

**May 17, 2022**

The Lord wants you to experience real and abundant life:

**Nahum 1:7** *The LORD is good, a refuge in times of trouble. He cares for those who trust in Him* (NIV)

*God is good all the time, and all the time God is good!* I remind myself of this multiple times during the day. Why? Because no matter what is happening around me, I know that the LORD is at work and that as Paul states in **Rom. 8:28**, *We know that in all things God works for the good of those who love Him, who have been called according to His purpose.* (NIV)

We need to constantly remember that God is always good all the time. His thoughts for us are always good. His work in this world is always good. His very nature is good. He will always be good. I think you are getting the picture; GOD IS GOOD!

And because He is good, He always desires to pour out Himself into those who will trust and obey. The Hebrew word for **refuge** is **lemaovz** which means *a place or means of safety and protection*. It is also translated as fortress, safety, or stronghold. Wouldn't you like to think of the LORD as your 'safe place?' He is good and He loves you so very much. He desires for all of us to look to Him in this manner. And no matter how bad things seem to get, He will always be there for you.

Now, what should our response to this be? It should be to trust Him implicitly. We should no longer hold back or only follow Him partially. He is LORD and we need to trust Him as such. Now we know that the LORD loves every person all the time, but the phrase **He cares** literally means *that He knows us, is concerned for us, and understands everything about us*. This is a reminder as well that we can truly trust everything that He says and does because: *God is good all the time and all the time, God is good!*

**Dear LORD, You are good and You always will be. It is Who You are. We can trust you constantly. We can run to You and find our refuge in You. Help us to trust like that. In Jesus Name, Amen**