#### **WORD**

Goodness is listed as one of the fruits of the Spirit of God. In other words, goodness is the natural outworking of God's nature. God is good. That means that God is good to us. It also means that God wants to help us be good to others.

Kindness and goodness seem so similar. They are both mentioned as fruits of the Spirit of God. Since they are so similar but are both mentioned as fruits I believe God wants to show how important kindness and goodness are to Him. They are like the color white. White is white, but there are so many different types and shades of white that it is almost impossible to match the color white without knowing the exact color of the original white. The same is true with kindness and goodness. They are both virtues and very similar but they are different. Kindness has to do with being friendly, warm, caring, generous and considerate. Goodness has to do with what is moral, right or to the benefit/advantage of another. Both are wonderful and need developed in our lives.

#### **APPLICATION**

- 1. This week think of ways that you can be good to others.
- 2. Name two people that you specifically want to be good to this week and think of a way that you could actually be good to them and do it.
- 3. Tell someone who has been good to you just how much it has meant to you and inspired you to be good to others.

**Prayer:** God, thank You that You are a good God. Thank You that You are good to us. Help us to avoid doing bad things. Help us to reject bad thoughts and ideas when they come, especially towards others. Help us to always choose good and especially to show goodness to others. In Jesus' name we pray. Amen

Freedom Groups were created with the belief that we are all on a journey through life and that our heart's desire is to be free to be all that we can be. We all want to find effective ways of living and be successful. Trying to find these effective ways to overcome the challenges we face by ourselves just does not work well. We are all the same, no one is different. We need others to help us successfully walk our journey to effective living. Everyone is invited to freedom groups so we can journey together. Join in!



## Goodness

#### **WARM-UP**

- Do you consider yourself a good person?
- Why?
- What does it mean to be a good person?
- Who is the "most good" person you know?

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?

## 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?

### 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?

# **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?