

Goodness Jar



A SIMPLE WAY TO NOTICE MORE OF
GOD'S GOODNESS IN EVERYDAY LIFE

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Dear Friend,

Maybe you're in a season of delight. You're surrounded by love and joy and more opportunities than you know what to do with.

Maybe you're in a season of not yet. You're waiting for answers, discovering your limitations, and learning to trust God's timing in the midst of it all.

Maybe you're in a season of hardship. Your marriage or money or health or job or relationships seem uncertain.

No matter what season you find yourself in, your Heavenly Father loves you so much and longs to show you more of His daily goodness.

When our family went through a rough season, it was often a daily struggle for me to focus on good things. After digging into Psalm 34:1-8, I created a Goodness Jar to help me focus on the big and small ways God showers us with goodness every single day. My jar sat on a shelf where I saw it every day, and I set a reminder on my phone to add to my Goodness Jar each week. What a comfort it is even now to reread those everyday reminders of God's goodness!

May this be a heart-encouraging way for you to journey deeper into God's goodness as well.

♥ Janna Wright

CREATE A GOODNESS JAR

Gather some pretty scrapbook papers and cut them into small strips (about 2"x3"). Cut enough for one per week for a few months. Next, find a glass jar and paint or decorate it in your style. Set the jar in a place you'll see it daily, with the pretty papers and a pen next to it.

At least once a week, set aside 5 minutes to take a slip of paper and write down the ways you've seen God's goodness in your life that week. Date the slip and add it to your Goodness Jar.

Enjoy watching the papers accumulate in your jar, and when you need a little pick-me-up, choose a random slip. Reread it (or share it with your family or a godly friend) to celebrate who God is and how He is present and active in your daily life!

GOODNESS PROMPTS

What blessing came my way this week?

How did God provide this week?

What's the silver lining in an otherwise tough situation?

What circumstance could've turned out differently, but

God did something unexpected?

What did I learn of God's character that encouraged my heart?

In what ways did I experience God's love for me?