

# **Anchoring your soul every day**

## *Coffee and Conversations with Emily B.*

We know it can be so hard to find time each day to take care of your relationship with the Lord. We want to make it easier for you, if we can. We suggest taking one of these thoughts at a time, or even just do part of one, when you can. We hope this will help you experience the hope of your relationship with Jesus as your soul's anchor every day.

Emily defined God's goodness this way: "When we say that He is good, we mean He is kind, gracious. His intentions for us are good."

She defined God's greatness this way: "To say He is great is to think on His majesty, holiness, glory—the ways He is unlike us, beyond us and what our finite minds can comprehend."

- ❖ Read Romans 8:31-39. Take time to think about all this passage says about God and what that means for those who are in His family by faith.
  - What does this passage teach about God's goodness?
  - What does it teach about you, if you are a Christ-follower?
  
- ❖ Read Exodus 33:18-23 and 34:5-8. Take time to think of all that God says about His glory and what that means.
  - What does this passage say about God's greatness?
  - How does what Moses did after God revealed His glory to him serve as a model for us?
  
- ❖ Read Psalm 3:1-8.
  - What are the ways you see God's goodness to David in this psalm?
  - What are the ways you see God's greatness in this psalm?
  - You are not facing the same trial David faced, but you do have challenges in your life. How are you seeing God's goodness and greatness in the midst of those hard time?

Spend time in prayer, thanking God that He has been good to you in many ways. Take time to ponder all the ways you've experienced His goodness. Thank Him also for His greatness – that He is above and beyond all we can imagine, in complete control over all that happens, and powerful to be able to do all He wills. Ask Him to help you rely more and more on His goodness and greatness every day, in every circumstance.

