

## **Good News For Today**

### **Ready:**

"My soul, praise the Lord, and do not forget all His benefits."

-Psalm 103:2

### **Set**

In Psalm 103, David gives us some good coaching. He says, "My soul, praise the Lord, and do not forget all His benefits. He forgives all your sin; He heals all your diseases. He redeems your life from the Pit; He crowns you with faithful love and compassion. He satisfies you with goodness; your youth is renewed like the eagle" (Psalm 103:2-5).

I've come to realize that King David's day wasn't much different from today, with bad news all around. Everywhere you look -- the evening news, TV talk shows, newspapers -- it just seems that most of what we read or hear about is bad news.

The Bible says to not be distracted by getting your focus on the bad news. Instead, we are to praise the Lord! Forget not all his benefits! The King James Bible says we are to "Bless the Lord," which means to exalt His name -- shout "Hallelujah!" To remember the Lord's benefits means to count on them as your own, because they are!

It's good news that God forgives your sins. Thank and praise Him for sending His Son, Jesus Christ, our Savior and Lord.

It's good news that God heals us. Thanks and praise Him for all the times in your life that He's healed you.

It's good news that God keeps us from being destroyed by the devil. Thank and praise Him for all the times He's delivered you from evil and given you His protection.

It's good news that God blesses us with His love and compassion. Thank and praise Him for every good thing He's done and is doing in your life.

It's good news that God gives you everything you need so that your strength is renewed. Thank and praise Him for the provision and strength you're experiencing.

In a world filled with bad news, it's good news that God takes care of you. Keep your focus on Him and His benefits He has for you. Be an eagle!

### **Go**

1. Are you easily distracted? Why?
2. Is it hard for you to take God at His word? Why?
3. How's your gratitude level?

### **Workout**

Numbers 23:19

Psalm 9:10

Hebrews 10:23

### **Overtime**

"Lord, the world tries to distract me every day. Help me walk in faith and always thankfully you're your presence in my life. In Jesus' name, amen."

### **Bible Reference:**

Hebrews 10



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