



Goodness in and of itself is a strange word. We use it mostly as an expression, as in "oh goodness" or "goodness knows." In these common uses it is strange if you really think about it, even though we are used to hearing these expressions.

Goodness is a descriptive word. It means "the deliberate preference of right over wrong." It also means "the act or quality of being good." So what is good? Good means "to be desired or approved of, morally right, righteousness, to the benefit or advantage of someone or something." So goodness is the act or quality of being good to someone or something. It means that we act moral, righteous, and to the benefit or advantage of others. It could also mean that others are acting that way to us. Now that sounds good!

Goodness is a true virtue. I am sure that each of us knows at least one person that we would consider good. We think of them as good because they do good things. When we mention their name and talk about their goodness it brings a smile to our face, a sense of admiration for them and even makes us want to do good. Who does not like a person who does good? I think that most of us want to be considered a good person. We want other to think of us in the same fond way that we think of others who do good.

Goodness, like any other virtue, is does not always come naturally or easily. Goodness is good but it can be hard. In this lesson we will look more at goodness and how we can develop it in our lives.

## Goodness - What does it look like?

Goodness is powerful. We all have seen goodness coming from people at various points in our life.

What is the most powerful experience of someone being good to you that you can remember?

What affect did this have on you?

What did you think of the person who was so good to you? Did your thoughts of them change after they were good to you?

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## Wanting to be good.

I believe that most everyone aspires to do good. Few people truly want to be considered bad. Do you aspire to do good and be considered a good person?

Why do you want to do good?

What would be needed for you to do good more of the time or to more people?

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## What causes us to not be good?

Since most all of us want to be considered a good person, what is it that causes us to do bad things or to treat someone badly?

What most often causes you to do bad things or treat someone badly?

How do you feel after treating someone bad?

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## Developing Goodness!

Since doing good is an action it is something we can choose to do. We can choose to do good in two ways: by avoiding doing bad things and also by choosing to do good.

How can you better avoid making bad choices and choose to do good?

What are some solid steps you can take this week to show goodness in you life?

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