



**Experience 01:
Praise and Worship**

Monday, January 11, 2021

Psalms 107:8-9

Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! He satisfies the longing soul and fills the hungry soul with goodness.

(NKJV)

As we read this Psalm let us be reminded of the Goodness of God. Let's choose to stop, slow down, and recognize that God is good to each and every one of us. It can be so easy to rush through our day, and consequently our lives, without ever a thought for the mercy and grace of God. It is so easy in days of hardship, bad news, stress, and trouble to forget that God is Good! Not only is he Good but He shares this Goodness with each of us- His Children. Music is a powerful tool that we can use to point our hearts and minds in the right direction. Remember that there are many ways to Worship- many Powerful Experiences we are going to embark on together over these next 40 days together- but we need to start with this foundation: God is Good and He is sharing His Goodness with you! Where do you see His Goodness in your life lately? In our Church? In our Community? Grab your journal or open a note on your phone, get ready to list some specific ways you've Experienced God's Goodness!

Actions to take

- Take some time to ponder God's grace and mercy. Take a couple of deep breaths and think about the Goodness of God.
- Wherever you listen to music find the song, "The Goodness of God" by Bethel Music, or find it at: [youtube.com/watch?v=-f4MUUMWMV4](https://www.youtube.com/watch?v=-f4MUUMWMV4)
- As you listen to this song- let your heart and mind dwell on the lyrics and how you've experienced God's Goodness in your life.

IF YOU NEED TO, LISTEN AGAIN.

- Write down in your journal 5 specific ways that God has shown his Goodness to you.

Spend the rest of your time thanking God for his Goodness and how He has shown that Goodness to you.