



The Goodness *and* Beauty of God

Use one or more of the ideas below this week to intentionally notice the goodness and beauty of God in everyday life.

- 1. Take a walk without your phone.**
Pay attention to creation—the sky, trees, sounds, and details you usually miss.
- 2. Listen to a piece of beautiful music (e.g., Bach, a hymn, or instrumental worship).**
Reflect on how it points to order and beauty.
- 3. Read a psalm slowly (Psalm 19, 27, or 104).**
Notice how it describes God's goodness and beauty.
- 4. Observe an act of kindness.**
Look for someone serving, helping, or encouraging another person.
- 5. Encourage someone intentionally.**
Send a message or speak words that build someone up.
- 6. Create something.**
Write, draw, cook, build, or make something and reflect on God as Creator.
- 7. Spend time in silence and prayer.**
Ask God to help you notice where He is at work around you.
- 8. Notice beauty in ordinary moments.**
A meal, a conversation, laughter—recognize these as gifts from God.
- 9. Reflect on a story of good in the world.**
Read or watch something that highlights compassion, justice, or restoration.
- 10. Serve someone in a practical way.**
Meet a need, help without being asked, or show generosity.

Which one will you try this week?