net. Turn to me and be gracious to me, for
I am lonely and afflicted. The troubles of my heart are enlarged;
bring me out of my distresses. Consider my affliction and my trouble,
and forgive all my sins. Consider how many are my foes, and with what
violent hatred they hate me. Oh, guard my soul, and deliver me! Let me
not be put to shame, for I take refuge in you. May integrity and
uprightness preserve me, for I wait for you. Redeem Israel, O God, out
of all his troubles.”

Brief Thought:

There are certain things that are always found paired
together, like fire and smoke, fish and water, or chocolate and
happiness ;) Two things we find in scripture that are always found





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together are God's sovereignty (His supreme power) and His goodness.

They are forever married to each other. You will never find one without the other. Without God's goodness, His sovereignty would be scary. His goodness without His sovereignty would be distant and unhelpful. This truth is a game-changer for His followers when we suffer! His sovereignty and goodness are personal to you! It makes Him a safe place to run to when our hearts are afraid. It makes Him a trustworthy place to put our hope. We can trust that He wants good things for us. We must believe that His sovereignty and His goodness can never be divorced. This belief enables us to authentically cling to Him when our circumstances are hard. A quote I love by Katie Davis Majors in her book *Daring to Hope* says, "A faith that trusts Him only when the ending is good is a fickle faith. A faith that trusts Him regardless of the outcome is real." Knowing that God is both sovereign and good is why we can trust Him regardless of the outcome...We aren't trusting in the outcome of our circumstance; we are trusting in the character of God.

Looking Inward:

An open, honest search of YOUR heart in hopes of knowing Him deeper:

1. Can you make a list of all the verbs and adjectives the Psalmist, David, uses in this Psalm as he references the Lord? What does that list tell you about God's heart towards His children?
2. Can you pray "Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation" (v.4-5) with sincerity of heart? If not, would you ask God to bring you to that point?
3. Does believing in the Lord's goodness towards you personally make question 2's prayer easier for you to pray?

Closing Prayer:

Dear Lord, Your sovereignty can be hard to understand. We see and hear-of and experience so much suffering in this world. Help us to trust that this broken world we live in is not Your will for us. Help us to trust Your kind heart for us, Your children. Help us to trust that our suffering breaks Your heart. Break our hearts, Lord, over the things that break Your heart. Open our eyes to the suffering of our neighbors, and may we be Your hands and feet to them. Help us to





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repent in the areas we are treasuring our sin, to trust Your promise that you will right every wrong, and to fight our enemy, Satan, with Your life-giving Word. We believe you are both sovereign and good, and it is such a beautiful testimony to your power and your heart, Lord. Thank you for inviting us and our tough questions in. We want more of you. In Jesus' name, Amen.

*If you desire further study about the goodness of our God:
Psalm 25:8, Psalm 27:13, Psalm 34:8, Psalm 69:16, Psalm 119:68, Psalm 145:9, Mark 10:18, 1 Chronicles 16:34, Exodus 34:6, Nahum 1:7*

Reflection:

