

## Talkin' About the Good Things

Need a pick me up or a boost to keep going? We can all use some good thoughts, some positive affirmations and a few “lift me ups.” In a conversation with a friend the other day, she was listing down all the crazy situations she was facing in her life. One thing after another came racing out of her mouth. When she finally took a deep breath, she said, “Is there anything positive ever going to happen? I can’t find anything good.”

It was easy to understand why she felt that way. She had health issues, job issues, family issues and more. It was going to take time to pull her off her mountain, so I went to the Word. (When in a state of doubt or belief, the Word has good things to lift our spirits.) For all of you who may be struggling and need encouragement, I have a great word for you. For those of you who just want encouragement to keep persevering, this word is for you too. Let’s drop the mic on the enemy!

“Let all that I am praise the Lord; may I never forget the good things He  
does for me.

He forgives all my sins and heals all my diseases.  
He redeems me from death and crowns me with Love and tender mercies.  
He fills my life with good things.  
My youth is renewed like the eagle’s!

The Lord gives righteousness and justice to all who are treated unfairly.

The Lord is compassionate and merciful, slow to anger and filled with  
unfailing love.

He will not constantly accuse us, nor remain angry forever.  
He does not punish us for all our sins;  
He does not deal harshly with us as we deserve.  
For His unfailing love toward those who fear Him is as great as the height  
of the heavens above the earth.  
He has removed our sins as far from us as the east is from the west.

The Lord is like a father to His children, tender and compassionate to those who fear Him.

For He knows how weak we are; He remembers we are only dust.  
Our days on earth are like grass; like wildflowers, we bloom and die.  
The wind blows and we are gone—as though we had never been here.  
But the love of the Lord remains forever with those who fear Him.  
His salvation extends to the children's children of those who are faithful to  
His covenant, of those who obey His commandments!

“Let all that I am praise the Lord!” **Psalm 103:2-18, 22**

Now that's what I'm talkin' about: Good things!!

## **Prayer**

Jesus,

You are my God; I will exalt You and praise Your name, for in perfect faithfulness You have done wonderful things, things planned long ago. To You, Lord, I call; You are my Rock, do not turn a deaf ear to me. For if You remain silent, I will be like those who go down to the pit. Hear my cry for mercy as I call to You for help, as I lift up my hands toward Your Most Holy Place. Praise be to You, for You have heard my cry for mercy. You are my strength and my shield; my heart trusts in You, and You help me. My heart leaps for joy, and with my song I praise You. You are the strength of Your people, a fortress of salvation for Your anointed one. Save Your people and bless Your inheritance; be our shepherd and carry us forever. Amen!