



# Fruit of the Spirit



## The Alexander SBS Summer 2025 Series

### Lesson #7 – The Element of Goodness

#### Main Idea

This summer we are becoming intimately familiar with the fruit of the Spirit, the elements of which are listed below. This week we'll be discussing the sixth element, goodness.

Love  
Joy  
Peace

Patience  
Kindness  
**Goodness**

Faithfulness  
Gentleness  
Self-Control

The fruit of the Spirit, goodness, is more than simply being a “nice person.” In Scripture, goodness is a moral and spiritual excellence that originates from the work of the Holy Spirit in our lives. Goodness is demonstrated in how we act and reflects a heart that desires to do what is right; not for praise, honor, or recognition but because being kind honors God in serving others. Goodness combines the preceding elements of love, joy, peace, patience, and kindness.

Goodness is a virtue that shines in a dark world, not only through generosity and moral living but also standing for what is right. Goodness is active and compels us to help the hurting, defend the vulnerable, and pursue righteousness with humility. Jesus modeled perfect goodness by healing the sick, feeding the hungry, and offering salvation to sinners. As followers of Christ, we are called to reflect that same goodness in our lives as a consistent outflow of our walk with Jesus through the power of the Holy Spirit.

#### Questions for Consideration

1. Have you ever been around someone who is (or was) consistently good? In thinking about their lives, how would you describe them and what factors seem to contribute to the goodness they exhibit?
2. Make a list of all the factors, contributors, or reasons, either we or others lack goodness?
3. Review the Bible passages provided on the back page in some way discuss goodness. Which verse stands out most to you? Consider the Old Testament verses that speak of God's goodness.
4. Why is it sometimes difficult to practice goodness in everyday life, even when we know what's right?
5. In what specific ways can you reflect God's goodness this week in living with your family, at work, or neighborhood?



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

**Galatians 5:22-23**

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And the Lord said, 'I will cause all my goodness to pass in front of you, and I will proclaim my name, the Lord, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion.'

**Exodus 33:19**

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

**Psalms 23:6**

The Lord is good to all; he has compassion on all he has made.

**Psalms 145:9**

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

**Micah 6:8**

Love must be sincere. Hate what is evil; cling to what is good.

**Romans 12:9**

I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another.

**Romans 15:14**

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth).

**Ephesians 5:8-9**

With this in mind, we constantly pray for you, that our God may make you worthy of His calling, and that by His power he may bring to fruition your every desire for goodness and your every deed prompted by faith.

**2 Thessalonians 1:11**

