

GOOD LIFE NEWS

Faith • Wisdom • Purpose • Living Well

What Does It Mean to Live a Good Life?

FREE
DIGITAL
ISSUE

Eight thoughtful articles on theology, purpose, relationships, service, and spiritual life.

Faith and Doubt

Can Walk Together

Prayer in a Noisy World

Work, Calling, and Service

Hope After Loss



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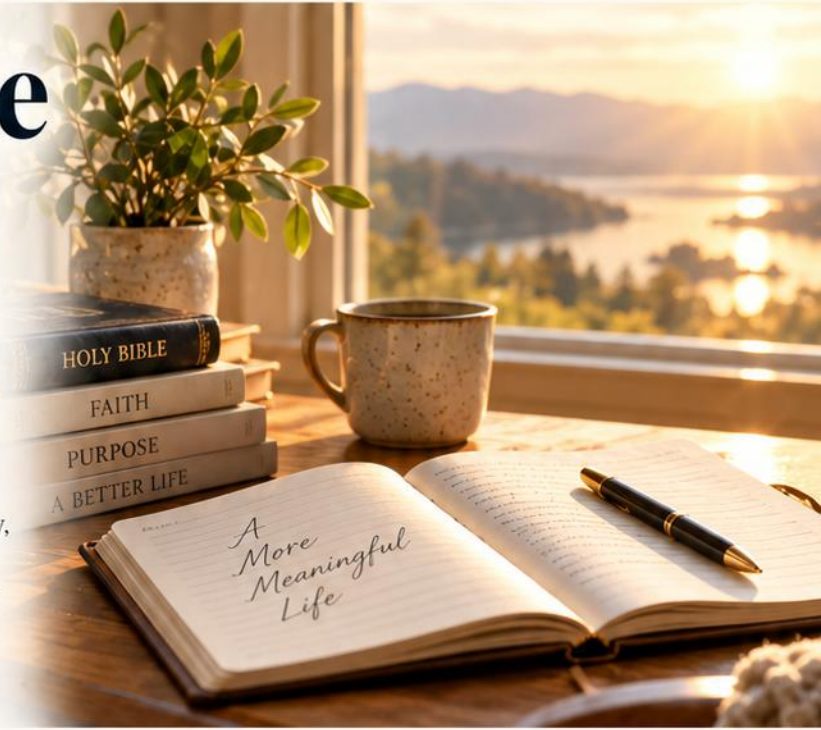
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A Note from the Editors

Welcome to the inaugural issue of *Good Life News*. This free digital magazine is our invitation to a thoughtful, God-centered—yet non-denominational—conversation about what it means to live a good life.

In these pages, we explore the timeless questions that shape us all: theology and faith, daily life and purpose, relationships and community, work and service, and the hope that carries us through every season. Our desire is to offer wisdom, honest reflection, and practical encouragement for real life—rooted in the belief that a deeper life with God leads to a more meaningful, compassionate, and hopeful life in the world.

We're grateful you're here. May these pages inform, encourage, and inspire you on your journey.

The Editors

About Good Life News

Good Life News is a free digital magazine exploring faith, wisdom, purpose, and living well in relationship with God.

We share thoughtful articles, personal reflections, and practical ideas to help you grow in faith and live a more meaningful, hopeful, and generous life.

What Does It Mean to Live a Good Life?

Beyond comfort and success lies the deeper question of who we are becoming in relationship with God, with others, and with ourselves.

By the Editors

The question of what it means to live a good life has been asked for centuries, and it still matters today. In a world that often measures success by wealth, status, and comfort, many people find themselves achieving what they once thought they wanted, yet still feeling a sense of emptiness. A good life is not simply a life that goes well; it is a life directed toward what is true, good, and lasting. It is a life shaped by a deeper purpose — a life lived in relationship with God, with others, and with the person He created us to be.

More Than Achievement

There is nothing wrong with success, hard work, or enjoying the good gifts of life. But achievement alone cannot satisfy the deepest longings of the human heart. Wealth can fade, status can shift, and comfort can be taken away. A good life goes beyond what we have to who we are becoming. It is found not in accumulating more, but in cultivating a heart of meaning, humility, and gratitude for the everyday gifts that remind us we are loved and that life is a sacred trust.

Character and Calling

A good life is marked by character. It is choosing integrity when it is inconvenient, showing kindness when it is costly, and staying faithful when no one is watching. It is discovering and living out the calling God has placed in our lives — using our unique gifts to bless others, to make a positive difference, and to reflect His love in the world. True success is not how far we climb, but how faithfully we walk in the direction God has set for us.

A Life of Attention

Living a good life also requires attention. It means being present to God's presence, to the people in front of us, and to the opportunities to do good each day. It means slowing down enough to notice beauty, to practice gratitude, and to serve others with open hands. A life of attention turns ordinary moments into meaningful ones and helps us see that purpose is not just in the big milestones, but in the faithful everyday choices.



“A good life is not simply a life that goes well; it is a life directed toward what is true, good, and lasting.”

In the end, a good life is not measured by comparison but by faithfulness. It is found in loving God with our whole hearts, loving others well, and using our lives for a purpose greater than ourselves. As we seek to live with meaning, integrity, gratitude, and service, we discover that the good life is not a distant ideal — it is a daily invitation to live more fully, more freely, and more like the people we were created to be.

Faith and Doubt Can Walk Together

Questions do not always weaken belief. Sometimes they become the doorway to a deeper, steadier faith.

By Mara Ellison

Many of us have seasons when life feels more complicated than we expected. Prayers go unanswered, plans fall apart, and the future looks less clear. In those moments, doubt can quietly creep in. We may wonder if God is really at work, if we heard correctly, or if we have enough faith. Yet doubt does not always mean we are losing our faith. Sometimes it is a sign that we care deeply and are honestly bringing our questions to God. Faith and doubt can walk together, and in that tension, God often does a deeper work in us.

When Certainty Cracks

Life has a way of shaking our sense of certainty. A diagnosis, a loss, a strained relationship, or a dream that does not unfold can leave us with more questions than answers. In these seasons, it is easy to feel like our faith should be stronger, that we should have it all together.

But the people in the Bible we admire also faced moments of deep uncertainty. David cried out in the psalms with raw questions. Job wrestled with suffering he did not understand. Even Jesus, in his humanity, expressed deep anguish. Their stories remind us that uncertainty is not a sign of spiritual failure. It is part of the real and often messy journey of faith.



“Doubt is not always the opposite of faith; often it is the place where faith learns to breathe.”

The Honest Work of Questioning

Doubt can be a form of honest engagement with God. When we bring our questions to him, we are choosing relationship over silence. We are saying, “God, this matters to me, and I want to understand.”

Honest questioning, carried with humility and openness, can lead us to seek, to listen, and to cling to God more deeply. It invites us to look beyond easy answers and to discover a faith that is rooted in who God is, not just in what we receive from him.

Trust Beyond Answers

A mature faith does not always have neat explanations. It trusts God even when the answers are slow, partial, or hidden. It rests in the truth that God is good, that he is near, and that he is working even when we cannot see it. Doubt and faith can walk together when we keep showing up, keep talking to God, and keep choosing trust. In time, we often find that our questions have not taken us away from God, but have drawn us closer to a stronger, steadier faith.

Prayer in a Noisy World

In an age of distraction, prayer becomes less about performance and more about making room for stillness, honesty, and presence.

By Elias Mercer

Our world is loud. Notifications compete for our attention, calendars fill faster than our days, and the constant stream of information leaves little space to breathe. In the middle of the busyness, prayer offers a different way — not another task to check off, but a return to what matters most. Prayer is an invitation to step away from the noise, to be honest with God, and to remember that we are not alone.

The Noise Around Us

Distraction has become a default setting. Our phones buzz, our inboxes overflow, and our minds juggle a thousand thoughts at once. Even good things — work, family, responsibilities — can crowd out the quiet places where we hear God's voice. The noise doesn't just fill our schedules; it can also fill our hearts, leaving us restless, anxious, and disconnected from what truly gives life. The more we try to do, the easier it becomes to lose sight of who we are and whose we are.

“Prayer begins when we stop trying to manage the moment and simply become present within it.”

ELIAS MERCER

Returning to Silence

Prayer begins when we intentionally create space. Silence is not the absence of life, but the presence of God. It is in the quiet that our restless thoughts slow, our perspective widens, and we remember that we are held by a loving Father. Returning to silence may mean turning off notifications, stepping outside, or simply sitting in a quiet room. In those moments, we are reminded that we don't have to carry everything on our own — we can bring it to God.

A Daily Practice of Presence

Prayer doesn't have to be complicated or time-consuming. It can be woven into the ordinary moments of life. A few simple practices can help:

- **Begin the day** with a short prayer, inviting God into what lies ahead.
- **Pause throughout the day** to breathe, recenter, and lift a brief prayer.
- **Journal your thoughts**, honestly bringing joys, struggles, and questions to God.
- **End the day** with a moment of gratitude, reflecting on where you saw God's presence.

Prayer is not about perfect words or impressive consistency. It is about a real relationship with a God who listens. As we make space for prayer, we find a steadier heart, a clearer perspective, and a deeper sense of peace — even in a noisy world.

Work, Calling, and Service

A vocation is larger than a job title. It joins our gifts, our responsibilities, and our desire to contribute to the good of others.

BY DANIEL HART

Many of us spend a significant portion of our lives at work. We work to provide, to develop our skills, to care for our families, and to contribute to our communities. Yet deep down, most people long for more than a paycheck. We want our efforts to matter. We want our work—whether paid or unpaid—to be part of a life that is meaningful, generous, and aligned with God’s purposes for the world.

A calling is not simply a job title. It is a way of life that joins our gifts, our responsibilities, and our desire to contribute to the good of others. It can unfold in many forms and at different stages of life, often in quieter and more ordinary ways than we expect.

“
*Calling is discovered
not only in ambition,
but in faithful service
where we have been
placed.*”

Beyond the Resume

Our culture often measures success by title, income, or influence. While these can be part of a healthy life, they do not tell the whole story. A meaningful vocation is not defined only by prestige, but by faithfulness, character, and the good it brings to others. Work that may seem small in the eyes of the world—answering phones, fixing roofs, teaching children, balancing a budget, or caring for a loved one—can be deeply significant when done with integrity, love, and a sense of purpose.

Calling in Ordinary Places

Calling can unfold through many pathways. It may be found in paid work, caregiving, community service, craftsmanship, or simply the faithful fulfillment of daily responsibilities. A nurse who brings compassion to patients, a parent who invests in their children, a neighbor who organizes a food drive, a teacher who encourages young minds, or a craftsman who takes pride in their work—each is participating in something larger than themselves. God can use our unique gifts and circumstances to bless people right where we are.

Service as Success

True success is not just what we achieve, but how we love and serve along the way. Jesus modeled a different kind of greatness, one marked by humility and service. When we see our work as an opportunity to care for others, we find deeper satisfaction, even in challenging seasons. A life of service does not always look impressive, but it leaves a lasting impact. In the end, a meaningful life is measured not merely by what we gain, but by the lives we touch and the goodness we help bring into the world.

Family, Forgiveness, and Reconciliation

Love within families is often beautiful and imperfect at the same time, requiring patience, courage, and the steady work of repair.

By Naomi Reyes

Family can be one of life's greatest gifts and greatest challenges. We share history, carry expectations, and bring our whole selves—including our wounds—into these relationships. Even in the closest families, conflict, misunderstanding, and hurt are part of the human story. Yet the same families that experience pain can also be places of healing, growth, and renewed connection when we choose the hard but hopeful work of forgiveness and reconciliation.

The Wounds We Carry

Every family has its own story, and within that story are moments of joy as well as moments of pain. Words said in anger, unmet expectations, long-standing patterns, or seasons of silence can leave deep wounds. Sometimes the hurt comes from a single event; other times it builds slowly over years. These wounds can shape how we see ourselves, how we relate to others, and how safe we feel in family spaces.

Acknowledging the pain is not about blame—it's about honesty. Naming what happened gives us a clearer understanding of the past and helps us see how it still affects the present. We cannot change what has already happened, but we can choose how we respond to it today.

What Forgiveness Is—and Is Not

Forgiveness is often misunderstood. It is not pretending the hurt didn't happen, excusing harmful behavior, or forgetting the past. Forgiveness is a deliberate choice to release the grip of bitterness and to open the door to healing. It is a step toward freedom—for both the person who was hurt and the person who caused the harm.

Forgiveness also does not mean removing boundaries. Healthy boundaries are a form of love. They protect our well-being, create space for trust to be rebuilt, and help prevent further harm. We can forgive someone and still keep appropriate distance, especially when patterns of hurt continue or when safety is a concern.

Practicing Repair

Reconciliation is a process, not a single moment. It often begins with a truthful apology—one that takes responsibility, acknowledges the impact of the hurt, and expresses a genuine desire to make things right. The person who was hurt may also need time, and that is okay. Trust is rebuilt through consistent actions, honesty, and patience.

Repair might look like a heartfelt conversation, a willingness to listen, small steps toward reconnection, or simply choosing kindness in new ways. In some cases, full reconciliation may not be possible, but healing can still happen, and grace can still shape the future.

Families are imperfect, and so are we. Yet with humility, courage, truthful love, and God's grace, new chapters are possible. Reconciliation doesn't always mean going back to what was—it can mean moving forward with greater wisdom, deeper compassion, and a more hopeful story.

— “ —
Reconciliation begins when truth and grace are allowed to meet in the same room.”
— ” —

Sabbath, Rest, and the Soul

Rest is not laziness. Properly understood, it is a spiritual act that reminds us we are more than our productivity.

BY LEAH MONTGOMERY



In a culture that celebrates busyness, rest can feel countercultural—even guilty. We fill our calendars, chase the next goal, and measure our value by what we accomplish. Yet from the beginning, God built rest into the rhythm of life. The Sabbath was not an afterthought; it was a gift. Rest reminds us that we are not machines to be driven, but human beings loved by God, created for more than constant striving.

“*To rest well is to remember that our worth does not rise and fall with our output.*”

Why We Resist Rest

Rest often feels difficult because it challenges our control. We fear falling behind, missing opportunities, or appearing unproductive. Sometimes we even struggle with silence, because it gives space for questions and emotions we'd rather avoid. At a deeper level, we resist rest because it requires us to admit our limits. But resistance keeps us tired, anxious, and distracted from what truly matters.

Receiving Limits

Sabbath invites us to receive, not achieve. It teaches us to embrace our limits as a gift rather than a failure. When we stop, we acknowledge that we are not in control—and that is good news. Our limits point us to a God who is. Rest creates space to reflect, to be present with loved ones, to notice beauty, and to delight in the good gifts around us. In this space, our souls are renewed, and we gain perspective on what truly matters.

Rest as Trust

Choosing rest is an act of trust. It says, “I believe God is working even when I am not.” Sabbath reminds us that our worth is not found in productivity but in being God's beloved. As we embrace rhythms of rest, reflection, and renewal, we become more patient, more compassionate, and more attuned to God's leading. Rest restores perspective, quiets our anxieties, and helps us live with greater joy, gratitude, and purpose.

Generosity, Money, and Enough

A healthy spiritual life does not ignore material realities, but it does challenge the fear and scarcity that so often govern them.

By Samuel Brooks

Money touches nearly every corner of our lives. It pays for food, provides a home, supports our families, and opens doors for good. It can also create anxiety, comparison, and a restless sense that we never have enough. As people of faith, we are called to hold money with open hands — to be wise, responsible stewards, generous with what we have, and free from the endless pursuit of more. A healthy spiritual life does not ignore financial pressures, but it does offer a different vision: one rooted in trust, contentment, and a willingness to bless others.

The Myth of More

Our culture often tells us that a bigger house, a higher salary, or the next upgrade will finally make us secure and happy. But the pursuit of more can easily become a moving target. Each milestone is quickly replaced by another, and contentment keeps drifting just out of reach. Jesus warned about this trap, reminding us that life does not consist in the abundance of possessions (Luke 12:15). More money can be useful, but it cannot, on its own, fill the deeper longings of our hearts. True security is not found in accumulation, but in a right relationship with God and a realistic, grateful view of what we already have.



A SIMPLE PRACTICE

This week, look for one practical way to be generous — with your resources, your time, or your encouragement. Ask God to help you live with enough, so you can bless others.

“Enough is not the absence of need; it is the freedom to live without being owned by desire.”

Learning Contentment

Contentment is not complacency or the absence of ambition. It is a deep sense of peace with what God has entrusted to us in this season. The apostle Paul learned to be content in both plenty and in need (Philippians 4:11–13), showing that contentment is a posture of the heart, not a particular bank balance. Practically, this might mean practicing gratitude, resisting constant comparison, simplifying where possible, and being honest about our limits. Contentment helps us enjoy our resources, make wiser decisions, and focus on what truly matters — our relationships, our calling, and our ability to serve.

Open-Handed Living

Generosity is a natural outflow of a content and trusting heart. When we realize that everything we have is a gift from God, we can hold it more lightly and use it more purposefully. Open-handed living might include giving to our local church or trusted ministries, supporting a neighbor in need, caring for the poor, or simply being ready to help when an opportunity arises. Generosity does not require wealth — it requires a willing heart. Even in seasons of tight finances, we can be generous with time, skills, hospitality, and encouragement. As we give, we participate in God's work in the world and discover a joy that money cannot buy.

Hope After Loss

Grief changes the world around us. Hope does not erase sorrow, but it can help us keep walking through it.

By Rachel Monroe

Loss has a way of rearranging our days. It enters quietly or all at once, and suddenly the familiar feels different. Whether we grieve the death of a loved one, the end of a relationship, a dream that didn't unfold, or a season of life that has closed, loss leaves us with questions and an ache for what used to be. In the midst of that ache, hope may feel fragile. But hope is not the absence of grief — it is a light that can still shine, even in the midst of tears. It does not erase what we have lost, but it helps us keep walking, one faithful step at a time.

“Hope does not ask us to forget what we have lost; it teaches us how to carry it with courage.”

Naming the Loss

Hope begins with honesty. We cannot move forward if we refuse to name what has been lost. Grief deserves a voice — not because it defines us, but because it matters. The people and places we have loved, the dreams we have held, and the futures we imagined were real. Acknowledging our loss is an act of courage, and it opens the door for God to meet us in our pain. We can bring our questions, our anger, and our sorrow to Him, trusting that He welcomes our honest hearts.

The Work of Grief

Grief is not a problem to be solved, but a journey to be lived. It moves in waves — some days quiet, others overwhelming. There is no set timeline, and no single way to grieve. In this season, we may find comfort in prayer, in the presence of friends, in Scripture, or in the simple beauty of creation. Grief can be exhausting, but it is also sacred ground, where we learn dependence, discover a deeper compassion for others, and experience God's nearness in new ways.

Carrying Hope Forward

Hope does not mean the pain is gone. It means we believe that love is stronger than loss. It means we choose to keep living, even when the road is hard, because we trust that God is still writing our story. Our loved ones live on in our memories, in the impact they made, and in the love that continues to shape us. And in Christ, we hold the ultimate hope — that death is not the final word, and that one day, every tear will be wiped away. Until then, we walk forward with courage, carrying both our grief and our hope, knowing that neither one is wasted in God's hands.

