

**AGAPE HOUSE OF WORSHIP
WEDNESDAY BIBLE STUDY**

Study Series: The Fruit of the Spirit

Wednesday, August 2, 2023

Lesson 7 - Goodness

Facilitator: Pastor Genevieve Kumapley

Texts: Gal 6:22; Exodus 33:19; Psalm 34:8; Gal 9:6-8

The Nine Elements of the Fruit of the Spirit		
1	Love	Love (Agape) is the kind of love God has for His creation. It is pure, selfless and self-sacrificing; seeking the best for others (even enemies) at all times, at all costs.
2	Joy	The joy here is much deeper than a sense of happiness or gladness from life's circumstances. It is a profound delight and rejoicing that comes from knowing and serving God.
3	Peace	Peace is an unshakeable inner calm that can be a rare quality in turbulent times.
4	Forbearance	Also called longsuffering, forbearance has the common synonym "patience." It also means to delay repayment of a debt.
5	Kindness	Kindness is looking beyond our interests to the interests of others.
6	Goodness	This fruit of the Spirit is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others.
7	Faithfulness	Faithfulness is steadfastness, constancy, or allegiance; it is carefulness in keeping what we are entrusted with.
8	Gentleness	Gentleness is the quality of being kind and careful. The way a Christian engages with others is what the fruit of gentleness is all about.
9	Self-control	Ability to control our thoughts, emotions, and actions.

*¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² **But the fruit of the Spirit** is love, joy, peace, forbearance, kindness, **goodness**, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:16-25*

Goodness is part of the fruit of the Spirit which reflective as an attribute of action. It means living one's life with good morals and motives as well as doing good things for others.

Goodness means, simply, being good, being decent, showing unselfishness. It's when we make an effort to do something helpful. We often use the expression "That is good of you to do." It is the opposite of being bad, wicked, or immoral. It is an extension of kindness but more actionable.

Question 1: Let's discuss the goodness of God. What makes God good? What scriptures can you use to describe his goodness?

Let's read Exodus 33:17-22; and 34:6-8; (Num 14:18; Deut 4:31; Neh 9:17; Ps 86:15; 103:8; 145:8; Joel 2:13)
The LORD replied, "I will make all my goodness pass before you, and I will call out my name, Yahweh,^u before you. For I will show mercy to anyone I choose, and I will show compassion to anyone I choose. Exodus 33:19

Goodness is not just something God "does", He is inherently, infinitely and completely good. This goodness is not a natural human characteristic. In various Psalms that is expressed very clearly: "there is none who does good, not even one" (e.g. Psalm 14:3). Jesus said in Luke 18:19; goodness is only from God. "Why do you call me good?" Jesus answered. "No one is good—except God alone. Goodness, thus, is not a "fruit" we can grow ourselves, but a fruit of the Spirit dwelling in our heart. He lets us "taste and see that the Lord is good!" (Psalm 34:8). Only when we have tasted and seen his goodness, we are enabled to do good as well. What God created at the beginning was very good (Gen 1:31)

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1:17

Goodness can be summarized and expressed as

- Mercy- forgiving someone and not giving them what they deserve (Exodus 34:6-8) even to do those who try to do us harm (Luke 6:35)
- Patience- bearing with rebellious acts.
- Generosity-Doing good acts for someone or keeping promises.
- Extending ourselves for someone at our own expense.
- Not entertaining evil acts or sin
- Moral, honorable, full of integrity
- Doing the right thing and making things right
- Competency and quality (ie Anita is good; Jesus was a good carpenter)
- Being a blessing –Don't forget to do good and share with those in need (Hebrews 13:16)

Question 2: Does anything about the description of goodness encourage or challenge you? Why?

Question 3: Can you cite examples in the bible of people who were good?

For example, Luke says of Barnabas that he was “a good man” (Acts 11:24). For a human being to be called “a good man” in the bible, you may safely say that Barnabas was characteristically unusual. Those who knew Barnabas held him with such respect that when all were keenly suspicious of Saul of Tarsus—even after Saul's conversion—Barnabas was able to cause others to accept him (Acts 9:27). The disciples were first called Christians in Antioch when Barnabas was around (Acts 11:26). *How about Joseph (both of them); good Samaritan, Ruth? Jesus- Acts 10:38*

Question 4: Think back to a few people in your life about whom you would say, “That was a good man or woman.” What qualities did they possess that would cause you to say that about them? How did their goodness impact your life?

“So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.”Galatians 6:9-10 NLT

Paul urges his readers: “let us not grow weary of doing good”, and “as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.” Goodness thus expresses itself towards all people, but especially to fellow believers.

*“If you are wise and understand God's ways, prove it by living an honorable life, **doing good works with the humility that comes from wisdom.**” James 3:13 NLT*

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. Luke 6:45

Dear Friend, don't let this bad example influence you. Follow what is good. Remember that those who good prove that they are God's children and those who do evil prove that they do not know God. 3 John 11 NLT

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:16

Prov 3:27; Matthew 5:44-45; Romans 12:21; Gal 6:9-10; Eph 2:10; 2 Thess 3:13; 1 Tim 6:18; Heb 13:16; 3 John 11

Question 5: How could you “do good” today?

You are good, and the source of good; train me in your goodness. Psalm 119:68 The Message

Question 6: What practical strategies do you take to ensure you are good?

In conclusion: The Spirit of God in us, enables us to reflect the goodness of God as a character. It makes us loving, benevolent, patient, merciful, quick to come to the aid of and look out for the interest of others. It pushes us to excellence so that God is glorified in everything we do. Let's strive to for this image of God to be always displayed in us.