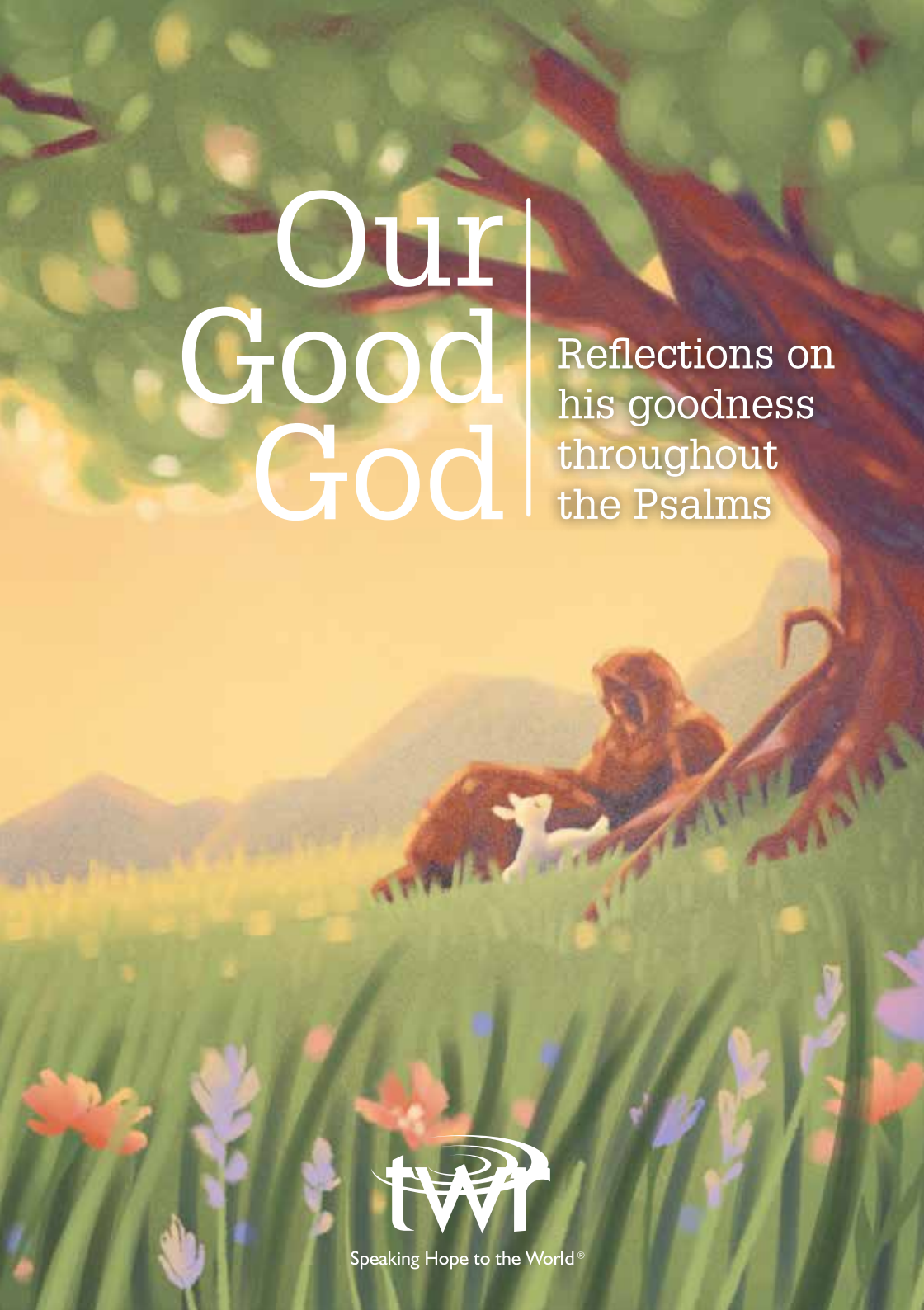

Our Good God
Reflections on his goodness throughout the Psalms
twr
Speaking Hope to the World®



Our Good God

Creation Testifies

In his "Reflections on the Psalms," Christian apologist C.S. Lewis wrote: "There … I find an experience fully God-centered, asking of God no gift more urgently than his presence, the gift of himself, joyous to the highest degree, and unmistakably real."

As they called out to our "unmistakably real" God, the writers of the 150 psalms in Scripture expressed every sort of emotion: jealousy, anger, joy, fear, love. They exalted in victory and cried out in bitter complaint. Amid their varied circumstances, what often emerged from the hearts of these psalmists is their experience of God's goodness.

Over the next month, we invite you to join us on this devotional journey reflecting on the goodness of God as revealed in the Psalms. Our global contributors will encourage us with psalms that celebrate God's good character and how his goodness is seen even in suffering. Later in the month, we'll join with the psalmists in worship.

We'll begin this week by sharing in the psalmists' awe at how God's goodness is shown in creation. Idrissa*, of Cote d'Ivoire, had a similar moment when listening to *The Way of Righteousness* in his native Bambara language.

"Your description of the makeup of the human body opened my

And behold, it was very good.
Genesis 1:3b

eyes to the mystery of man's creation, and I understood that only God could accomplish such a marvelous work," Idrissa texted. "This prompted me to praise and glorify God in his greatness and ingenuity. May God give me a heart and a will to know him. I [want] … to have a true relationship with him."

Idrissa was stunned by the glory of God's creation at the micro level. King David was stunned at the macro level in Psalm 104, a 35-verse love song to our Creator God.

"O Lord, how manifold are your works!" David wrote. "In wisdom have you made them all; the Earth is full of your creatures" (Psalm 104:24).

As you come on this journey with us, let's celebrate the goodness of our God together.

Prayer: "Bless the Lord, O my soul! O LORD my God, you are very great! You are clothed with splendor and majesty. Amen" (Psalm 104:1).

Contributor John Lundy serves as a writer and editor for TWR. Based in the United States, he loves to read, watch birds and drink tea.

*a pseudonym

Born Under His Glory

During her long night shifts in the maternity ward of a Nigerian hospital, Rebecca tuned her small transistor radio to MW 1476 kHz, to a broadcast of TWR Nigeria. At first, she simply wanted to stay awake in the stillness of the night. But God had another plan.

As she listened to TWR's Bible program *Mission 66*, a realization struck her heart: as a midwife, she helped bring new life into the world every day — yet she did not personally know the Giver of life.

In the staff room, Rebecca whispered a prayer. The Lord delivered her, and her own new spiritual life was born.

Even today, we marvel with the writer of Psalm 8: "When I look at your heavens, the work of your fingers … what is man that you are mindful of him?" (v. 3-4). Every first cry of a baby is a reminder: life is not an accident. It is a gift. It is dignity. It bears God's signature. "Out of the mouth of babes and infants, you have established strength" (v. 2).

The great God who created the moon and the stars also sees every newborn in a midwife's arms. And just as she tenderly cares for that child, so God cares for us. God even "crowned him with glory and honor" (v. 5), even though we may seem so small.

All his creations — animals, mountains, seas — reflect his glory. "O Lord, our Lord, how majestic is your name in all the earth!" (v. 9).

Prayer: Father, I praise you for new life. How amazing you are and how wonderful are your works. May all who marvel at your creation recognize your glory.

Contributor Roman Haas recently served as a marketing & communications intern for TWR Europe. His favorite ways to enjoy God's creation include hiking, climbing and diving.

Still God's Wonderful Creation

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are too wonderful, I know that full well" (Psalm 139:13-14).

How do you still worship God when your physical figure is challenged because you have become a victim of crime? This is where Psalm 139 became very personal to Douglas in Zimbabwe.

Many years ago on his way home from work, thieves brutally attacked him, threw acid on him, grabbed his possessions and fled. Douglas was hospitalized for a year. His face has been disfigured ever since and he remains blind.

Yet each day over the past three decades, Douglas continued to find hope, inspiration and friendship through TWR. He thanked God for the ability to hear his Word in the Shona language through broadcasts from Eswatini on medium wave radio. Lowering the volume of an audio Bible from his battery-powered speaker, he told me: "First, I would want you to know that I am a Christian and believe in God. I cannot go a day without listening to TWR."

After meeting Douglas a few years ago, I was encouraged to see how committed to God he is and how he continued to worship and praise God for who he is. He had accepted that he would no longer see again, he said, and is more grateful to God for life. Douglas said he knows that he remains special to God as his wonderful creation.

Prayer: Lord, help me to love and worship you no matter what happens to my physical body. Thank you for creating me and intimately knowing me.

Contributor Victor Kaonga serves as TWR's international director for East and Southern Africa and is an experienced media practitioner, communications specialist and resource mobilizer. He is the host of Growing the Marriage, *the author of two books and is married to Thembi.*

Hope From the Mountains

Mountains can be daunting. Tall, rugged, dangerous. In Switzerland, we experienced this when the village of Blatten was wiped out by a landslide in 2025. Sometimes obstacles in our lives seem like these kinds of mountains: too high to climb, too wide to walk around. We realize we can't do it alone. We need help.

Who helps us climb or move mountains? The One who made them, because God surely is bigger than any mountain that he formed. On every Swiss peak there's a cross: a wonderful symbol to remind us who raised the mountains and who is there to help us.

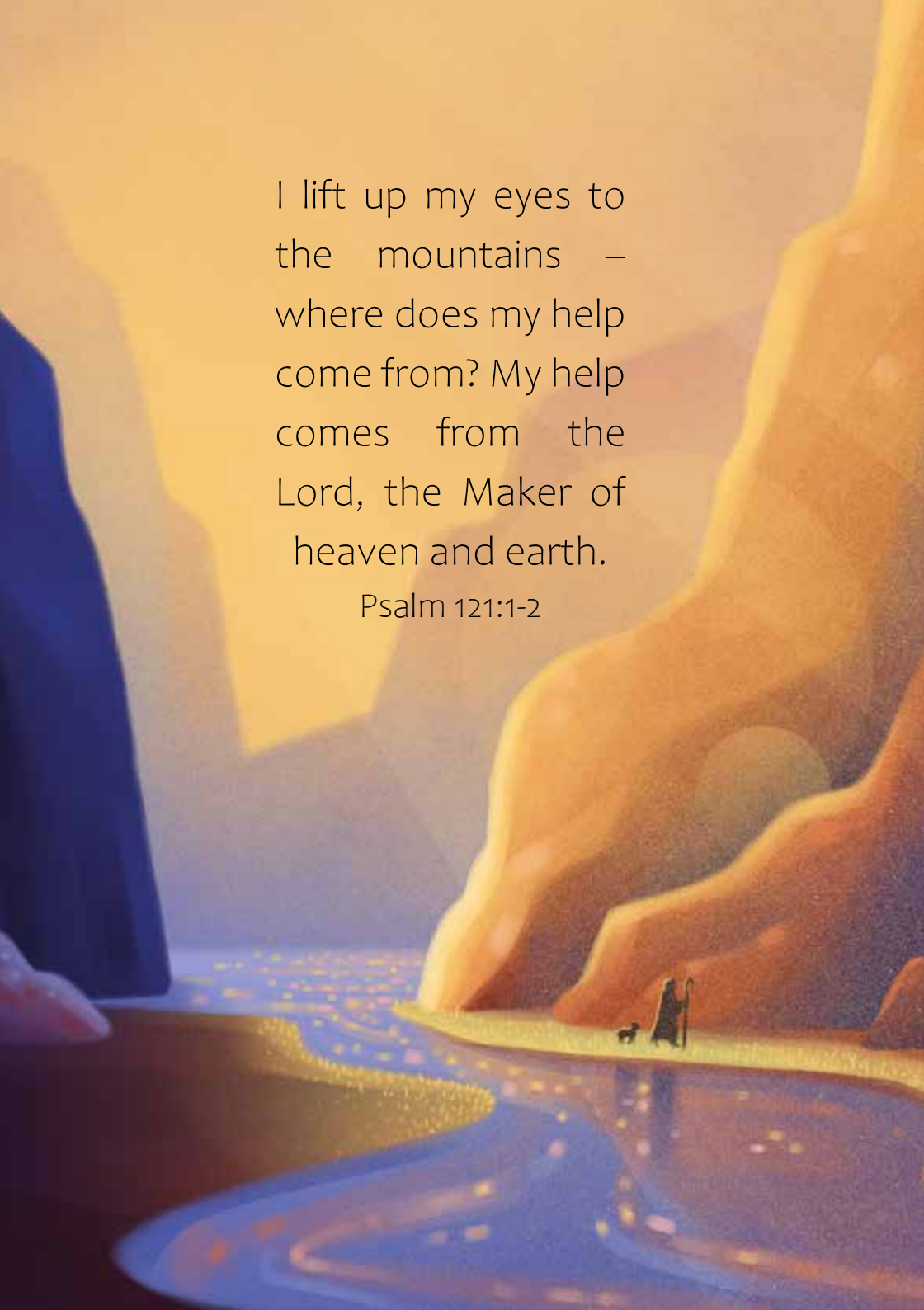
Like any other obstacle, God uses mountains for his glory. In the Caucasus, TWR broadcasts from a station on a tall 1,900 m. (6,234 ft.) mountain. This elevation allows radio waves to reach especially far, and straight into the Middle East. TWR's live programming during the unrest and subsequent war in early 2026 was a lifeline for many believers inside Iran.

"For the past 10-plus years, I have been in prison here and I now only have a short term of my sentence left," shared one of our listeners in that region. "Every night I listen to your programs on the radio and receive great encouragement from them, especially the live programs and *Women of Hope*."

Many cry for help. And from the mountain, God's voice answers.

Prayer: Thank you, Lord, that no mountain is too tall for you. You know our personal mountains and help us to conquer them.

Contributor Philipp Ruesch serves as director of TWR global training in Switzerland. He is married to Christina, and they have two daughters.


I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.
Psalm 121:1-2

The Powerful Goodness of God

What has been the most impressive storm you have experienced? Did you wait in anticipation for the loud crash of thunder that follows lightning that momentarily blinds? Were you standing at the seashore, listening to the power and fury of massive, crashing waves, framed by blackened skies?

While serving as a TWR missionary on the island of Guam, I often witnessed God's goodness and his glory during times of powerful activity in his creation.

Once, a young mother grabbed her 3-year-old son as the wind from a violent storm pulled him toward a broken window. Bracing herself and her son against the wind tunnel created inside her house, she huddled inside the closet until the typhoon passed. We praised God together for safe protection.

During that same storm, we heard a listener state: "If there could only be one station able to stay on throughout the storm, I'm glad it was KTWG, because those people know how to pray!" TWR's local station was the only one with power to stay on air throughout the storm. The generator fuel should have run out after six hours. It lasted 11 hours.

The goodness of God in creation demands our respect and love, as King David states in Psalm 29: "Ascribe to the LORD glory and strength … glory due his name" (v. 1-2). Later he writes, "The LORD sits enthroned over the flood; the LORD is enthroned as King forever. The LORD gives strength to his people; the LORD blesses his people with peace (Psalm 29:10-11)."

Prayer: Dear LORD God, creator and sustainer of all creation, we ascribe to you glory and strength. We worship you, Lord, in the splendor of your holiness.

Contributor Flora Rittenhouse and her late husband, David, served with TWR for more than four decades in Asia and Africa.

Look Up and Listen

A TWR listener who works nights in the countryside, herding cattle, listens to our programs while riding horseback, carrying a small portable radio. He wrote to us saying: "Last night, I was listening to you speak about Psalm 19, so I looked up to confirm 'that the heavens declare the glory of God; the skies proclaim the work of his hands'" (v.1).

When I heard that story, I thought: God's goodness is visible in creation. One need only look up at the starry sky or at the marvelous sun that shines upon us. All of it proclaims the work of his hands. There are two poems within Psalm 19. The first is a magnificent symphony of God in the heavens (v. 1-6). The second is a hymn of praise to God's goodness, manifested in his marvelous law (v. 7-14).

God is communicating with all human beings. He is not silent. "The heavens declare" the marvelous goodness of our heavenly father. God not only speaks; he also cares deeply about our lives. "Their voice goes out into all the earth, their words to the ends of the world" (v. 4). God is neither hidden nor silent; day and night, his voice resounds throughout all of creation (v. 2).

What aspect of nature speaks to you about God? Set aside some time to reflect on this, just as that TWR listener did when, while on horseback, he looked up and discovered how God was speaking to him. That night, he learned of God's marvelous goodness. God's goodness, manifested throughout all of creation, "restores" our souls, purifies us and transforms us (v. 7). Remember that today, "the heavens continue to declare the glory of God." Look up and allow God to communicate with you.

Prayer: Father, open my eyes to see your wonders and to hear your voice.

Lemuel J. Larrosa served as the longtime Latin American director of TWR and the host of the Spanish-language version of the popular program Thru the Bible.

Our Good God

Character Exemplified

Wounded and in hiding for the better part of two days, the U.S. Air Force colonel had hauled himself up to a remote crevice deep inside Iran.

He finally was able to radio for help with a three-word message: "God is good."*

The officer's brief testimony from that lonely spot on that Easter Sunday in 2026 was true then, now and always: Goodness is the essence of God's character. The hallmarks of his goodness echo throughout the Psalms, including chapter 145, verses 8-9:

"The LORD is gracious and merciful,

Slow to anger and abounding in steadfast love.

The LORD is good to all,

And his mercy is over all that he has made."

Gracious, merciful, slow to anger, abounding in love, good to all … what a good God we have! The ultimate goodness of God was revealed to us in Jesus Christ, who showed us what love looks like and took it all the way to the cross.

Jean-Marie** of Burundi learned about that goodness through *The Way of Righteousness* radio program, sponsored by TWR Canada in his Kirundi language.



"The way Jesus conducted himself during his suffering and crucifixion opened my eyes to a new way of living," Jean-Marie texted TWR. "Before hearing this message, I was a harsh, rude and aggressive person, always trying to defend myself and fight back. Yet as I learned about the humility, patience and gentleness of Christ, I understood that I no longer needed to respond to people with anger or brutality.

"Instead, I decided to surrender my reactions to God and allow his power to shape my character. Since then, my life has changed."

This week, we'll see how the Psalms reflect God's character, point to Christ and lead us to changed lives.

Prayer: Father God, indeed, you are good. Help me to reflect your goodness and draw others to you. Amen.

Contributor John Lundy serves as a writer and editor for TWR. Based in the United States, he loves to read, watch birds and drink tea.

**Drawn from reports in* The Wall Street Journal.

***a pseudonym*


He refreshes my soul.
Psalm 23:3a

The Lord Is My Good Shepherd

The roads in Turkana County, Kenya, are long, dry and stretch for miles. As I traveled to visit our SIFA FM broadcast stations, I was met by a landscape of sandy earth, scanty, thorny vegetation and relentless heat. Yet everywhere I turned, I found a people at peace.

The communities in Turkana are predominantly pastoral. Their lives revolve around their herds. They know what a good shepherd does. He leads his animals to water when there is none in sight. He walks into danger ahead of them. He does not abandon the flock when a storm hits.

When I sat with listeners of SIFA FM in that region, where TWR broadcasts in local languages into some of Kenya's most remote and underserved areas, I heard them speak of the Lord with the same familiarity a herdsman uses when describing a trusted guide. "We know that God is always with us," one elderly woman told us.

As a shepherd himself, David understood this. Psalm 23 is my favorite psalm. It is an honest, profound testimony of someone who has been led, restored and blessed by a God who is genuinely good. Our God does not point us toward green pastures from a distance. He walks us there.

Whatever wilderness you are crossing today, your shepherd has already surveyed it. He goes before you.

Prayer: Lord, you are my shepherd. I choose to trust you with every dry and difficult path ahead. Lead me. Restore me. Let your goodness follow me all the days of my life. Amen.

Contributor Njoki Chege serves as executive director of TWR Kenya and enjoys mentoring youth in her spare time.

Living in the Goodness of God

"God is too good to be unkind and too wise to make mistakes." These were the words my friend kept repeating to himself as he lay in a hospital bed, suddenly paralyzed from the neck down. Not knowing if he would ever walk again, he found in this truth a reminder of God's goodness.

To say God is good doesn't mean that he only occasionally chooses goodness, as if it were something he could put on or take off. Goodness is not an accessory to his character; it is his nature. God doesn't merely do good things — he is good. And his default posture toward us is always one of kindness, compassion and tender care.

Psalm 34:8 invites us to "taste and see that the Lord is good. . ." There's something striking about that invitation. Taste is not passive — it's experiential. It engages more than just the tongue; it involves anticipation, sight, even memory. To taste is to encounter something personally and fully.

In the same way, God invites us to experience his goodness — not as an abstract idea, but as a lived reality. He wants us to recognize his kindness woven throughout the ordinary and the difficult alike. To see his goodness not only in moments of blessing, but also in the seasons that feel uncertain, painful or unresolved.

Whether we are standing on solid ground or lying in a hospital bed, God's goodness remains present. It does not waver with our circumstances. And that matters deeply — because his goodness becomes the anchor of our hope. If God cannot help but be good, then we can trust him completely. Not because we understand everything, but because we trust the One who holds everything.

Prayer: Father, help me to see your goodness in the backdrop of this day.

Jeannine Klingbeil serves as a graphic designer in TWR's Cary, N.C., office. She and her husband, Tim, TWR's chief development officer, have been with TWR for more than four decades. Jeannine and Tim enjoy traveling and spending time with their children and grandchildren.


Taste and see
that the Lord is good.
Psalm 34:8

Shout Out the Goodness of God!

I have a fun job! I visit Christian radio stations across the United States and sit down behind the microphone with some of the best people on the planet. If you listen to your local Christian radio station, you know who I'm talking about. These local radio personalities love you, and they love the Lord.

Once the DJ opens the mic, I have the opportunity to give a shout out at what God is doing through TWR. My travels to foreign countries come to life as I share about the people I've met and how much TWR means to them. Then I invite the listening audience to support TWR, which God uses to speak his Word to the nations and work in the hearts of many, like this African listener:

"My life was transformed! I fell down from my chair and cried. I was so ashamed. I realized I was dead on the inside. The message sounded like he had preached it just for me. And I spoke the words, 'Lord, forgive me.'"

Goodness is central to God's character, and it is encouraging to see his goodness blooming in his people through their enthusiasm for reaching the world for Christ. As Psalm 103:1-2 says: "Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits."

Prayer: Lord, may we take every opportunity to shout out your goodness to us in our lives. We echo the psalmist who exuberantly praises your name. "Bless the Lord, all his hosts, his ministers, who do his will! Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!" (Psalm 103:21-22)

Contributor John Summerville serves as TWR's director of radio station partnerships, based out of the Cary, North Carolina, office.

Everyday Praise

"Ever since we made it a daily habit as a family to use TWR messages for our evening meditations, we have been witnessing so many positive changes," a listener from Nigeria wrote us. He continued: "My wife and I have been noticing how our three children are drawing closer to our heavenly Father every day. We testify of God's faithfulness in our family."

The greatness of God is the central topic of Psalm 145. It's a psalm of praise and of testifying to God's character. In verse 2 David wrote: "I will bless you every day; I will praise your name forever and ever" (CSB). We are encouraged to "speak of his splendor, glorious majesty and his wondrous works" (v. 5) every single day.

God's goodness and greatness is often displayed in the tiniest details of our life and in the smallest elements in nature. It can be seen in the mundane and in the unexpected. Sometimes that means we might need to change something in our habits or routines to continue to see his faithfulness.

For that Nigerian listener, making a small adjustment in the evening routine is making a massive impact on his family. They are noticing God's greatness and are building up a new generation to speak of his goodness.

This psalm encourages me to continue to seek God's greatness and goodness in my own life and give him praise, because he deserves my greatest and everyday praise.

Prayer: Lord, help me to see your goodness and greatness in my mundane life. Help me to give you praise and speak of your majesty. Amen.

Contributor Anna Laura Visser serves as a graphic designer and content specialist in TWR's Cyprus office. When she is not working, you will find her reading or doing something creative.

Our Just and Merciful God

While scrolling through social media, Som Chi clicked an ad, watched an animated video about Adam and Eve's disobedience in the garden of Eden and sent this message to the digital responder: "I'm ashamed, how can I overcome this?"

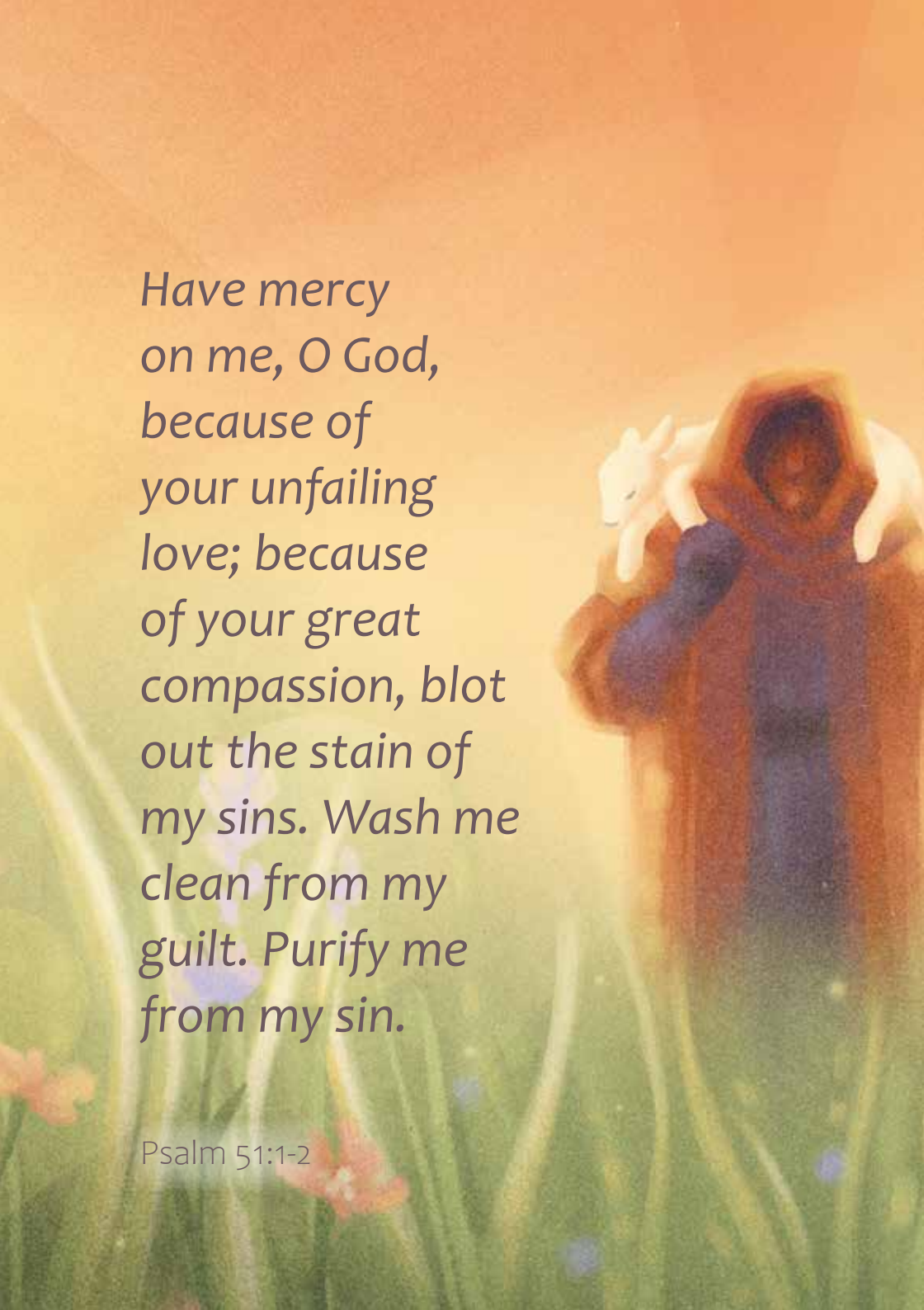
Som Chi had seen a clip from TWR MOTION's *Journey to Hope* animated Bible story series, which Discover Jesus Initiative (DJI) had run as Facebook ads in Thailand. "He was convicted of the sin in his own life," said AJ, who works for DJI in Southeast Asia. After seeing the ad, Som Chi asked to meet with a believer in person. He confessed belief in Jesus and asked to be baptized. And praise the Lord, he isn't the only one!

Like Som Chi, we've all faced the reality of our sin and shame. In Psalm 51, we see David wrestling over the adultery he committed with Bathsheba after Nathan the prophet had confronted him (2 Samuel 12). Crying out to God for mercy, David confessed his sin but still lived with the consequences. "Against you, and you alone, have I sinned; I have done what is evil in your sight … and your judgment against me is just," he wrote in Psalm 51:4.

We serve a just God who is also merciful. We see his goodness exemplified in Jesus, who took on our sin and offered us new hearts in return.

Prayer: Our prayer, Father, is that as people engage with stories from the Bible and testimonies of believers, they would recognize their sin and seek forgiveness through faith in Jesus.

Contributor Rachel Mehlhaff is based in the United States and serves as the marketing manager for TWR MOTION.


Have mercy on me, O God, because of your unfailing love; because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin.
Psalm 51:1-2



Our Good God

Suffering Undergirded

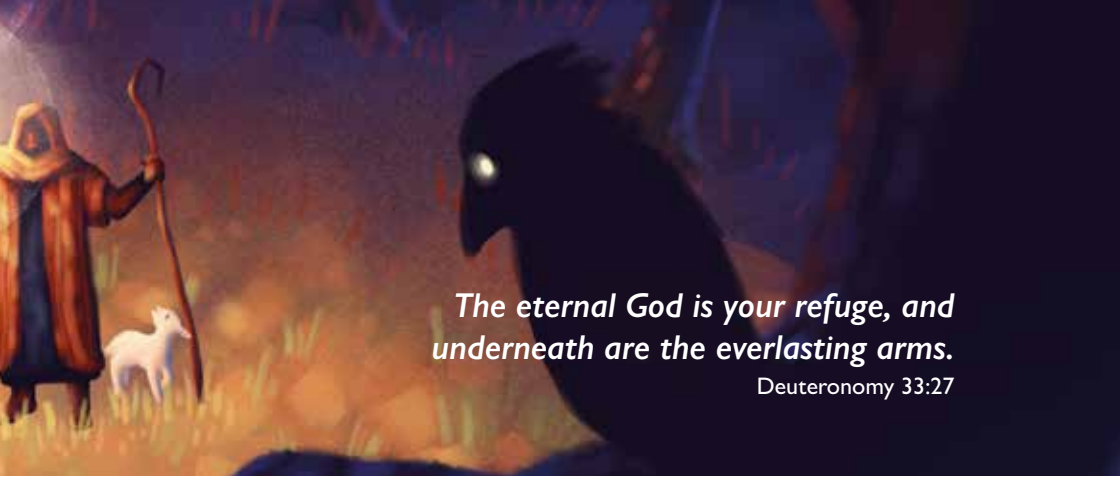
When the psalmists lamented, they really lamented. Witness the phrases in Psalm 88, given to us by the Sons of Korah:

"I cry out" (v. 1) "full of troubles" (v. 3) "down to the pit" (v. 4) "in the depths" (v. 6) "dark and deep" (v. 6).

Horatio Spafford must have felt all of those emotions in November 1873 when he learned that the French iron steamship Ville du Havre had gone down in the Atlantic Ocean with his wife and their four young daughters aboard. Of his family members, only his wife survived.

Such personal despair is something akin to what Jakub*, a homeless Polish man in his 60s, experienced during the height of the COVID pandemic. Sick and gasping for breath, Jakub was turned away from one hospital after another. Once finally admitted, he was attached to a ventilator. Certain he was dying, Jakub took some solace from a bird perched outside the hospital window. He also could hear another patient's radio, tuned to a TWR broadcast in Polish.

When he learned about salvation through the grace of Christ, Jakub confessed Jesus as Lord. Miraculously, his condition improved "at a spectacularly fast pace," as he later recalled. Reborn spiritually, he also received his physical health back.



Sadly, Horatio Spafford couldn't get his daughters back. But even in his grief, he would pen these heartfelt lines:

When peace like a river attendeth my way

When sorrows like sea billows roll

Whatever my lot, thou hast taught me to say

It is well, it is well, with my soul.

In the week ahead, we'll be sharing more examples of how God holds us up even during the "dark night of the soul," as Psalm 88 is sometimes called. This is no mandate to take tragedy and suffering lightly. But it is a reminder that, even in times of deepest sorrow, we can say with Horatio Spafford that, in Christ, it is well with my soul.

Prayer: "But I, O Lord, cry to you; in the morning my prayer comes before you" (Psalm 88:13). Amen.

Contributor John Lundy serves as a writer and editor for TWR. Based in the United States, he loves to read, watch birds and drink tea.

**a pseudonym*

Finding God in the Dark

"At night, when I closed my eyes, anxiety would overwhelm my mind," Eichi said. "My heart would race and I couldn't sleep at all. I felt so overwhelmed that I found myself staring at the wall and crying for the first time in my life."

Eichi had started his own company in Tokyo, Japan, along with a friend. But soon after the COVID-19 pandemic began, online store sales dropped sharply, endangering the business. He wondered what would happen if his company went bankrupt and he had to pay back a debt of one billion Japanese yen. How would he provide for his family? Would he lose his house? With each question, his anxiety grew stronger.

During this difficult time, Eichi was part of a local Every Man a Warrior discipleship group. As he began memorizing Bible verses from the study material, his anxiety gradually melted away.

In Psalm 42:11, we see how God can use times of hardship to rekindle our thirst for him: "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Earlier in the chapter, the psalmist wrote that his soul thirsts for the living God. "Where can I go and meet with God?" he asked.

In my own life I've noticed that it's often in the darkest times, when the situation seems impossible, that God's light comes in to comfort and guide. Is there a worry keeping you awake at night that you can bring to God today instead of carrying it alone?

Prayer: Show me, Lord, where I can meet with you today. I have questions that only you can answer. Today, I put my hope in you.

Contributor Jade Alger serves with TWR's global marketing & communications video team. He and his wife, Jana, live in Bratislava, Slovakia.

Even When Nothing Feels Right

It is one thing to bless God on a sunny morning; it is another to bless him beside a grave, in a hospital corridor or after the phone call that changes everything. Psalm 22:31-32 promises a generation will "proclaim his righteousness… that he has done this." What righteousness? That God acts rightly, even when nothing feels right.

Why have you forsaken me? David's cry became Christ's cry on the cross (Matt. 27:46), when he entered our God-forsakenness from the inside. The question is not if this hour will come, but when.

Perhaps this listener in Central Asia can relate. He had searched out a Christian radio station and found TWR. "I want to know about Jesus, but people in my country don't like me for it," he wrote. "I've even been imprisoned, and my parents have been angry with me. But our heavenly Father has given me the strength to endure it all."

How do we pass through such trials? Receive them as God-permitted and like David, remember God's faithfulness in Scripture and in our own life (vs. 4-5).

Can people help us? David is mocked, not comforted (vs. 7-8); at Christ's hardest hour, even the disciples fled. Sometimes the answer is no. Will God help? Yes! "He has not hidden His face … but has heard" (v. 24). The question is not whether, but how. What do we do? Write our own psalm to the Lord, honestly, without polish. Teach the next generation what God has done.

Prayer: God, we thank you that even when nothing feels right, we know you have not forsaken us. We thank you that you never will.

Contributor Pavel Shifman serves as ministry development lead for Russian-speaking audiences in Europe and ministry director for Israel.

Rejoicing When Life Is Hard

"But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me" (Psalm 13:5–6).

At first glance, these verses sound like a song of pure praise — and yes, David was worshipping God. But notice that single word: "but." He was praising God despite his circumstances.

Earlier in chapter 13, verses 1–2 tell a different story: "How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?"

Despite the pain and unanswered questions, David knew God is faithful and his salvation stands. Looking back, he could say: The Lord has been good to me.

God has not changed. In your darkest moments, he is near, inviting you to reach out in faith. He offers peace, comfort and, through Jesus' death and resurrection, eternal life — all worth rejoicing over even when life is hard.

Like David, Yusa from Indonesia experienced God's faithfulness firsthand. "I now live with my daughter after my wife passed away. I need to rise from this current slump," he wrote. "[I give] thanks to the *Men of Courage* broadcast that discussed overcoming grief. It has given me a little renewed spirit to learn to live with passion again, focusing on God rather than the problems I am facing."

Prayer: Father, we pray for the *Men of Courage* teams as they tell men around the world your salvation message and proclaim your goodness that transcends their circumstances.

Contributor David Carlsen directs the Men of Courage *ministry efforts from Denmark.*

God Can Handle Your Crisis

"Each of us has our own depth of sorrow from the loss of a loved one, but we must learn to live on, and you help us do that. I am grateful to God for your work!"

The above response came from a Ukrainian listener to the TWR podcast *Live On*, which offers spiritual hope and encouragement to people directly affected by the ongoing war between Russia and Ukraine.

In Psalm 46, we as believers find clear words of hope and comfort to help us during difficult times. Verse 1 reads, "God is our refuge and strength, a very present help in trouble."

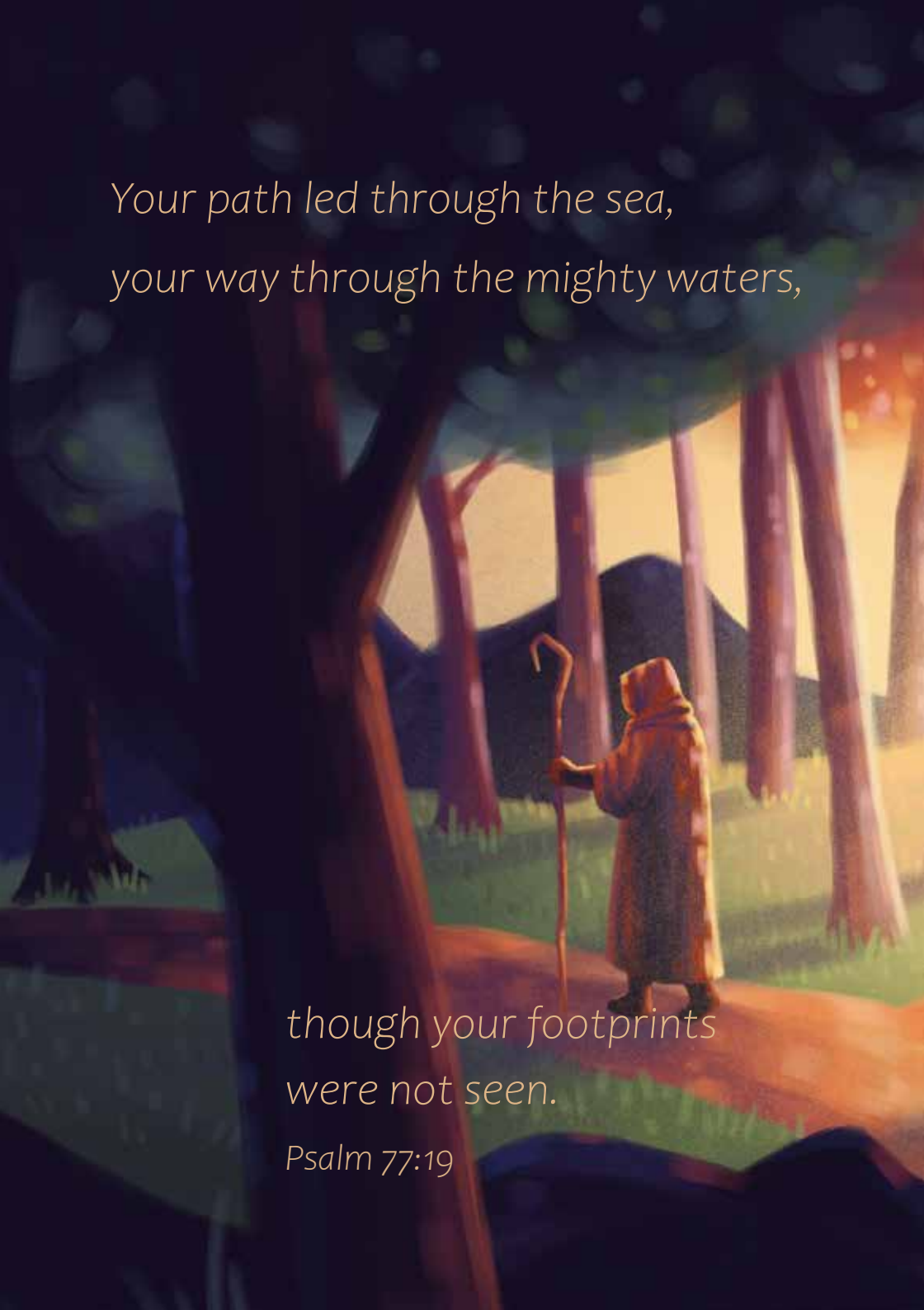
He is our primary source of protection and help during challenging situations. Not only is God our refuge, meaning we can run to him for protection, but he also is our strength. Notice that we're not told he gives us strength, but rather that he + our strength.

The last portion of the verse ("very present help in trouble") reminds us that God is not distant, delayed or unapproachable. He is always near to us and cares deeply about our circumstances or times of hardship.

Isn't it reassuring to know that God can handle whatever crisis we may encounter? All we have to do is lean into the sufficiency of his character, power and abundant support.

Prayer: Lord, thank you for the reality that no matter what we may go through in life, we can always find refuge, strength and comfort in you.

Contributor David McCreary serves as TWR's marketing & communications director in the Cary, North Carolina, office. Married to Jenny, he has served with TWR for more than 30 years.


Your path led through the sea,
your way through the mighty waters,
though your footprints
were not seen.
Psalm 77:19

When Footprints Disappear

There are nights when prayer feels like shouting into silence. Asaph knew this. "I cried out to God for help," he wrote in Psalm 77, "and I would not be comforted." He meditated and his spirit grew faint. He asked whether God's love had vanished, whether his promises had failed.

A young woman in northern Nigeria might have wondered the same. After she gave her life to Christ, she entered a time of suffering. Her family starved her, beat her, poured peppery water over her body, all in a cruel attempt to extinguish something they could not see. For months she had nothing: no food, no clothes, no shelter at night. Punished simply for following Jesus. She kept her faith anyway. Not because her circumstances improved, but because she decided, like Asaph, to remember.

"To this I will appeal," Asaph wrote at the turning point in verse 10, "the years when the Most High stretched out his right hand." Not a new miracle. A memory reflecting the character of God, held against the darkness of the present moment.

Psalm 77 ends with God leading his people through the sea. Then this: "… your footprints were not seen" (v. 19). The path was real. The presence was real. The deliverance was real. But none of it visible.

TWR's signal reached that young Nigerian woman before anyone else could. She wrote: "Thank you for being there from the very beginning, to show the way."

Though Go's footprints are rarely seen, his path is always real.

Prayer: Lord, achor our faith not in what we can see but in who you have shown yourself to be. For those walking through fire right now, may your unseen path hold firm beneath their feet. Amen.

Andy Schick serves as TWR's president & CEO. He lives in New Zealand with his wife, Kate, and their four daughters.

A Song of Hope

"… My heart meditated and my spirit asked: … 'Has God forgotten to be merciful?' … Then I thought, '… I will remember the deeds of the Lord; yes, I will remember your miracles of long ago'" (Psalm 77:6, 9-11).

Psalm 77 is a lament expressing the psalmist's suffering and search for God's presence.

It calls us to put our hope in God even when we are troubled. Like the psalmist, when we pass through pain, let us consider the power of God, his mighty deeds and the assurance he gives us in his Word. God never forgets us; he is merciful and he strengthens us even through difficulty.

Every day, around the world, listeners are finding this same hope in times of suffering through listening to God's Word on TWR. Maria, a widow in Malawi, was worried. She was facing financial difficulties, and her daughter's challenging health situation created additional anxiety in her heart.

But a song gave her hope. While listening to TWR Malawi, she heard music about casting one's burden to God, and how he provides a way out to those who trust him. The song brought much peace to her life, and her daughter's health was later restored.

In her distress, she was comforted by the truth that God is father to the fatherless and husband to the widows.

Prayer: Father, we pray for orphans and widows around the world. May you give them comfort in their times of distress.

Contributor Janet Mtali, director of TWR Malawi and TWR international board member, has more than 10 years of experience in content production, communication for development and media management.

God Can Handle It

"This war will leave many deep wounds, wounded souls that will not heal on their own and even get worse with time," said TWR Ukraine Director Alexander Chmut at the beginning of the Russia-Ukraine war. "Only God can heal them. He needs to intervene!"

As the war raged on, and being close to team members who lived under constant attack and alert, I read the striking words of King David in Psalm 58 with different eyes.

Verse 6 says: "Break the teeth in their mouths, O God; Lord, tear out the fangs of those lions!" How did these words of anger and anguish make it into Scripture? Doesn't the Bible teach us to love our enemies and forgive those who wrong us?

From TWR's trauma healing programs I have learned how important it is to open up and tell God about all the injustice, pain and burden I carry — to speak the dark feelings hidden in my heart. God can handle them. This is a vital first step toward inner healing.

David screams out every dark thought within him, yet in the final verse of Psalm 58, he lifts his eyes to the Lord: "Surely the righteous still are rewarded; surely there is a God who judges the earth." This knowledge that God judges the earth with righteousness gives David hope and strength to endure. And not only him, but also our TWR teams in Ukraine and other war-torn areas of the world.

Prayer: Lord, thank you that we can come before you with all our burdens, wounds and dark thoughts. You can handle them — and you can heal us. Touch the many wounded souls in areas ravaged by war across the globe. Fill their hearts with your peace. May TWR's trauma healing programs lead many into your loving and healing arms. Amen.

Contributor Claudia Schmidt serves on TWR's international board of directors and lives near Frankfurt, Germany.



Our Good God | Glory Magnified

Over our time together these past few weeks, we have seen God's goodness in creation (Week 1). We have learned that goodness is central to God's character (Week 2). We have found that God is good even in our seasons of suffering and lament (Week 3).

How, then, do we respond?

"Ascribe to the LORD the glory due his name," King David urged in Psalm 29:2, "worship the LORD in the splendor of holiness."

Christelle*, of Côte d'Ivoire, listens to *A Travers de la Bible (Thru the Bible)* in African French. She was not feeling much like praising God when she heard the episode "that invited us to worship God with all our strength and all our hearts, whatever the situation," she recounted later during a studio visit. "But David did it, so I can do it, too. Sometimes you just have to obey."

Author C.S. Lewis confessed that, in his early days as a believer, being told in the Word of God that we must praise God was an obstacle to him. But then he realized how natural it is for humans to praise. "The world rings with praise" he wrote, including for "flowers, mountains, rare stamps, rare beetles, even sometimes politicians or scholars."

Praise, he said, "almost seems to be inner health made audible."



"The Psalmists in telling everyone to praise God are doing what all men do when they speak of what they care about." **

Although she felt a weight in her heart at the time, Christelle related that she obeyed and praised God "as if for fun."

"But God answered me after I had praised God! I felt unburdened, and I felt better! Thank you for the secret," she added.

As we complete this journey in the Psalms this week, let us respond to God's goodness in worship together.

Prayer: Lord God, you alone are worthy of all glory, honor and praise. It is our joy to give praise to you. Amen.

Contributor John Lundy serves as a writer and editor for TWR. Based in the United States, he loves to read, watch birds and drink tea.

**a pseudonym.*

***C.S. Lewis, "Reflections on the Psalms."*

Seek the Face of Our Good God

Psalm 24:6 marks God's people by a single pursuit: they seek his face. The Hebrew word *baqash* (seek), speaks of wholehearted longing, a life fully oriented toward God himself. It's the response of a heart that has tasted his goodness. And because he is good, God wants to be found. He is both the One we seek and the One who first sought us.

Our good God does not hide from the brokenhearted. Across language, culture and geography, he extends the same invitation: seek my face. Hope is within reach for every person because our God is near to all who call on him.

Bahara in Pakistan knew rejection. Her husband left her, bringing social hardship and doubts about her worth. As her family distanced themselves, she felt further shame, worthlessness and abandonment.

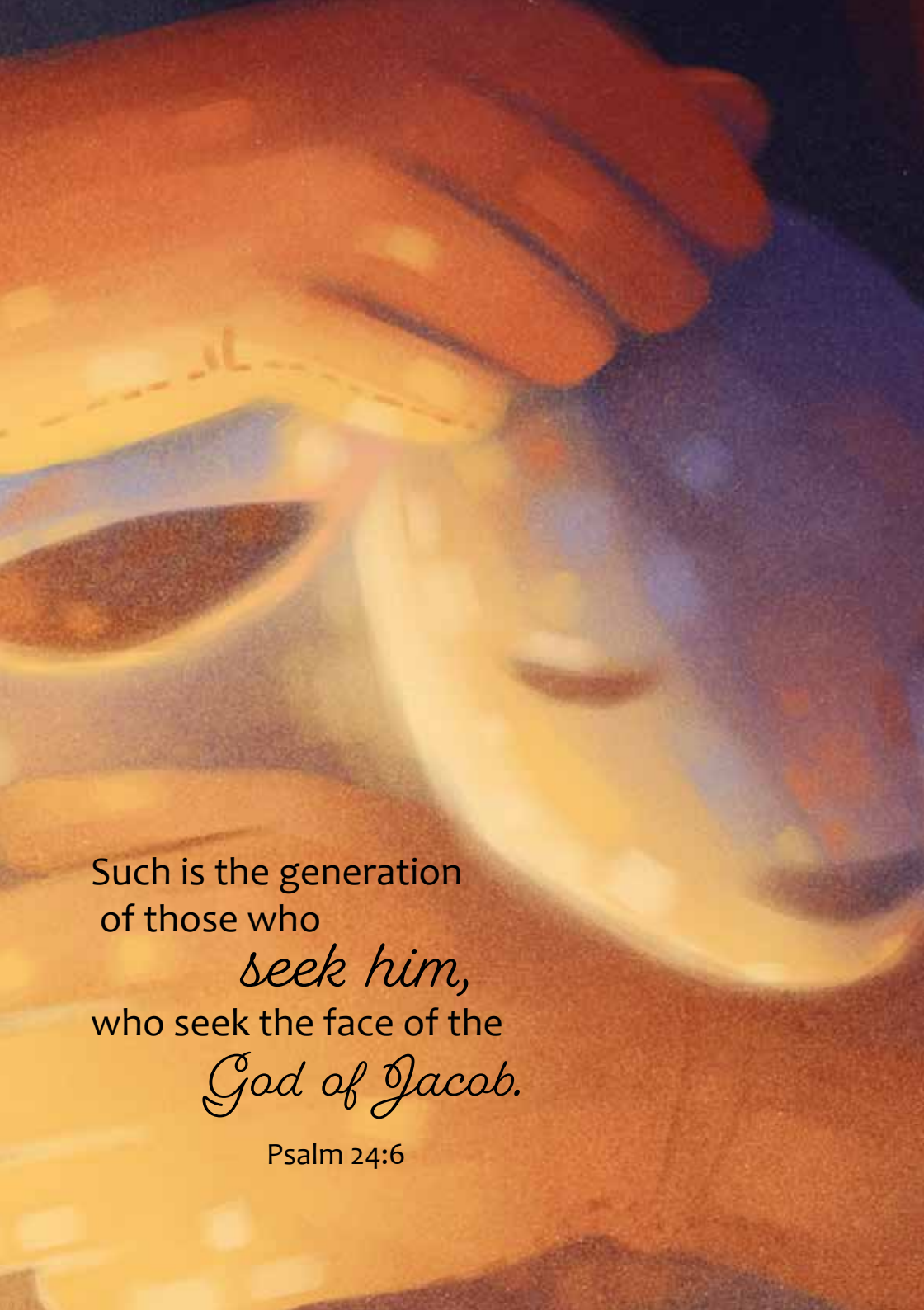
"I believed my future was lost," Bahara said.

Then a friend introduced her to the message of hope: the *Guidelines* radio program in Dari. As she listened, Bahara began to cry at God's compassion and understood that God would never abandon her.

"Through the message of forgiveness, love and healing, I regained my strength," she said. "I now know that my value comes from God's love, not from the opinion of others. Today, I live with renewed hope and a deeper sense of purpose."

Prayer: God, thank you that you're never out of reach for those who seek you. Like Bahara, many carry deep wounds, yet you see, heal and restore. May your Word go out today to every broken heart, proving hope is truly within reach. Amen.

Contributor Becky Matthews has served as an editor and writer for TWR's Europe and CAMENA regions since 2013. She enjoys reading, traveling with her husband and working in her garden.


Such is the generation
of those who
seek him,
who seek the face of the
God of Jacob.
Psalm 24:6

A Delightful Relationship

Building a studio at 18,000' elevation wasn't on Siem's* bucket list. But in July 2025, this TWR staffer found himself doing just that. He prepared for a year to acclimatize to a harsh environment so he could provide the studio and audio training for a pastor from an unreached people group who is reaching his world for Christ.

Siem embarked on a long, arduous journey to meet this pastor. The final leg was a two-day drive over a rocky road to reach his destination, a remote no-frills village. No electricity. Sleeping beside the sheep in a tent.

Why did Siem take this out-of-the-box assignment? The answer is found in Psalm 37:4: "Delight yourself in the Lord and he will give you the desires of your heart."

Siem delights in God and follows him where he leads.

That specific remote village is probably not in your future, but you still want to know God's will for today. Here it is: delight yourself in him. Pour yourself into your relationship with the Lord first, rather than rushing to "find God's will."

Our relationship with God isn't a duty. It's life-giving. It's worship. He's your Savior, your best friend. Do life together joyfully — delightfully.

Prayer: Lord Jesus, show me how to delight in you. Let's enjoy each other. As a result, I pray that my heart and desires will line up with yours. Amen.

Contributor Jon Fugler serves as TWR's Mission 66 director and lives in Florida with Noonie, his wife. He spent over 30 years in Christian radio and has written numerous books on Christian living.

**a pseudonym*

Created to Praise His Goodness

Can you think of something in your life that has caused you to breathlessly stand in awe? What has been so beautiful that you wish time would stand still as you experienced it?

For me, it has been the presence of God during intergenerational and international worship gatherings of believers. The first time was during a gathering of 2,100 believers from over 100 churches representing a dozen different races and nations.

I have also felt this during our annual TWR Women of Hope global leadership Call to Prayer gatherings. As the global body of Christ responds in unity, worshipping our holy God and proclaiming his praise, one cannot help but stand in wonder at his beauty, at his goodness. It is truly a foretaste of heaven.

As God's children, we are called to be "set apart" or "consecrated" unto God. This is a relational response of our devotion to God. Psalm 100 is filled with wonderful ways we are to come before God: shout for joy, worship with gladness, know God, give thanksgiving and praise. And the reason for this? "For the LORD is good and his love endures forever; his faithfulness continues through all generations" (Psalm 100:5).

As you contemplate the love and faithfulness of the Lord toward you, is there anything keeping you from bursting forth in joyful praise and worship to our good and worthy God?

Prayer: Father, it is right and fitting to praise you. That is part of our created purpose. May we have spiritual eyes to see your beauty and faithfulness and respond before you in unhindered worship and praise.

Contributor Lisa Hall serves as the international prayer coordinator for TWR Women of Hope. Married to Bob, she loves to discover new places and cultures.

A Song of Praise for Our Good God

An uplifting worship song titled "The Goodness of God" describes the faithfulness of our God and his continued goodness to us, and how our response should be an attitude of worship and praise. The lyrics of this song capture something deeply personal — a heart overflowing with gratitude because of an encounter with a good God. Out of goodness experienced flows the desire to praise him.

We naturally thank those who are kind to us. But worship goes beyond thanksgiving. It leads us to a life of surrender and praise. We praise God for he is good — not sometimes, not only when life looks bright, but always. God is unchangeably good, and everything he does flows from that goodness. His thoughts are higher and trustworthy.

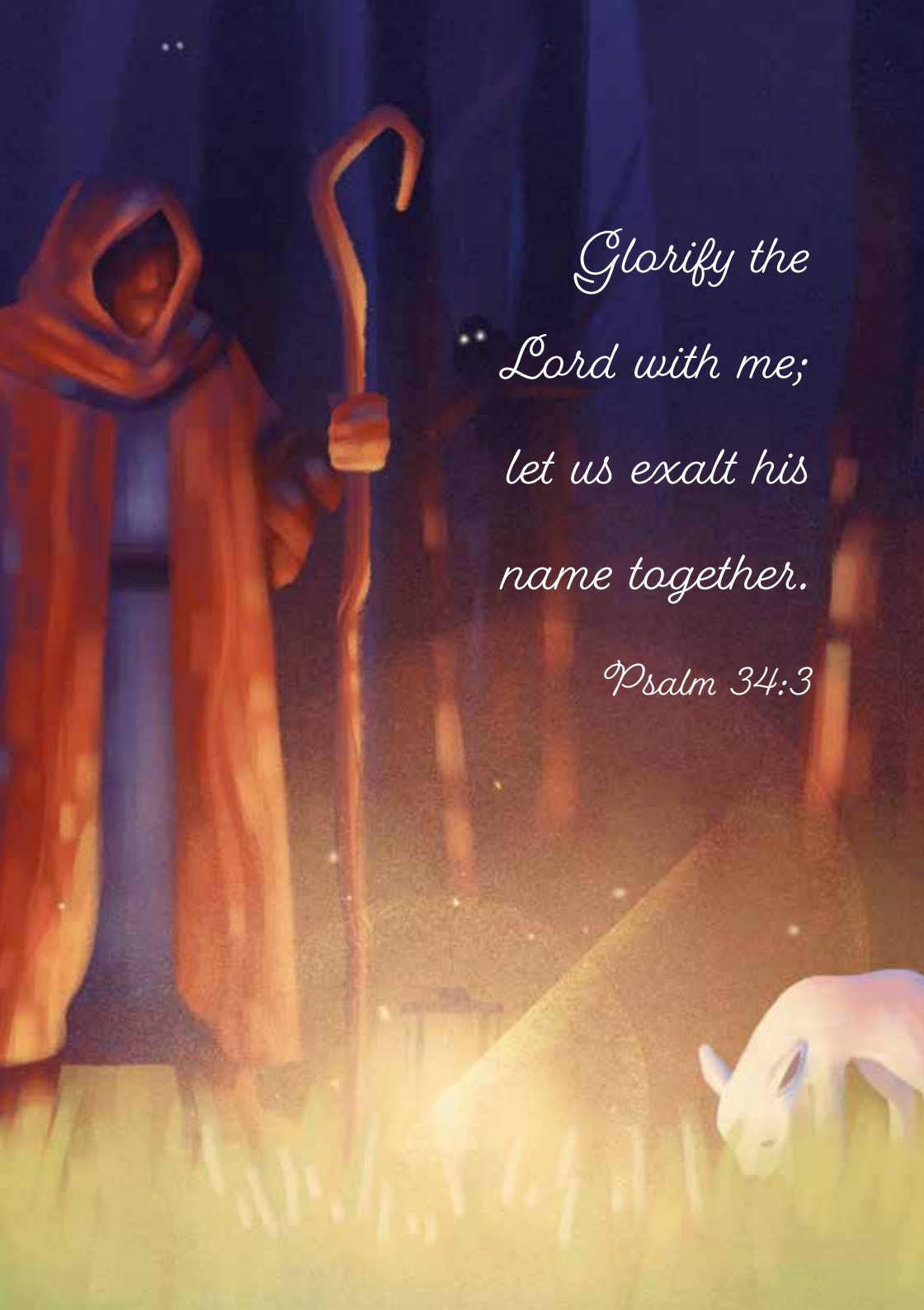
And yet, sometimes our feelings betray us and praise feels distant. That is why Psalm 147 is such a gift. It invites us to praise the Lord by giving us a number of reasons for that. One that resonates with a TWR listener from Nepal is found in verse 3: "He heals the brokenhearted and binds up their wounds."

"I learned about the love of Jesus Christ and how he heals the brokenhearted," she shared. "I felt peace and my burdens grew lighter. Today I live with purpose and joy. I am never alone."

What aspect of God's goodness gives you joy and makes you sing his praises?

Prayer: We praise you, Lord, for you are good. You are great and mighty in power. You sustain the humble and delight in those who fear you. We worship you as there is no one like you.

Contributor Susie Pek serves as the vice president of global content and integrated ministries. She always has a song in her mind.


Glorify the
Lord with me;
let us exalt his
name together.
Psalm 34:3

This Is Worship

Praying with my African co-worker has always been potent, sweet and precious. We're facing each other, holding each other's hands, lifting our voices to Jesus on behalf of women across Africa. Our tears give witness, mixing together and dotting the floor. *This is worship.*

In a rural village in Angola, women and children had been prayer walking for hours in the hot sun. As our van approached, we could hear dancing, singing and praising the Lord throughout the village. We heard them say as we reached our destination: "The missionaries arrive safely, and we sing for joy!" This is worship.

Meeting with our African team, listening, teaching, praying and singing together, we discover the depth of pain our sisters endure in this remote place. Cruel treatment, poverty, sickness; yet songs of praise flow from their lips to Jesus, their faithful Beloved One who cares and penetrates the evil with his love. This is worship.

Psalm 149 encourages us to "sing to the Lord a new song" (v. 1) and "praise his name with dancing" (v. 3) and reminds us that God's plan will prevail among the nations. As I reflect on his goodness, God speaks deeply into my soul as I learn the depth of worship from my sisters in Africa.

Prayer: Dear heavenly father, thank you for showing your goodness through suffering women in Africa. Thank you for teaching us deep, caring, passionate worship as we pray, sing and share passion with others in need.

Contributor Flora Rittenhouse adapted this devotion from her book, "Our Story Matters" (pages 123-124). Flora and her late husband, David, served with TWR for more than four decades in Asia and Africa.

The Universal Call to Praise

Psalm 150 invites us into a temple without walls, a sanctuary as vast as the universe itself. The psalmist reminds us that God's power transcends any earthly building; the magnificent firmament is his stage, and every corner of creation is a place for his praise. We worship him not only for his celestial strength but for the intimate mercy he displays through his mighty works.

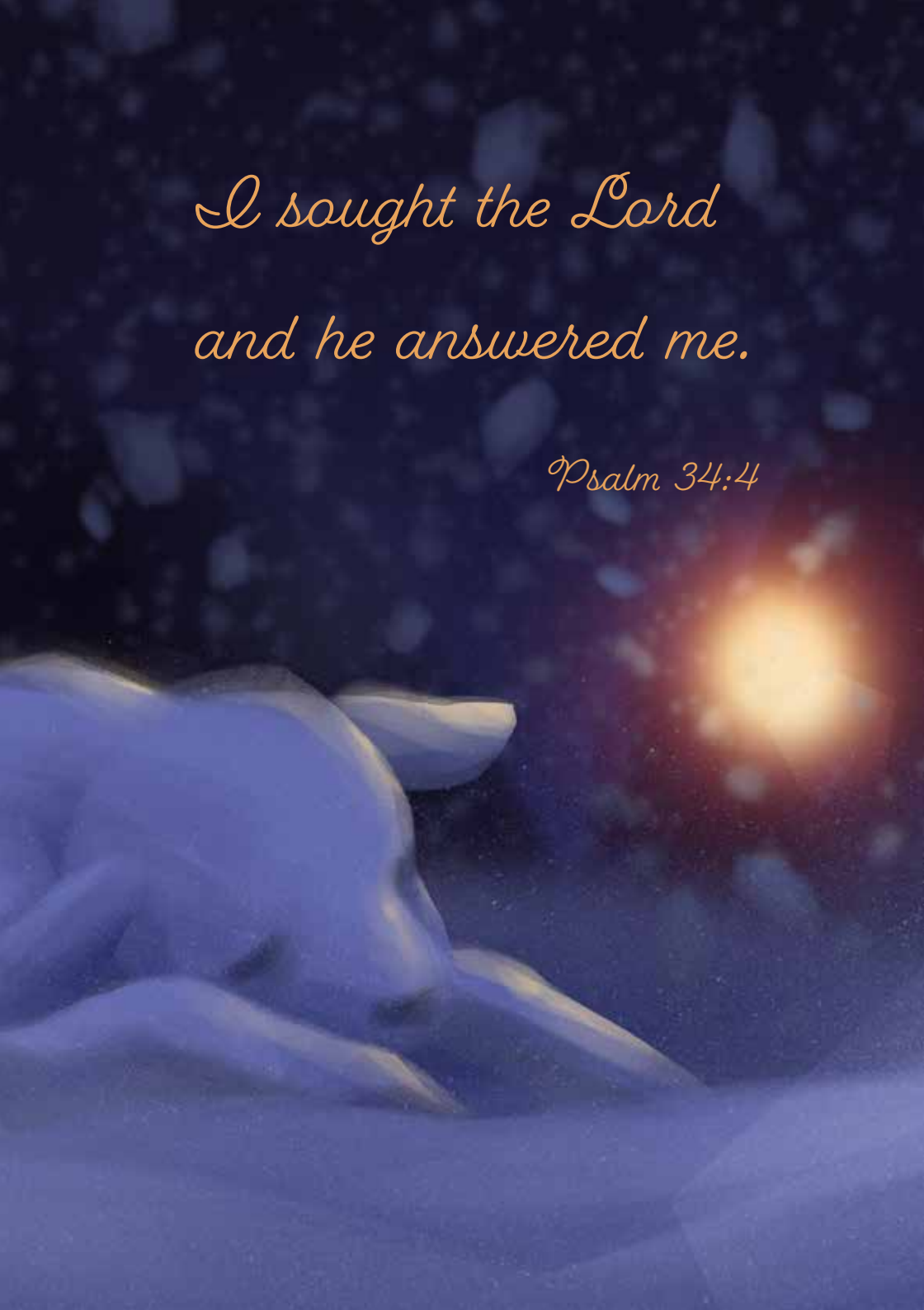
This divine heart is beautifully reflected in the testimony of a *Mission 66* listener, who shares that God chose sinners to showcase his extraordinary, incommensurable grace. "I am a sinner, but thanks to God's love, I was saved from my sin. Praise God!" he said. This reminds us that even as a sinner, we can be saved by a love that knows no bounds.

God is profoundly merciful, and his invitation is radically inclusive. He does not demand perfection; he invites anyone to believe in him and join the grand, diverse choir of creation. Whether you feel small, broken or far away, the final line of the Psalter remains a standing invitation for you: "Let everything that has breath praise the Lord!"

In this vast temple of our universe, there is a place for your specific voice. God's grace is the bridge that turns a sinner into a worshiper, inviting you to witness his wonders and respond with a fervent "Hallelujah!" No one is excluded; everyone is invited to believe and worship.

Prayer: Lord, I praise you for your mighty works. I praise you for my salvation and because you alone deserve all honor and glory. Hallelujah!

Contributor Annabel Muscarella was born in Venezuela and serves as TWR international director for Latin America and the Caribbean. She lives in Chicago with her husband, David, and enjoys planting flowers, adding that she practices often "just in case God needs a gardener in heaven."


I sought the Lord
and he answered me.
Psalm 34:4

God's Presence in Every Circumstance

If I had to choose one psalm to carry with me through every season of life, it would be Psalm 34. Few passages of Scripture speak so personally and completely to human experience. It feels as though it was written to walk beside us through fear, weariness, gratitude, uncertainty and hope.

What makes this psalm especially powerful is its honesty. It speaks openly about fears, afflictions, trouble and brokenness, yet it never leaves the reader in despair. Instead, it reveals a life sustained by God in the middle of weakness. Where anxiety overwhelms the heart, the psalm transforms fear into prayer and prayer into renewed hope.

A TWR listener recently testified how God still meets people in their darkest moments. "I planned my suicide several times, but God did not allow it," the listener shared. "Through the radio and through brothers and sisters in Christ, he comforted me. Thanks to God and TWR, I am alive today."

Psalm 34 speaks to the redeemed heart, to the person who has discovered the grace of God and now lives free from condemnation, justified by faith. It reminds us that we are never abandoned, because we belong to a God who sees us, hears our cries and responds with compassion and care.

May we experience God's goodness every day!

Prayer: Lord, you are my refuge; thank you for delivering me, sustaining me and faithfully showing me your goodness each day.

Contributor Georgina Thompson-Johnson serves remotely from Illinois as global media services administrator. She enjoys afternoon walks with her husband, David.

Many Thanks

The artwork

The artwork for this year's devotional guide comes from the digital pens of TWR MOTION's illustrators (Kayla Moser, Hannah McGurk and Hayley Ennis) and their latest project, "Psalm 23." You may view the video at https://twr.org/psalm23.

TWR MOTION believes that people of all cultures deserve to hear about Jesus in a way they understand. That's why they tell God's story through animated videos that are culturally appropriate, gospel-centered and church-planter approved. "Digital discipleship," as it is referred to, is just one way TWR is presenting the good news of Jesus to a world that needs to meet him.

TWR's devotional guide is truly a global effort. This year's writers represent over 15 countries and countless years of ministry to people around the world.

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