

FRUIT OF THE SPIRIT DEVOTIONAL

# GOODNESS



do

good

BP CHURCH



“But the **fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control**; against such things there is no law.” (Galatians 5:22–23, ESV)



**Love (Agape):** Unconditional, self-sacrificing love. It is the highest form of love and is often used to describe God's love for humanity.

**Joy (Chara):** Deep-seated gladness, delight, or rejoicing, often independent of circumstances.

**Peace (Eirene):** A state of tranquility, quietness, and freedom from disturbance. It can also refer to harmony in relationships.

**Forbearance (Makrothymia):** Patience, longsuffering, or endurance in the face of provocation or adversity.

**Kindness (Chrestotes):** Goodness, generosity, moral integrity, and benevolence in one's character.

**Goodness (Agathosune):** Moral excellence, uprightness, and kindness in actions and behavior.

**Faithfulness (Pistis):** Fidelity, loyalty, and reliability in keeping one's promises and commitments.

**Gentleness (Praytes):** Meekness, humility, and a mild or gentle disposition.

**Self-Control (Enkrateia):** The ability to exercise restraint over one's impulses, emotions, and desires.

## Scriptures

“Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!”

**(Psalm 31:19, ESV)**

“The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his mercy is over all that he has made.”

**(Psalm 145:8–9, ESV)**

“In past generations he allowed all the nations to walk in their own ways. Yet he did not leave himself without witness, for he did good by giving you rains from heaven and fruitful seasons, satisfying your hearts with food and gladness.”

**(Acts 14:16–17, ESV)**

“And Jethro rejoiced for all the good that the Lord had done to Israel, in that he had delivered them out of the hand of the Egyptians.”

**(Exodus 18:9, ESV)**

“Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!”

**(Psalm 31:19, ESV)**

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love.”

**(Psalm 103:8, ESV)**

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. “The Lord is my portion,” says my soul, “therefore I will hope in him.” The Lord is good to those who wait for him, to the soul who seeks him.”

**(Lamentations 3:22–25, ESV)**

# Day 1: God is Good

**READ:** "You are good and do good; teach me your statutes." (**Psalm 119:68, ESV**)

"The Lord is good to all, and his mercy is over all that he has made."  
(**Psalm 145:9, ESV**)

"Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!" (**Psalm 34:8, ESV**)

**THINK:** The goodness of God is a foundational belief that underscores our Lord's kindness, mercy, and perfection. This belief is deeply rooted in the Bible, where God's love and compassion for humanity are emphasized throughout both the Old and New Testaments. From the Genesis narrative, where God pronounces His creation as "good," to the Psalms declaring that "the Lord is good to all, and his mercy is over all that he has made," the Bible is full of affirmations of God's goodness. Moreover, the New Testament shows Jesus Christ as the ultimate embodiment of God's goodness, exemplified through His teachings, sacrificial love, and redemptive work on the cross.

God's goodness also encompasses His providential care and guidance over creation, as well as His promise to work all things together for the good of those who love Him. Despite the damage sin has done in the world, Christians can still rest in God's goodness, trusting that He is always present, faithful, and working for our ultimate well-being.

**DO:** Take some time today and write in the boxes below some of the ways you have seen God as both good and is also doing good in your life today.

**God is good**




**God does good**



"The goodness of God is infinitely more wonderful than we will ever be able to comprehend."

- Aiden Wilson Tozer



**“EVERY GOOD GIFT AND EVERY PERFECT GIFT IS  
FROM ABOVE, COMING DOWN FROM THE FATHER OF  
LIGHTS, WITH WHOM THERE IS NO VARIATION OR  
SHADOW DUE TO CHANGE.”**

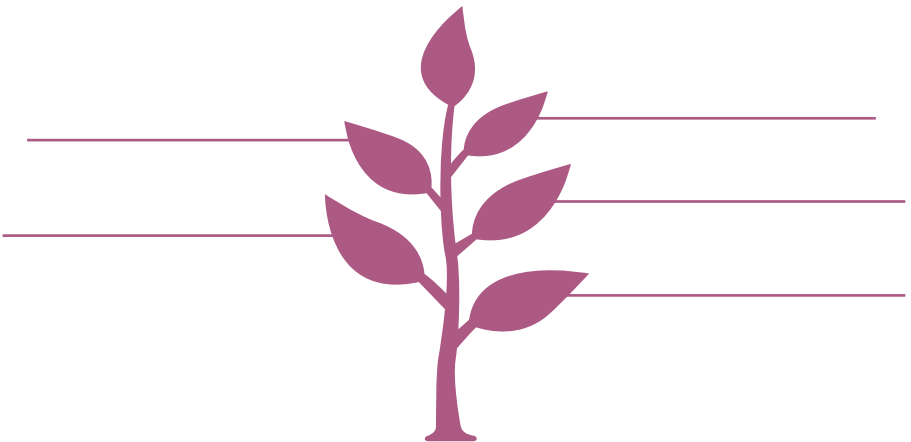
**(JAMES 1:17, ESV)**

## Day 2: You Can't Fake Goodness

**READ:** ““Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit. You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil.”  
**(Matthew 12:33–35, ESV)**

**THINK:** These verses use different metaphors like fruit and treasure but they make the same point, which is what you say and do reveals who you are. On the surface, you can do some good things, be kind, or generous, but deep down overtime, whatever is inside of you, will come out in what you say, or what you do. This passages point is not to suggest that no one can be changed, but that as long as one remains unchanged at their core, their words and behaviour will be shown to the world not matter how hard we try to hide it. There is a difference between doing good things (fruit), and being a good person (tree), and if we continue to seek after God, be full of His spirit, and cultivate a life that see's God both as the vine (John 15) and our treasure (Luke 12:34), then the abundance stored up in our heart will be good, and we will be able to speak good things, and by our actions demonstrate good works.

**DO:** Reread the scripture above and consider 3-5 practical ways you can keep your tree healthy/good so that your life produces good fruit. What practices do you need to start, what practices do you need to stop, or what practices do you need the Lord to prune in your life to produce better fruit?



"Our heavenly Father never takes anything from his children unless he means to give them something better."

- George Muller

## Day 3: Overcoming Evil with Good

**READ:** “Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good.”

**(Romans 12:14–21, ESV)**

**THINK:** The Apostle Paul cautions us against seeking revenge or repaying evil with evil (12:17), urging us to leave such matters to God to avenge. This is because we don't have the vantage point of God to judge perfectly in every situation, and by refusing to seek revenge, we make room for forgiveness and restoration and can remove the cycle of bitterness, anger, and grudges that revenge can bring. Revenge typically involves repaying more evil than may have been done to us because of our wounded pride, ego, or resentment. Therefore, we should consciously let go of opportunities for revenge and trust God with them. This advice is helpful not only in dealing with adversaries but also in our friendships and family situations. When we repay evil with good, it will not only protect us from poisoning our own souls, but it may transform the hearts of our enemies as well.

**DO:** Using the examples below, consider what your natural response would be to each situation and then consider how you might respond differently considering the scripture above.

### **WHEN SOMEONE...**

**Takes your parking spot at the mall**

**Cuts in front of you in a line**

**Leaves a mess for you to clean up**

**Spreads rumours about you**

**Excludes you from a group**

**Attacks your character**

**Steals from you**

“God is always trying to give good things to us, but our hands are too full to receive them.

- St. Augustine



## Day 4: God Alone is Good

**READ:** “Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter!”  
**(Isaiah 5:20, ESV)**

“In those days there was no king in Israel. Everyone did what was right in his own eyes.” **(Judges 17:6, ESV)**

“There is a way that seems right to a man, but its end is the way to death.”  
**(Proverbs 14:12, ESV)**

“Every way of a man is right in his own eyes, but the Lord weighs the heart.” **(Proverbs 21:2, ESV)**

**THINK:** Scripture is full of warnings about past and present cultures that fail to uphold their values rightly. Since we live in such an individualistic society as Isaiah did, there are those who choose what is right and wrong in their own eyes and can no longer discern the moral standards of God, so they proclaim evil good and good evil. The moral code has been rewritten, and they no longer feel guilty when they transgress what they once considered good. When we are the highest moral arbiters in our lives, it can lead to big trouble. So when we think about what is good or evil, our thoughts need to be informed by God and His word so that we can avoid the error of championing the wrong values. Remember that Jesus said ‘No one is good except God alone’ in Luke 18:19 and so we should rely on the Lord to be our moral compass so we don't follow down a path which we thought was right, but only led to death.

**DO:** Take some time today to consider some of the ways our culture is doing what is right in its own eyes but is being led to ruin. Pray that the Lord will reveal to you ways to safeguard your own heart from going down that wrong path and also to give you wisdom on how to lead others to do the same.

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“The very first temptation in the history of mankind was the temptation to be discontent...that is exactly what discontentment is - a questioning of the goodness of God.”

- Jerry Bridges

**“SURELY GOODNESS AND MERCY SHALL FOLLOW  
ME ALL THE DAYS OF MY LIFE, AND I SHALL DWELL  
IN THE HOUSE OF THE LORD FOREVER.”**

**(PSALM 23:6, ESV)**



## Day 5: Zealous for Good Works

**READ:** “For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.” (**Titus 2:11–14, ESV**)

**THINK:** As believers, we are not only expected to abstain from ungodly behaviour and worldly desires, but we are also called to replace them with virtuous traits. Merely avoiding temptation is not enough; we must actively pursue Christ and offer ourselves for His service. With the guidance of the Holy Spirit, Christians can overcome the power of sin through Christ's selfless sacrifice. Furthermore, with God's help, believers have the ability and insight to lead godly lives in accordance with His will, reflecting His goodness. CS Lewis, in his book "The Weight of Glory," reminds us that;

*“It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”*

As Christians, it is our duty to work towards becoming more passionate about the good works that God has called us to because they offer us an abundance of joy, peace, and life, more than the world ever could.

**DO:** Take a quick inventory of the blessings in your life. Consider the things that you have sacrificed or given up to God on one side, and on the other side, consider the blessings that God has given to you. Are you in a better or worse position now. What makes you think that?



“But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ”.

(Philippians 3:7–8, ESV)

