

SESSION FOUR

Goodness

Session Summary

"You are good and do good." This sentence, spoken by the psalmist to God in Psalm 119, identifies one of the most important and central of all divine attributes: goodness. As the most desirable of all goods that can be possibly be experienced, God is supremely good. As the generous Giver who delights to share and communicate his goodness to others, God is supremely good. In who he is and in what he does, God is supremely good. And all of this was true, as we will learn, even before the world began.

Appointed Scripture

Read and discuss **Psalm 34:8, 42:1-2, 63:1, and 73:25.** What do these verses in the Psalms communicate about God and his goodness? How well do they reflect your own experience of God? Finally, how can a person "taste and see" that the Lord is good?

Group Discussion Questions

- 1. What was one point from this week's teaching that stood out to you?
- 2. Suffering, loss, and disappointment can sometimes lead us to doubt whether God is genuinely good, or whether he works for our good. Have you experienced such doubts? Talk about a time when you, or someone you know, has questioned whether God is really good.
- 3. In what way is God's goodness desirable? How can we enjoy the goodness of God?
- 4. Discuss this statement by Anselm of Canterbury:

Why do you wander about so much, seeking the goods of your soul and body? Love the one Good in which all good things, and that is sufficient.

- 5. God not only is good; He also does good. Where do you see evidence of God's goodness and generosity in the world around you? Where do you see evidence of it in your own life?
- 6. How is the goodness of God expressed in God's own life as Father, Son, and Holy Spirit? How should the eternal expression of God's goodness as Trinity impact the way that we think about God?

Group Prayer

Spend some time sharing prayer requests with one another and end in prayer.