

# FRUITS OF THE SPIRIT

# GOODNESS

What is goodness? The Bible defines goodness as having an honest heart and life. It is also the ability to want (and to do) good for others.

God created everything on Earth to reflect His goodness. You and I were created to show and express the goodness of God. Because of Jesus, we have been given everything we need to know to be able to do good. When we do good, we share with others a taste of heaven.

As teammates both on and off the field, being good to each other should be one of our main focuses. A good way to start is simply this: treat people the way you would like to be treated.

*Why?* Because Jesus demonstrated how to love and serve well; and we all desire that treatment. If we put forth the effort to be kind and welcoming to our teammates and their families, even on the roughest days, we express the fruit of goodness. The Bible even says that God's goodness follows us all the days of our lives (Psalm 23:6), *so why not pay it forward?* God is still working goodness for you and the rest of your team. You can be the person God uses this week to remind a teammate that there is still goodness in their lives.

**What ways can you express God's goodness this week?**

## MEMORY VERSE OF THE WEEK

Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

- Matthew 5:16

### TRY IT AT HOME!

- **Practice** the memory verse at meal time or before bed with your kids.
- **Pray** before meals that your family would reflect God's goodness to one another and to those around you.
- **Ask** your child to identify one way he or she can reflect God's goodness this week. Be specific!



### MORE INFORMATION

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