

Look Up



Galatians 5:22 - 23

*The fruit of the spirit are things which Christians should aim to live out daily as we are transformed into the people God created us to be. We are called to be like Him in how we act and live. Just like fruit, these are things that are meant to grow in us.*

## What is goodness?

## What does being “upright” in heart and life mean?

Just like planting fruit, what we plant is what will grow – if we plant an apple tree, we expect apples to grow, not bananas. In the same sense, if we have goodness in our heart, that is what will grow and be shown (bear fruit) to others in how we live – we can only do this by spending time with God and letting him transform us.

God’s very nature is good – he cannot be bad, he never sinned. Because of the garden of Eden, we as humans are not perfect. But God made us in His image and if it is a fruit of the Spirit, then goodness is something we can achieve with the help of the Holy Spirit.

## Can you think of an example of how God is good?

When Jesus died on the cross, it was an act of love, kindness and goodness. He died so that we could have relationship with Him. God sacrificed His son for the sake of the world. Sometimes being good can cost us – it may not be the popular opinion, it may mean we have to step out of our comfort zone, it may even mean we have to give things up. But let’s remember God as the gardener – He will give us what we need to grow (like a gardener watering the soil), but He may also need to remove things in our lives which are not beneficial for us (like weeding!).

# Goodness

*Goodness is more than kind actions and being nice.  
It is an inherent heart attitude, wanting to always  
do the right thing even if that requires sacrifice.*