

Finding God's Goodness in the Dark

Reflect on Your Feelings

Sometimes our emotions tell us *my*lies. Anxiety and depression might whisper:

- I am alone.
- No one understands
- God has left me
- I am unloved
- People are against me
- Everyone has left me
- I will always feel this way
- I will never sleep again

Which of these lies have been speaking to you lately? Write freely below:

Scripture to Anchor Your Heart

Yes it is hard, but we are not alone, forgotten of unloved.”
— Psalm 31:19 (ESV)

Read Psalm 31-Circle or underline the words that speak to your heart.

Unseen Goodness of God

- God's Presence — Psalm 139 reminds us He is always with us
- Answered Prayers — Psalm 116 shows us God responds in His timing
- His Comfort — God's Word brings peace when we seek Him with open hearts

God's Abundant Goodness

“Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!”

Psalm 31:19 (ESV)

Reflect on the unseen goodness in your life. Where have you experienced God's hidden blessings?

Personal Reflection

“They cannot see the comfort that God alone gives..., the very presence of God and rejoices in it... the goodness revealed in response to believing in prayer.”

—*Commentary insight*

Take a moment to write a short prayer thanking God for His unseen goodness.
