



The psalmist pondered this question. He asked, “Why are thou cast down, oh my soul?”¹⁴ His conclusion was to hope in God! He knew “the Lord will command his lovingkindness in the day time, and in

GOODNESS

of God declaring that our Father will “give GOOD things to them that ask him.”⁸ Jesus repeats this to His disciples saying, “It is your Father’s GOOD pleasure to give you the kingdom.”⁹ Of Himself, He testifies, “I am the GOOD shepherd.”¹⁰

Now, here is the question. If God is GOOD and Jesus is GOOD and God’s plan for my life is GOOD, why do I experience such difficulties? The answer is often sin. Sin honors wrong choices, ungodly influences, past experiences, evil imaginations, fleshly desires, fear, and so much more.

The answer is also ignorance. According to Hebrews, the high priest had compassion on “the ignorant, and on them that are out of the way.”¹¹ Through sin and ignorance, trouble comes. The solution, of course, is to repent of sin, to hear God’s Word, and obey His commands! There is great victory in our lives if we are “doers” and not “hearers only.”¹²

Yet even obedient, knowledgeable Christians experience difficulties. What is God’s advice? The apostle James said, “Count it all joy.”¹³ This is the thought that so fills my heart. If God’s Word is true and His Spirit is working mightily on our behalf, do we have a reason to be depressed?

the night his song.”¹⁵ This is why He said, “I shall yet praise him, who is the health of my countenance.”¹⁶

Praise works! It lifts our hearts to our GOOD God and magnifies His victorious leadership for our lives. In times of distress, it is an important key. When Paul and Silas were arrested, beaten, and imprisoned, they sang praises unto God.¹⁷ Judah was surrounded by an enemy they could not defeat, but they worshipped God and designated singers to praise Him.¹⁸ Through praise, Paul and Silas were freed from prison and Judah’s enemy was defeated.

Praise loudly proclaims our expectation of God’s goodness. It declares that we are “more than conquerors through [Christ] that loved us.”¹⁹ It shouts, “God is for me.”²⁰ Praise says, “I trust you, God.” The songwriter Edgar Page Stites captured this truth when he said, “Simply trusting every day, Trusting thro’ a stormy way.”²¹ That is the song I am singing today! It is my declaration of victory!

¹Jn14:26 ²Jos1:5 ³Jer29:11 NLT ⁴Ps23:6 NLT ⁵Ps34:8 ⁶Ps34:10 ⁷Ps 119:68 NLT ⁸Mt7:11 ⁹Lk12:32 ¹⁰Jn 0:11,14 ¹¹Heb5:2 ¹²Jas :22 ¹³Jas1:2 ¹⁴Ps 42:11 ¹⁵Ps42:8 ¹⁶Ps42:11;43:5 ¹⁷Act16:25 ¹⁸2Ch 20:12 ¹⁹Rm8:37 ²⁰Ps 56:9 ²¹“Trusting Jesus” by Edgar Page Stites, 1876. Tune, Ira D. Sankey, 1876.