

Lamentations 3:22-25

The steadfast love of the Lord never ceases;
his mercies never come to an end;
²³ they are new every morning;
great is your faithfulness.

²⁴ “The Lord is my portion,” says my soul,
“therefore I will hope in him.”

²⁵ The Lord is good to those who wait for him,
to the soul who seeks him.

Meditate on these verses. There are five simple truths that become, for us, stones in the foundation of God-centered faith.

1. God’s promise-keeping love never stops being displayed toward His children.
2. His mercies never end.
3. Like manna was provided each morning to the children of Israel in the wilderness, a new supply of God’s mercies are **given to us each morning**. His faithfulness toward us is great.
4. The Lord is good toward those **who wait for Him to act and seek Him while they wait**. Waiting and seeking, seeking and waiting, is pleasing to the Lord.
5. It is good to wait on the Lord to act.

Especially in grief, we need to take moments to stop and remind ourselves of truths like these.

As we feed on the Word of God each day, we continue to mine fresh truths which speak to our hearts and renew our minds.

But the longer we walk with the Lord we also find there are key passages of Scripture that we find ourselves returning to—over and over again. This is one of the soul-strengthening benefits of journaling. By jotting down **spiritual lessons that we are learning from God’s Word** we store up for ourselves a spiritual pantry to feed upon at other times.