

# May 22

## TODAY'S BIBLE STUDY & MEDITATION

**KEY IDEAS:** Do I recognize that God is good and can only do things that will ultimately benefit me? Do I see myself as God sees me, as one that He desires to bless you with things that are of real value? Do I realize that God cannot bless me if I am ungrateful?

**1** **God demonstrates His goodness to those who trust in Him — Psalm 31:19**  
*Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!*

In what different ways has God demonstrated that He is good?

What expressions of God's goodness can I praise Him for?

**2** **I am constantly granted benefit because I follow the Lord — Psalm 68:19**  
*Blessed [be] the Lord, [who] daily loadeth us [with benefits, even] the God of our salvation. Selah. 20 [He that is] our God [is] the God of salvation; and unto GOD the Lord [belong] the issues from death.*

What different benefits can acknowledge that I have received from the Lord?

Why does the devil want me to fail to notice the benefits God gives me?

**3** **I am to be grateful to the Lord for His blessings and remember what He has done — Psalm 103:4**  
*Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; 5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.*

What role does the acknowledgment of blessings play in receiving more?

What good things has God given to you now and how did they benefit you?

Spirit of Truth, how do you want to apply these verses in my life today?

## OPTIONAL BIBLE READINGS

Morning: John 7:28-52

Evening: 1 Chronicles 16, 17, 18