



Fruit of the Spirit: Goodness

Galatians 5:22-23

You've probably seen bumper stickers or T-shirts with the phrase "God is good." This is not just a slogan; these are the very words of God Himself. They come from Psalm 73, and are repeated in various ways throughout the Bible. When God's good Spirit fills us, His goodness will show to others.



Day #1: He is Good!

Give thanks to the Lord, for He is good; His love endures forever. – 1 Chronicles 16:34

This verse is repeated in the Bible nine times. Second Chronicles tells the story of when the Israelites built the Temple. When the Temple was complete, all of God's people gathered together to remember the mighty acts of God and to worship Him.

† *The trumpet players and singers made music together as if they were only one voice. They praised the Lord. They gave thanks to Him. Some of them played their trumpets, cymbals and other instruments. The others raised their voices to praise the Lord. They sang, "He is good. His faithful love continues forever."* – 2 Chronicles 5:13

At that point, God's glory came, like a thick cloud, and filled the Temple. The people were overwhelmed. When the people praised God's goodness, His beautiful presence surrounded them.

* Can you set 1 Chronicles 16:34 to music? How would you sing it? Take time to praise God for His goodness right now. What is good about God's character? What good things has He done? Tell Him in prayer – and sing it out loud!

Day #2: Good Deeds

Have you ever been surprised by a kind action of another person? What did they do? How did it make you feel?

† Jesus said: *Let your light shine before men, that they may see your good deeds and praise your Father in heaven.* – Matthew 5:16

What is a good deed? What did Jesus say would happen when people see your good deeds? (They will praise God.) When a believer does something good for someone else, it is a reflection of God's goodness. That person begins to wonder why someone would do such a nice thing. They want to know more about the God that the other person follows.

* Make a plan to do a good deed tomorrow. Can you bring extra cookies to share at lunch, or extra money to buy an ice cream for a friend? Can you stay in from recess to help your teacher tidy up the classroom? It will be fun to see the expression on the other person's face when you do a good thing just to brighten their day.

Ask others in your family to get in on the fun. Each person can do an unexpected good deed. Tomorrow night, be sure to discuss what you did and how the people reacted!

Day #3: Good Gifts

How would you define the word "good"? We often use "good" to mean: fine, okay, not bad. When the Bible uses the word good, it means far more than fine.

† *Every good and perfect gift is from God. It comes down from the Father.* – James 1:17a

Sometimes we lose the full meaning of words when they are translated into our own language,

Day #3 continued:

because there is not an exact match. To get the full meaning, we look at the language that the words were first written in. When James sat down to write this verse as God led him, he wrote in Greek. Do you know any Greek words? The word "good" in this verse is **agathos**. Can you say that? (Say all three vowels sounds "ah" – like when you show your throat to the doctor, and put the emphasis on the last syllable. Ah-gah-thahs')

Agathos means: Good, very useful, helpful for you, pleasant, agreeable, joyful, happy, and excellent. When God gives you something, it is all of these things. It is good for you, it will help you, it will bring joy. And everything you have in your life that is truly good came from your heavenly Father.



Can you name some of the good things that God has given you? The best gifts are not *things* at all, but the wonderful people that God has blessed us with.

(Mom and Dad: We can comfort our children during the death of a loved one with this truth. The reason it hurts so much when a loved one dies is because that person was a gift from the Lord. He gives such good gifts that we can't imagine our lives without them.)

Day #4: What's Inside?

If you pop a water balloon, what comes out? If you pick up a jug full of milk and pour it, what comes out? If you open a can of Coke, what comes out? Whatever is inside will come out!



A good man says good things. These come from the good that is put away in his heart. An evil man says evil things. These come from the evil that is put away in his heart. Their mouths say everything that is in their hearts. – Luke 6:45

This verse tells us that if you are having trouble saying good, kind, encouraging words to others, you need to check your heart! If you are quick to cut others down or say hurtful things, there is something wrong on the inside. We are all

Day #4 continued:

born with a sinful heart that is not good. But when we put our trust in Jesus, that heart is replaced with a new heart (2 Corinthians 5:17).

Sadly, a believer can choose to pollute his clean heart by sinning. When this happens, we must realize our sin, tell God that we know it is wrong, and ask Him to give us the power turn from the sin. Jesus said, "God blesses those whose hearts are pure, for they will see God." (Matthew 5:8 NLT)



What comes out of your mouth? Ask God if there is anything in your heart that should not be there. If there is, confess and ask Him to clean it out! Then you'll be free to pour out good words on those around you.

Day #5: The Good News!

Have you ever noticed that most of the news on television is bad? In fact, your parents may not even allow you to watch the news because there are so many bad stories on it. Well, the Bible tells of some very GOOD news!

The world has bad things in it because of sin. Everyone has sinned and our sin separates us from God. But here is the Good News:

God does not want us to be separated from Him! He made a way for us to be with Him, and for us to enter His everlasting kingdom. God sent Jesus to take our sin on Himself when He dies on the cross. When we believe in Jesus, we become part of God's family and we share in all the rewards that Jesus deserves (Romans 8:17).



The good news shows how God makes people right with Himself. From beginning to end, becoming right with God depends on a person's faith. – Romans 1:17



One of the best ways for you to share God's goodness is by telling people about the very **good** news of the kingdom.

What a beautiful sight it is to see messengers coming with good news! – Isaiah 52:7a