

# lovingkindness

## A Mini-Devotional Study By Virtue 31 Women's Ministry



# Introduction

Hello my friend. We are grateful for your interest in this free mini-devotional study guide and journal.

Because we all have different study habits, we decided to give you a format that makes it easy for you to incorporate verses daily. This is written as a short 7-day devotional and from there you can repeat, rewind and feast as long as your heart desires until you become spiritually full.

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There are 4 keys sections:

- ✓ Read & Meditate
- ✓ Prayer Posture
- ✓ Personal Reflection & Commitment
- ✓ Memory Verse

Feel free to share this guide we just ask that you give glory to God and credit to Virtue 31 Women's Ministry (as appropriate) for providing the material. Enjoy!

May the Lord bless your journey,

*V31 Ministry Team*

# Lovingkindness *Defined*

One of the things we've found helpful is defining key words as we begin a study. Words have power; it brings understanding and puts things into the proper context. **Please don't skip this page.**

You may find yourself searching the dictionary for the meaning of other words that define lovingkindness---We encourage you to have a bible concordance and dictionary handy.

*Now let's dive in...*

**Hebrew [Strong's Concordance #2616]** – To bow in courtesy, to be kind, to reprove, practical exhibition toward our fellow man whose only claim may be misfortune and whom it is in our power to help, though at the expense of time, money, inconvenience, religious or national prejudice.

**Hebrew [Strong's Concordance #2617]** – Kindness, piety, reproof, beauty, steadfast love, grace, mercy, faithfulness, goodness, devotion.

Now write down the meaning of lovingkindness from the English dictionary.

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Any similarities?

# Thy Lovingkindness is...

## *Better than life*

**Read and Meditate:** Psalm 63:1-11 & Psalm 138:1-8

**Focus Verse:** Psalm 63:3 & Psalm 138:2

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Is there anything better than life? I know for many it's hard to believe that life doesn't consist in the abundance of things we possess (Luke 12:15). For if we have all of the material things we want but yet lack the mercies of God over our life how are we benefited then?

The English dictionary doesn't do the definition of lovingkindness proper justice in that it waters down the meaning to tenderness and consideration. While God does show both tenderness and consideration towards us His lovingkindness is deeper, wider, stronger and more enduring.

God's lovingkindness is shown as one of His many acts of redemption towards mankind. When we consider His "lovingkindness being better than life" think about the cross, His death, burial and resurrection. This was the highest act of lovingkindness that can be shown unto man.

Sin was our misfortune and Christ came as our Savior to deliver us because it was only within His power to do so and none other. This is why men and women who love God can praise His name freely and boldly without shame, because they remember what He has done for them, they remember His death and the fact that He lives forever more.

# Prayer Posture

Lord thank You for the revelation of Your word today. Show me how to have more reverence and appreciation for your lovingkindness. Help me to see more clearly how Your lovingkindness exists to bring me to the reality that my life only has meaning when I have Your eternal life abiding in me. Help me to live this life with purpose. Help me to see that living is more than physical existence. Reveal to me how I may be perfected in your lovingkindness. In Jesus Name.

## Personal Reflection + Commitment

What reasons did King David give as to why he would praise God?

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List as many reasons that you can for why you personally praise God.

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What does it mean to praise God with the whole heart?

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What does the heart of man consist of?

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Based on where you are right now spiritually, can you say with honesty that the Lord has full control of your heart? Do you often find yourself following the dictates of your own heart?

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What does it mean to worship toward the holy temple?

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Explain how Jesus Christ is represented in Psalm 138:2 "...for thou has magnified thy word above thy name"

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## *Memory Verse*

"Because thy lovingkindness is better than life, my lips shall praise thee"-Psalm 63:3

# Thy Lovingkindness is...

## *Marvelous*

**Read and Meditate:** Psalm 17:1-15

**Focus Verse:** Psalm 17:7 & Psalm 118:23

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This psalm is considered a prayer of King David. He asked God to "shew thy marvelous lovingkindness" in other words, Lord distinguish and set apart Your works, Your delivering power for me.

God does the unimaginable. He is the master of breakthrough. This is the God that we need on our side. This is the God that we want to praise. The God that we should please, honor and obey.

The lovingkindness of God causes great wonder. It is extraordinary.

## *Prayer Posture*

Lord, thank You; again. Keep Your protective eyes upon me that I may know that Your presence encamps round about me wherever I shall go. Favor me this day with an overwhelming peace in the midst of what I face. Let me take cover in the shelter of Your wings. Give me joy and praise for the marvelous things you are doing. Reveal to me how I may be perfected in your lovingkindness. In Jesus Name.

# Personal Reflection + Commitment

Is there an anthem within your heart where you can declare "this is the Lord's doing and it's marvelous in your eyes?"

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Is there anything in your life right now that you are struggling to see the hand of God at work in it?

Have you asked the Lord to help you see His plan in this? Start right now with asking for His revelation.

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## Memory Verse

"This is the Lord's doing; it is marvellous in our eyes" – Psalm 118:23



# Thy Lovingkindness is...

## *Excellent*

**Read and Meditate:** Psalm 36:1-12 & Psalm 91:1-16

**Focus Verse:** Psalm 36:7 & Psalm 91:4

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The lovingkindness of God is precious and valuable. His excellence is another act of redemption that He shows towards us.

It is precious in that we reverence His lovingkindness as having great value in the life of a believer. We don't treat the lovingkindness of God carelessly and we dare not trample upon it as if it is insignificant. We carefully consider that it is important and essential for our spiritual growth.

It is rare because it is the very nature of God and it cannot be found in any other source except that which flows from Him. It is matchless and nothing can compare to it.

The excellency of God keeps us in time of need; it steps in right on time to do exactly what is needed to bring us closer to Him.

## *Prayer Posture*

Lord, help me to be grateful for who You are. Cause me to show forth a lifestyle that emulates Your excellence. Let there be excellence in my prayer life, in my teaching and ministering of the Word of God, in my mothering, in my relationships with others, in my mentoring, in my service, on my job, in my status as married, divorced, single, engaged or widowed, even excellence in my times of rest. Reveal to me how I may be perfected in your lovingkindness. In Jesus Name.

# Personal Reflection + Commitment

How much weight and emphasis do you put on your relationship with the Lord as opposed to your relationship with others?

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Have you found yourself drawing closer to God?

Or are you becoming carnally-minded and spending less time in the presence of God?

Start thinking about the things you need to change and ask God to help you.

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What is the connection between God's excellence and putting our trust under the shadow of His wings?

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## Memory Verse

"How excellent is thy lovingkindness, O God" – Psalm 36:7

# Thy Lovingkindness is...

## *Good*

**Read and Meditate:** Psalm 69:1-36

**Focus Verse:** Psalm 69:16

11

God always provides His best to us. He never short changes us.

His lovingkindness contributes positively to our lives and causes us to have satisfaction in Him. Think about all of the many emotions and circumstances King David was expressing in this psalm. He was overwhelmed by the issues he faced but in the midst of it he was still able to declare that God's lovingkindness was good.

His lovingkindness gives us strength when we are weak. It is offered to those who are in need of deliverance. His lovingkindness always seeks the highest benefit for us. God surveys the world and He walks in the midst of the entire earth seeking an occasion to demonstrate His goodness to us so that we may ultimately choose Him in response to His lovingkindness.

## *Prayer Posture*

Lord, my prayer is unto You. Because of Your great mercies hear me. Deliver me out of every pit and cause me to rise above every trial I must face. Do not hide Your face from me but hear my prayer. Draw near to my soul. Cause me to praise Your name with a song and to magnify You with thanksgiving. Reveal to me how I may be perfected in your lovingkindness. In Jesus Name.

# Personal Reflection + Commitment

Think about how you would communicate the goodness of God to a non-believer or to a woman who is dealing with a multitude of misfortunes and injustices in her life?

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Do you find yourself seeking after the things that are beneficial for you in your overall natural and spiritual well-being?

Are you willing to accept God goodness for your life over your own perception of what is good for you?

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What is the connection between God's mercy and His lovingkindness?

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## Memory Verse

"Hear me, O lord; for thy lovingkindness is good" – Psalm 69:16

# Thy Lovingkindness...

## *Quickens Me*

**Read and Meditate:** Psalm 119:81-88

**Focus Verse:** Psalm 119:88

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His lovingkindness preserves alive and gives spiritual life. It causes us to call on His name in a time of need.

His lovingkindness raises us up and restores us to a proper place in Him. It is available to the woman who seeks to please Him.

It is essential that we be filled with His Holy Spirit if we mean to do His will. He desires to make us rich in Spirit for the purpose of keeping the Word of God. This is a lively walk with the Lord. A walk where new buds form, new shoots sprout out, and new roots dig deeper in God's foundation.

## *Prayer Posture*

Lord, cause me to hope continually in You and to praise You more and more. Impart Your spiritual life unto me. Let an overwhelming flood of Your presence come fully and instantaneously unto me. Let my mouth be filled with Your praise. Put the Word of God in mouth. Reveal to me how I may be perfected in your lovingkindness. In Jesus Name.

# Personal Reflection + Commitment

When you consider the word quicken (revive) what thoughts come to mind? Have you been filled with His Holy Spirit?

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Is there anything you need the Lord to restore back to life in you?

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As a believer in Christ what are the things you must do regularly to ensure that the life of God is abiding in you?

Are you doing those things?

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## Memory Verse

"Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth" - Psalm 119:18

# Thy Lovingkindness is...

## *Commanded in the Daytime*

**Read and Meditate:** Psalm 42:1-11 & Psalm 92:1-15

**Focus Verse:** Psalm 42:8 & Psalm 92:2

15

It is okay to talk to yourself; that is to speak the Word of God over your own life. It is okay to tell yourself things shall not always be as they are. When temptations, discouragement, doubts, persecutions and the like come, there must be a hope to which we can turn to and lean on and that is the lovingkindness of God.

We eagerly expect that God will answer, deliver and bring relief because the Word of God proves it to be so for the soul that seeks Him.

When it looks like nothing has changed; hold your head up knowing there is a turn of events that shall take place. There is a turn working in your favor; a turn ordained by God.

## *Prayer Posture*

Use this space to write down a prayer in your own words

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# Personal Reflection + Commitment

What does the "daytime" or "morning" represent in these psalms?

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How much do you depend on God? Where is your faith in Him?

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How do you show lovingkindness to others?

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Additional References: Psalm 25, Psalm 26, Psalm 40, Psalm 103, and Psalm 143

## Memory Verse

"Yet the LORD will command His lovingkindness in the day time, and in the night His song shall be with me, and my prayer unto the God of my life." – Psalm 42:8



# To be Perfected in His lovingkindness means...

Use this space to journal all the Lord is revealing to you on being perfected in His lovingkindness.

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What have you discovered to be your greatest weaknesses, needs and strengths?

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# Prayer Posture

Use this space to write down a prayer in your own words

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If you've been blessed by this devotional please send us a little love note at [info@virtue31ministry.org](mailto:info@virtue31ministry.org) and let us know what topics you'd like for us to publish material on in the future.