

This is Good

May 31, 2026

Trinity Sunday

White

Genesis 1:1-2:4a

In the beginning, God created ... the heavens, the earth, the creatures of the land and sea, day and night, and then man and woman. After each phase of creation, we are told that God “saw that it was good.”

Repeating the phrase “it was good” isn’t some literary technique to make the story more poetic and profound. It is a theological statement of how carefully God thought through each phase of Creation, marking each finished phase as completed — and good. As God brought the ball of chaos into diverse, colorful life, God gave it a divine stamp of approval.

It’s no wonder the early saints held God’s act of creation in great reverence and awe — more than we tend to do so today.

St. Basil (329-379) wrote that he wanted “creation to penetrate you with so much admiration that wherever you go, the least plant may bring you clear remembrance of the Creator.” While St. John Chrysostom (347-470) said, “From the creation, learn to admire the Lord!” And St. John of Damascus (675-749) simply and powerfully stated what was completely obvious to him: “The whole earth is a living icon of the face of God.”

Let that last saintly observation linger in your heart for a bit. And as it does, ask yourself what your days would be like if you viewed all of Creation as a living icon of the face of God.

I can tell you that after lingering on St. John of Damascus’ words, I went for my daily walk into the Vermont woods with fresh eyes. Every budding leaf, swaying grass blade and buzzing bee seemed different when viewing them as “a living icon of the face of God.”

I began understanding more deeply God’s assessment of each little thing created as being “good.” But beyond the natural world, I continued my “it is good” quest to see all of Creation as the living icon of the face of God. And that meant looking into the eyes of each human I passed as I walked down the grocery store aisles getting my weekly shopping done. Rather than being focused on where I could find pinto beans, I focused on people. I noticed how some faces seemed tired, some seemed agitated, some seemed peaceful, others seemed radiant. Yet no matter what the expression, all the faces seen with my “it is good” lenses were all stunningly beautiful. It is amazing how different the world seems when seen as a living icon of the face of God.

In the beginning, God created ... you and me. May we remember that we each bear the imprint of the divine on our souls. And despite our flaws, God still deems that what has been made is indeed good.

Creating God, Your handiwork is perfection. Forgive us for all the times we have taken Your beauty for granted. Forgive us for the times we might have marred Your pristine canvas with the blotches of sin. May this day we begin to see everything in this world as a living icon of Your face. In Jesus’ name, we pray. Amen.

(Rev. Donna Frischknecht Jackson is a communications specialist for the United Church of Christ and author of today’s *Sunday Bulletin*.)