



## Year 1—Quarter 3: God the Holy Spirit

### Goodness

**DO:** Begin by reading together Galatians 5:22-23.

**SAY:** The Bible tells us in this passage that goodness is a Fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with goodness! This does not mean that we will be good and do good all the time. But as we come to know God more and more, we change! Goodness becomes part of who we are. With the Spirit living inside of us, He gives the power to do good!

If we are believers, God has promised His goodness to us. This means that whatever happens in our lives, however horri-

ble or bad it may seem, God ultimately intends it for our good. And because He is completely good, it is impossible for Him to do anything not good. When you see and go through terrible times, you have to learn to cling to this truth. Our God is good, all of the time, and the things we think are intended for our harm, He intends for our good.

**Remember:** goodness grows in us when we get closer to Jesus and understand what true Goodness is, not just by trying harder to be good.

### Power Point

Goodness  
grows in us  
when we get  
closer to Jesus

### MEMORY VERSE

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up”

#### Object Lesson: Sand Bucket Goodness

**Before Class:** Have two sand buckets. Fill one with gross-looking trash. Fill the other with wrapped snacks and candies.

**Explain:** Here are two sand buckets that look the same. This first one represents what the world calls goodness. The second one represents God’s goodness.

**Bucket #1:** This kind of goodness does not come from a good heart. It is like being good just so others can see you do it and say, “Oh, what a good person!”

**Dump out** the trash from bucket #1. Say: see? Nothing but stinky trash is on the inside.

**Bucket #2:** This is God’s goodness. It comes from His holy character and blesses people just because it is the right thing.

**Dump out** the “goodness” from bucket #2. See! Now THAT’s goodness. And when the Holy Spirit grows the fruit of goodness in our lives, this God-kind of goodness is what is produced in us.

There is only one way a child (or adult) can be “good,” and that is to fall in love with the good God Who loves us enough to die for us.

#### Object Lesson: Gross Food

Have disgusting jelly beans (or a fruit the kids won’t like.) Give one to each child. Ask: Does this look good? Try it!

After they try the gross food,

**SAY:** It looked good on the outside but it was gross on the inside. Humans can be like that too. We can look really good on the outside when we’re actually really gross on the inside. Goodness isn’t just about what we do. It’s about who we are when no one is looking. God knows how easy it is for us to pretend to be good.

We can do all the right things, but if we do them while angry or disrespectful or whiny, it’s not God’s goodness. The world’s goodness and God’s goodness often look the same, but you have to look at the inside, at the heart, to know if it’s really coming from God or not.

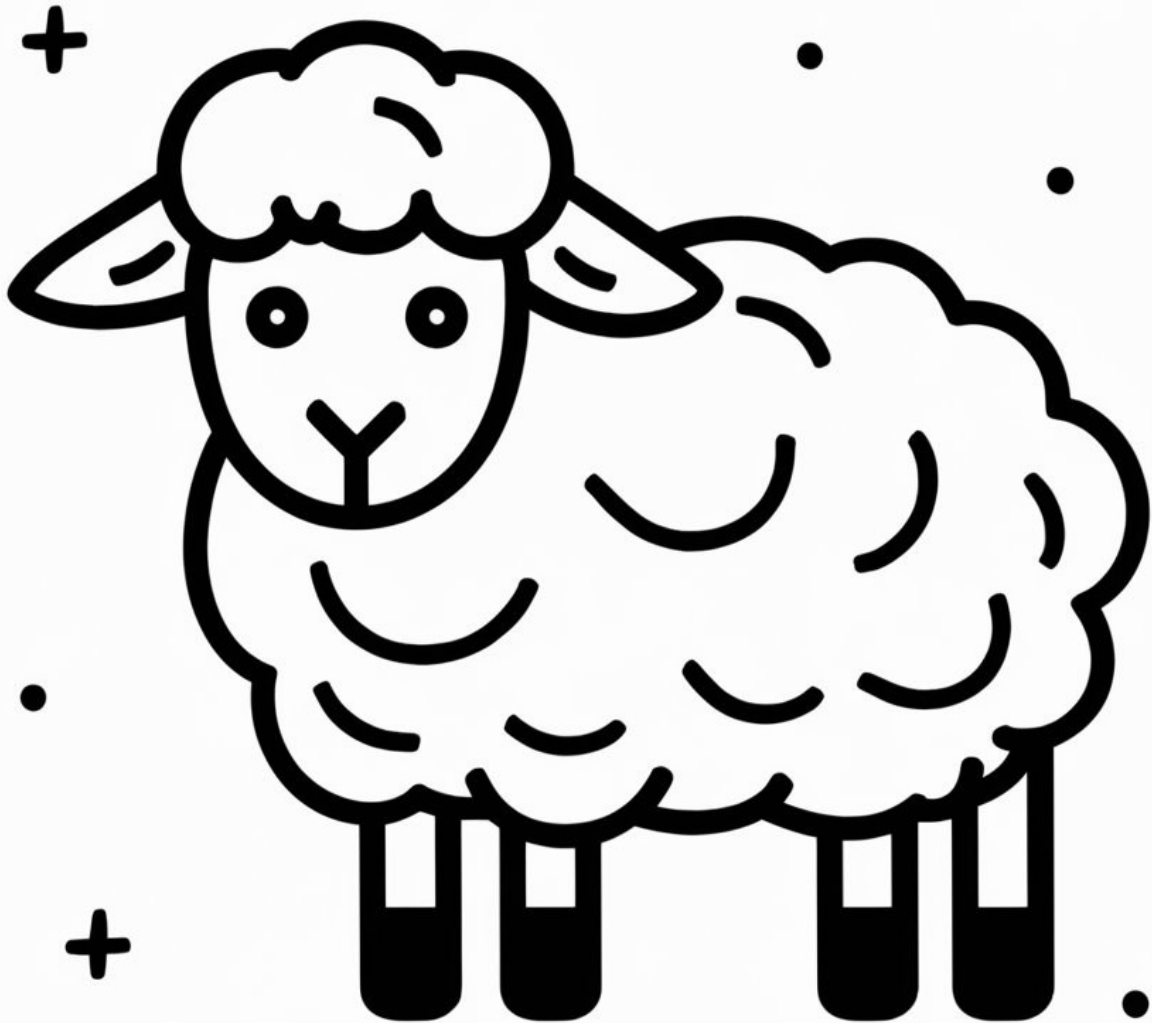
Let’s discover God’s true goodness today.

(Feel free to give kids an actual good-tasting fruit or jelly bean before continuing.)

# FRUIT OF THE SPIRIT COLORING PAGE

## GOODNESS

Sheep are used in the Bible to represent purity and goodness.



# Take-Home

## Summary

### Bible Passages:

Galatians 6:9; Ps. 25:7;  
Zech. 9:16-17; Eph. 2:10

### Main Point:

Goodness grows in us when we get closer to Jesus.

### Discuss:

**Q:** What is the difference between goodness and kindness?

**A:** Goodness is an inner quality that comes from God's own goodness while kindness is goodness expressed in our actions toward others.

### A Gospel-Centered Approach:

- God is all the fruit rolled into one amazing Being.
- Jesus is all of God's attributes displayed in a single human being.
- Kids will only be good when they fall in love with the good God Who loves them enough to die for them.

## Explore the Bible

Have kids pretend to be wheat farmers. They can act out moving rocks, making rows, planting seeds, watering and weeding. As they pretend to toil, have them speak Galatians 6:9, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" out loud.

**ASK:** Is it always easy to be good? What can we learn from this verse?

## Family Activity

- Invite kids to write Galatians 6:9 in fancy letters and post on their bedroom wall.
- Have children draw/paint a picture of some of the good gifts God has given them.

## Apply and Pray

Teach your kids a breath prayer: As you breathe in, say "How great is the goodness" and as you breathe out, say "you have stored up for me."

Praise God for the fruit of the Holy Spirit, the goodness we are able to do because He lives within us.