

Fruit of the Spirit

Part 6

Fruit of the Spirit is GOODNESS.

Acts 16:11-15,40 Lydia with Paul and Silas
Philippians 2:13

To understand that God is good and loving to me all the time. God's power working in me releases goodness from my heart.

Worship

Decorate a large sheet of paper with the goodness of God. Write and draw things which to you show that God is good. Lie on the piece of paper, soak in God's presence and ask God to show you more about his goodness. Draw or write what he shows you.

This is a good song to soak to: "Goodness of God" – Jenn Johnson
<https://www.youtube.com/watch?v=n0FBb6hnmTo>

Ask God what he is releasing from Heaven for you today.

Intro Activity

Find and read together Philippians 2:13 – *"For it is God who works in you to will and act in order to fulfil his good purpose."* Explain that this is our verse for the week.

Let's talk about goodness!

1. God is good. What are some good and loving things that God does?

2. We are good. How can we share God's goodness with others?

Remind each other that goodness shows others Jesus' actions of love and forgiveness. It shows honesty and compassion towards others. The great news is Jesus does not expect us to do it ourselves – He gives us goodness through Holy Spirit.

Remind each other that we are looking at the fruits of the Spirit - Galatians 5:22-23 says *“But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

The fruit of the Spirit develop as we grow in our relationship with Jesus. We have already found out about the love, joy, peace, patience and kindness he releases to us. This week we discover that we are good and can give away goodness to others

Bible Story

- Read the story of Lydia with Peter and Silas from Acts 16:11-15,40. Discuss what goodness was shown to Lydia and what goodness Lydia showed to others. What impact did that have?

Discuss: Goodness is treating others well because we have Jesus in our hearts. We can show God's goodness to others by being good. Lydia showed goodness to Paul and Silas by opening her home to them. Paul and Silas must have been exhausted from travelling and showing others God's love. Lydia in turn met their needs. Lydia had the goodness of God in her heart, because of the grace and forgiveness God had shown her, so she gave it away to others. She used what God had given her to meet the needs of others. Only God can be good all the time, but when we have Holy Spirit in our hearts we have all his goodness in us, so we have all we need to share his goodness with others.

We can show God's goodness through our thoughts, words and actions. Think of ways you can show God's goodness through your thoughts, words and actions.

Object lesson – Goodness Inside the Banana

You will need:

Bananas, Pens / Sharpie Marker

Instructions:

1. Pass out a banana to each member of your family.
2. Instruct everyone to decorate the outside of their banana.
3. Once everyone is finished decorating, peel open the bananas. Talk about how what we see on the outside appearance of a person doesn't show us what is on the inside (in their heart). Only God sees our hearts & only Holy Spirit working inside of us can create goodness in our heart. If someone opens up a banana that has brown spots, that's a great opportunity to reiterate how what's on the outside doesn't always show us what's on the inside.

Activation

Car Treasure Hunt – Spend time with God and ask God for clues to a car on your road. He might tell you the colour or make or even some of the letters and numbers in the number plate. Write these clues down on a piece of paper.

Next ask God what good thing he wants to give away to the people who own that car. Write this down. Make a card to put on the windscreen of this car explaining what you have done and the message from God.

Go for a walk along your street and carefully leave you message on the car from the clues God gave you. You could do this for as many cars as you like.