

FRUIT of the Spirit -Goodness

Prayer for the Fruits of the Spirit

O Bounteous Spirit, we ask you to bring forth in our lives your fruits: the fruit of love, so we may love you above all things and all others for your sake; the fruit of joy, that we may find our delight in your service; the fruit of peace, that we may be pardoned through your mercy and find our rest in your love; the fruit of long-suffering, so that we may bear with patience all afflictions; the fruit of gentleness, that we may subdue all anger and take calmly and sweetly all trials and provocations; the fruit of meekness, that we may forgive freely all who hurt us and endure with patience all burdens that are laid upon us; the fruit of temperance, that we may restrain all desires and bring them into the subjugation of your holy will. Amen.

Getting a Handle on Goodness

- ❖ 3 aspects of spiritual goodness –relate to our conduct toward others
 1. *True goodness is spiritual in its origin*
 - Due to our sin and our flesh, we need God’s grace and the Spirit’s power to exhibit His fruit of goodness.
 - **All goodness –genuine goodness –must have God in the formula.**
 2. *Goodness is active.*
 - **Active benevolence = God *in* us + His presence *with* us produces *His* goodness in us.**
 3. *Goodness is a readiness to do good.*
 - Goodness is completely dedicated to helping others live well.
 - Goodness follows through on those thoughts of kindness -thoughts which came when we were praying, caring, noticing, and planning to act.
 - Goodness activates our good intentions & moves them to actively serving others

Getting a Handle on Walking in Goodness

- ❖ The presence of the Holy Spirit within us should make a difference in the way we live and how we treat others.
 - God call us to “*walk in a manner worthy of the calling which you have been called*” (Ephesians 4:1); “*walk as children of light*” (Ephesians 5:8); “*walk in a manner worthy of the God who calls you*” (1 Thessalonians 2:12); “*walk by the Spirit*” (Galatians 5:16).
- ❖ Walking with God requires that we make serious choices- requires a decision:

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- Our relationships with others, especially those who hurt us –call for choices:
patience →kindness →goodness
- ❖ *Spiritual victory* –victory of the Spirit over the flesh-evidence of God at work in our life.
- ❖ *We must always remember that the fruit is His.* As we practice obedience to God’s commands, He produces His fruit in us. (Romans 6:13).



Putting Goodness to Work

- ❖ As we walk through our daily routines and responsibilities of life, we have a variety of opportunities to choose goodness within our various roles as women
 - *As women we are to learn goodness* (Titus 2:15) – instruction for our daily relationships of home life.
 - *As women we are to teach goodness.* (Titus 2:3-5) -you and I *must* use all that we have learned to help other women understand what walking by the Spirit is all about.
 - *As women we are to be devoted to goodness* (1 Timothy 5) – our goodness is truly to be lived out among the people who live under our roof as well as those who enter our doors.
 - *As women we are to adorn ourselves with goodness* (1 Timothy 2: 9-10) – a life of selfless devotion to others, an adornment that lies not in what she puts on, but in loving service she gives out. These good works will reflect our walk with God.

Walking in Goodness

- ❖ **Our goal is to grow in goodness. Pray for God’s stamp on our life as we attempt to cultivate goodness in the following ways:**
 - Confess any thoughts or deeds that are not kind or good. *“The confession of evil works is the first beginning of good works.”* (St Augustine)
 - Take the initiative in meeting specific needs of others.-Love means action.
 - Forget your own comfort
 - Advance the happiness of others