

WEEK TWO DAY TWO

Have you ever thought about the good things in your life? I mean, ALL the good things, not just the “big ticket” ones? It’s easy to be thankful for your health (if you’re healthy), or your home (if you have one), or your family (whatever that looks like in your context). Those are all awesome things, and all easy to be aware of and be thankful for. But what about the things it’s easy to overlook? When was the last time you acknowledged the goodness of the sun shining on your skin? Or the taste of an orange? Or the warmth of your dog or cat in your lap? Or your favorite song on the radio?

What if you were in the habit of thinking about EVERY GOOD thing as a gift from God?

Read James 1:16-18. James was Jesus’ earthly brother and the leader of the Jerusalem Church. His book is a super practical one that deals with what it looks like to live out our faith. Near the beginning of the book, James drops this truth bomb on us that changes the way we look at the blessings in our lives.

Vs. 17 is just fantastic, isn’t it? Every good gift, everything we would look at and say, “man, that is absolutely perfect,” comes from God. How does James describe Him? “The Father of lights.” How cool is that? Again, this isn’t James saying that God has given birth to a bunch of actual lightbulbs. He’s not being literal. He’s using figurative language to separate God (the Father of lights) from the devil (by contrast, the father of darkness). God’s goodness, His truth, His love, His mercy, and so on shine like bright lights in our world. One way to experience this most profoundly is through the good things God gives us.

How aware are you of the good and perfect gifts that God has given you? Maybe your life isn’t 100% great. (Here’s a secret, I’m a lot older than you, and I don’t know anyone whose life is.) That bad things in life are part of what it means to live in a fallen world. But, there is good in your life. There is—lots of it. There are sunrises, and good music, and cheeseburgers, and ice cream, and the laughter of friends, and on, and on, and on. And ALL of these good things come from God.

Questions to Consider

Here's what you're going to do today in response to this truth from James. You're going to take an inventory of the blessings in your life, the good and perfect gifts God has given you. Set the timer on your phone for 5 minutes. Spend that time thinking of as many good things in your life as you can and write them all down. When you're finished, thank God for all of them. Next, circle the five BEST good things in your life and thank God specifically for those. Then, commit to being more mindful of the good gifts God has given you as you go through your week.