

THE FRUITS OF THE HOLY SPIRIT GOODNESS



Memory verse: Galatians 5:22-23 (ESV)

'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control'

Key verse: Psalm 145:9 (TLB)

'[God] is good to everyone, and his compassion is intertwined with everything he does.'

BIG QUESTION: BEING GOOD. WHAT DOES IT MEAN?

We might associate it with eating our vegetables or doing our homework. In the Bible it says that God is good. When we sing 'You are good, good, whoa!' are we saying, 'You eat your vegetables, you do your homework, woah!?' No! There's much more to the word 'good', isn't there?

Romans 12:21 says, 'Never let evil defeat you, but defeat evil with good' (The Passion Translation). Evil is everything the devil stands for: everything that brings harm, suffering and death. But goodness is going to put a stop to it. Goodness is effective. It works! It's a weapon that defeats, conquers, overcomes. Good will win in the end (God's promised it), but we have a part to play in defeating evil with good, today!

So how do we do this? Look at our key verse again. What's compassion? It's:

1. Feeling the suffering of others as if it were our own.
2. Saying 'enough!' and doing something to stop it (defeating evil with good).

Jesus said: 'I am the good shepherd. The good shepherd lays down his life for the sheep. [When] the hired hand... [who] does not own the sheep... sees the wolf coming, he abandons the sheep and runs away... because he... cares nothing for the sheep' (John 10:11-13, NIV). God is a caring God, and as we are made in his image (to be like him), we are capable of feeling the suffering of others in such a way that we just have to do something to stop it.



SOMETHING TO DO

If you sponsor a child with Compassion, write a letter to them today. Alternatively, write some practical ways of caring for people on separate pieces of paper, put them in a bowl and give yourselves a challenge each day this week!

In our key verse it says that God is good to everyone. Are we? It's not easy, is it? Goodness is a fruit of the Spirit. Let's say that again: fruit of the Spirit. It's not the fruit of all my hard work. We can't be like God without God, can we? Romans 12:3 says 'it's important that you not misinterpret yourselves as people who are bringing this goodness to God. No, God brings it all to you. The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him' (The Message). God is good, let him bring goodness into your life today.

SOMETHING TO TALK ABOUT

- Who do you really care about?
- How is the charity Compassion (which we support as a church) putting a stop to suffering?



PRAYER

Holy Spirit, how we need you! Please fill us, speak to us, nudge us, let us feel how others feel so that we can't help but do something to stop their suffering. Let your goodness overflow from us. When others ask why we are this way, we can point them to you, to Jesus and to our heavenly Father. Amen.