



Summer Challenge

GROW CLOSER to GOD

3 Months, 3 Different Challenges to help
 you grow closer to God! 

**Free Guidebook with Worksheets and Schedule.
Scripture, Prayer Prompts and Reflection Questions all
Free!**

Welcome to Spiritually Hungry's Summer Challenge: Grow Closer To God Month 1 - God's Goodness

God's goodness is everywhere - it's the reason we even exist at all! But sometimes it is difficult to appreciate the amazing goodness of God in our lives when we get bogged down with stress, disappointment, and just...life in general. That's why we created this Challenge, to help us all dive into God's goodness as displayed in the Psalms of Scripture.

This 30 day plan for focusing on God's goodness is the first of three Challenges we're releasing this summer to help you cultivate a deeper connection to God and the profound relationship that He wants with you. Focusing on His goodness as displayed in the Psalms will help you get a deeper sense of God's love, power and deepest desires for us to have a strong relationship with Him.

In this Challenge, you'll find:

An Entrance Worksheet:

The questions in this worksheet will help you process how you presently think about God's goodness and what it means for your life.

The 30 Day Challenge:

Each day, you'll be provided with a Psalm to read through that describes something about the power of God's goodness. You'll also receive a prayer prompt to help you process your reading and turn to God in prayer about the truth you've received in Scripture.

An Exit Worksheet:

After completing the worksheet, you'll be asked to complete a final worksheet to process all you've learned about God's goodness through the Psalms, and to give you some ideas for moving forward with your new understanding of our powerful and good God.

If you follow this Challenge, we believe you'll come out the other side with a profoundly new appreciation of God and the wonderful and good desires He has for your relationship with Him. Can you imagine how your life might look differently if you were able to see God's goodness in all circumstances? That's our hope for you in taking this Challenge!

Entrance Worksheet

#1 Why are you taking this God's Goodness Challenge?

#2 What do you hope to get out of this Challenge?

#3 What would you like to be different in your understanding of God's goodness?

#4 What is your understanding of goodness? What does it look like to you?

#5 How do you see God's goodness presently?

#6 How well do you receive God's goodness? Is it hard for you to recognize, appreciate or receive?

#7 Did you grow up in an environment and with people that recognized God's goodness? How do you think recognizing God's goodness might affect your life?

Day 1

Today's Scripture: Psalm 86

Prayer Prompt: God's goodness is always dependable and never in question. Praise God for the reliability of His goodness.

Day 2

Today's Scripture: Psalm 145

Prayer Prompt: God has accomplished everything good through His actions in history. Praise God for His mighty works today.

Day 3

Today's Scripture: Psalm 100

Prayer Prompt: God's goodness never began or ended - it has always existed. Praise God for the never-ending nature of His goodness.

Day 4

Today's Scripture: Psalm 84

Prayer Prompt: God's goodness will be visible throughout all of eternity. Thank God for the beauty and majesty He has in store for us in Heaven.

Day 5

Today's Scripture: Psalm 27

Prayer Prompt: Even when others oppress us, God's goodness remains! Praise God for His goodness to us even in the face of persecution.

Day 6

Today's Scripture: Psalm 135

Prayer Prompt: Praise God for His goodness as a real, dependable God, unlike all the fake idols that we can find in this world.

Day 7

Today's Scripture: Psalm 29

Prayer Prompt: God's goodness is everywhere! Praise Him for the evidence and presence of His goodness across the universe.

Day 8

Today's Scripture: Psalm 19

Prayer Prompt: God's goodness led Him to reveal Himself to us, even after humanity rebelled. Thank God for His willingness to teach us about who He is and His goodness.

Day 9

Today's Scripture: Psalm 7

Prayer Prompt: God's protection over us stems from His goodness. Praise God for His place as your protector.

Day 10

Today's Scripture: Psalm 146

Prayer Prompt: God's goodness is available to all people, who He sees all people, regardless of their place in society. Praise God for His love and goodness for all people.

Day 11

Today's Scripture: Psalm 113

Prayer Prompt: God lifts up those who turn to Him. Praise God for His willingness to lift us up in His goodness.

Day 12

Today's Scripture: Psalm 40

Prayer Prompt: Sometimes it can be difficult to see God's goodness, but He does hear and respond. Thank God for His responses to our pain and desperation for Him, even if we have to wait sometimes for a response that is apparent to us.

Day 13

Today's Scripture: Psalm 118

Prayer Prompt: God's goodness never ends! Give thanks to Him for the multitude of ways His goodness has been seen throughout the ages.

Day 14

Today's Scripture: Psalm 113

Prayer Prompt: God's goodness lifts us up and sets us free. It's at the heart of our joy and hope. Praise God for the effect His goodness has on our lives.

Day 15

Today's Scripture: Psalm 5

Prayer Prompt: Despite what other people may believe or think, God's goodness prevails and stands in the face of people's opposition to Him. Thank God for His goodness that supersedes everything and everyone else.

Day 16

Today's Scripture: Psalm 34

Prayer Prompt: Recognizing God's goodness at all moments will truly transform our entire lives. Pray to God for help in seeing His goodness at every moment of our day.

Day 17

Today's Scripture: Psalm 34

Prayer Prompt: Recognizing God's goodness at all moments will truly transform our entire lives. Pray to God for help in seeing His goodness at every moment of our day.

Day 18

Today's Scripture: Psalm 18

Prayer Prompt: The lasting promise of God's goodness is something we can build our lives upon. With God as our foundation, we need not worry about being shaken by anything else. Pray for help in your own life for making and keeping secure God's goodness as central in your life.

Day 19

Today's Scripture: Psalm 144

Prayer Prompt: The writers of Psalms repeatedly liken our God to a "rock", indestructible and reliable. God's goodness to His people makes Him trustworthy in all circumstances, even the worse. Pray for better insight into understanding the unshakeable nature of our God and what it means for your life.

Day 20

Today's Scripture: Psalm 138

Prayer Prompt: God is deserving of our praise for all of His goodness. Pray for new ways to worship and revere God, placing His goodness and all of His amazing attributes into the center of our consciousness.

Day 21

Today's Scripture: Psalm 124

Prayer Prompt: How often do we reflect on what it would have been like if God's goodness didn't prevail in our lives? What might our existence be like without Him? Praise God for all He has done in your life and ask Him to show you the evidence of His goodness in your past.

Day 22

Today's Scripture: Psalm 124

Prayer Prompt: How often do we reflect on what it would have been like if God's goodness didn't prevail in our lives? What might our existence be like without Him? Praise God for all He has done in your life and ask Him to show you the evidence of His goodness in your past.

Day 23

Today's Scripture: Psalm 121

Prayer Prompt: It's easy to first look to places other than God for help, but His goodness means He is always available and by our side. The question is always if we will see Him there or not. Pray to God for help in recognizing His goodness and help with you at all times.

Day 24

Today's Scripture: Psalm 124

Prayer Prompt: How often do we reflect on what it would have been like if God's goodness didn't prevail in our lives? What might our existence be like without Him? Praise God for all He has done in your life and ask Him to show you the evidence of His goodness in your past.

Day 25

Today's Scripture: Psalm 36

Prayer Prompt: People who turn away from God have almost certainly not genuinely experienced the fullness of His goodness. Spend time praying for the people in your life who do not have a relationship with God and praise Him for the nature of His goodness, which makes it possible for everyone to turn back to Him if they choose.

Day 26

Today's Scripture: Psalm 25

Prayer Prompt: Because of His goodness, God also provides us tremendous guidance. Establishing a stronger prayer life helps us to discern His direction for us, laid out by His goodness and mercy. Pray for help in discerning God's path for your life, lighted by His goodness.

Day 27

Today's Scripture: Psalm 117

Prayer Prompt: Praising God for His goodness is a simple act of recognizing the true, powerful, just and holy nature of God. Take a moment to prayerfully re-read this shortest chapter in the Bible and reflect on the simple, timeless message it conveys about the goodness of our God.

Day 28

Today's Scripture: Psalm 139

Prayer Prompt: God's goodness leads Him to care enough about you to know everything about you. God sees who you are and recognizes your specialness - He created you! Take time to pray to God about the amazing love and goodness He has shown you throughout your life.

Day 29

Today's Scripture: Psalm 139

Prayer Prompt: God's goodness is available to every person, every nation. There is none whom God does not seek out and wish to see return to Him. Thank God for the limitlessness of His goodness for all people.

Day 30 - Final Reflection

Today's Scripture: Psalm 139

Prayer Prompt: To complete this Challenge, we encourage you to take a few minutes and read this Psalm aloud, either privately or with a group. Pay special attention to the repetitive nature of this Psalm, which covers so many of the aspects of God's goodness and love.

Thank You

We hope you had a great month reflecting on the awesome nature of God's goodness. He's an amazing God, who always has the best intentions for us, even if we can't see it at every moment. God's goodness is the source of all the fruit available to the Christian's life and we hope that the past few weeks have helped you recognize that goodness available to you and all God has in store for you.

We have more Challenges, At Home Retreats and great articles on our site spirituallyhungry.com, check out for more resources!

(Exit Worksheet On Next Page)

Exit Worksheet

#1 Now that you've finished this Challenge, what stands out in your mind the most about God's goodness?

#2 What are some of the ways that you have seen God's goodness manifest in your own life?

#3 What are areas where you need to recognize more of God's goodness in your life?

#4 Is there a person, organization, or other entity in your life that exemplifies someone touched by and operates out of an understanding God's goodness? What might you be able to learn from their example?

#5 The writers of the the Psalms use many metaphors to describe God's nature and goodness, such as describing God as their "rock." Are there images in your mind that help you better visualize the powerful nature of God's goodness?

#6 Was there a favorite Psalm that you read during this Challenge? You might considered revisiting it that Psalm and memorizing verses from it.