



**New Mount Zion M.B. Church**  
**Bible Class**  
**July 20, 2020**

***“Understanding The Fruit of The Spirit”***  
***6<sup>th</sup> Fruit***

## *What is goodness?*

*As we continue to look at the fruit of the spirit, they are a glimpse of the Character of God. And they are characteristics that we through the Help of The Holy Spirit will also prayerfully reflect. Goodness is no exception to this, as goodness is also one of the many direct reflections of the character of God. When we consider the fruit, you can also think of Fruit as the beneficial results of the work of The Spirit in your life, for God's Glory, as well as for the benefit of yourself and others. Kindness and Goodness go together and are very similar in the Fruit that they produce in and through us.*

## *The Definition of Goodness:*

*The Bible would simply define goodness as uprightness of your heart and life. It's for the benefit of others or acting selflessly on behalf of others.*

*In a very practical sense you can think of it as a desire to be a blessing.*

# *How is God's goodness revealed in Scripture?*

## *Examples of Goodness:*

*GOD shows His goodness through making a way of salvation for us through His Son Jesus Christ. He sent Jesus to do for you and me even when we were still sinners and His enemies!*

*God is so good to us that He shows this time and time again through His unconditional and relentless love, His Character and His Word that never change.*

*His love toward us never changes because He IS Good.*

*Read: Read Psalm 136:1, and James 1:17*

*He shows His goodness even through the giving of the gifts He equips you with for His Kingdom, Glory and the good of ourselves and others!*

*He shows His goodness as He's given you instruction from His Word for you to live life successfully for and with Him!*

*He's also showed His goodness through creation itself. Just think about it: have you ever considered even where God placed the planets in the solar system as a display of God's goodness and provision for us?*

*We were created to do Good things.*

*Read Ephesians 2:1-10, Matthew 5: 13-16,  
Proverbs and 3:27*

*You and I were created to do good work for God  
and we're literally supposed to shine for Him in  
what you do! We're also to do whatever we're can  
to show goodness to others.*

*If we were created to do good, how can we explain*

*Romans 3: 9-14?*

*In the full context of the passage He's talking about those who are in sin. So for you and I, it's a description of our life before Christ. Now we are a new creation and thanks to Christ we have the capacity to do good!*

## *Roadblocks to Goodness:*

*The evil one is our biggest roadblock to goodness as he wants to try to throw roadblocks in our way. He wants to try to steer us off course and tell us many things to distract us from doing What God's Word tells us to do!*

*Read Galatians 6: 1-9, James 4: 17,*

## ***Selfish Ambition:***

***Selfish ambition is when you work or strive for something that only benefits yourself. This can be how a lot of us live our lives. When we live for the next good grade, for the next paycheck, for the next raise, for praise from our boss, or praise from our parents, that is selfish ambition. When our “self” is constantly on our mind, there is no room for anyone else. The Bible talks about what happens when our minds are full of ourselves.***

***Read James 3:16***

## *Altars of Remembrance:*

*Sometimes you need to remember God's Goodness as well as the goodness of others.*

*I think back to the Old Testament and often when God did something significant, the people were instructed to build an altar like a monument to serve as a reminder of what God had done so the generations following would be reminded of His goodness. In some cases it could have been kind of like a pile of rocks.*

*So, what if you did this as well? Whether it's a rock, that turns into a pile of rocks, or a notebook where you can record the acts of God's goodness in your life or maybe even the acts of kindness and goodness of others?*

*Doing good for others shouldn't be a dreaded burden that stops us from living the life we wanted to live or felt like living. Doing good for others should be something that refreshes your very soul, something that makes you more aware of who you are as a person and what you are going to do to change the world you live in for the short time you are in it. Doing good for others ultimately helps you. When we are willing to let go of the debilitating fear, the confusing selfish ambition, the vision-stealing pride, and the worthless laziness, we will be able to genuinely help others and do good in their lives.*

*“When I do good, I feel good.” Abraham Lincoln*

*Let me encourage you to somehow catalog the good, kind and merciful acts you experience?*

*This can be something that brings glory to God and it will definitely lift you up on the hard and down days or the days you're waiting to be delivered from the circumstances. Writing things down will cause you to remember the things He's already done and maybe the things other people have done.*

*This will cause one to be reminded that God will again in Goodness provide for your every need, including delivering you according to His will from what you are going through.*

*This will truly bless and encourage your life.*

## *How to Grow in Goodness:*

*We all know that acting in kindness and goodness isn't always easy, but, in the most practical sense, we must focus on doing Good regardless of how we feel at any given moment!*

*We need to also ask The Holy Spirit for help us grow in the Fruit of The Spirit of goodness!*

*You will grow in goodness as you seek to live it out!*

*Furthermore, it's vital that you make sure your heart and mind match your actions so if there's anything that you're doing, whether a wrong attitude, habit or action, that's hindering you from doing good, you need to try to remove it from your life.*

*You also need to make sure to share and celebrate God's goodness in your life as He is good and we you should celebrate victories and goodness in your life!*

*In fact, again, I suggest you make it a regular practice to write down the good things God has done, and the good things others have done.*

## *What does goodness look like?*

*Goodness might look like things such as: Lovingly confronting someone about their sin. Providing for the poor. Praying for, visiting and caring for the sick. Going on mission trips here and abroad. Not participating in "road rage". Not tearing someone down. Not stirring up meaningless debates online. How about praying for someone you don't like too much or may even consider an enemy? How about not holding grudges? All these things and more are good things!*

*You can also make "goodness goals" by writing down a list of the good things you can accomplish or have accomplished.*

*We need God's help to reflect His goodness. It's our responsibility to actively take God's Word and live it out and we seek and serve Him with everything that is within us!*

*May we live out our lives in and from His goodness and the other Fruit of The Spirit as He continues to shape, mold, and equip us as we strive to do His Kingdom work each day!*

*May we also help others grow in Goodness as we model and show goodness toward them and others!*