

## Week 6 – Goodness: The Overflow of a Heart Anchored in God

The Garden of Transformation Study Series - 📖 *Main Texts: Galatians 5:22; Psalm 23:6; Romans 12:9–21; Micah 6:8*

The word "goodness" can feel vague these days. Like the moral high ground reserved for fairy tales or feel-good clichés. But in Scripture, "goodness" (*agathōsunē* in the Greek) means more than just "being a good person." It's moral courage. It's uprightness that's active and generous. It's choosing to be a vessel of blessing—*on purpose*.

When Paul includes goodness in the Fruit of the Spirit, he's not just asking us to be polite or decent. He's pointing toward a Spirit-fueled way of living where our values, choices, and compassion align with God's heart—and where our goodness spills out onto others.

David sums it up in Psalm 23:6 when he says, *"Surely goodness and mercy shall follow me all the days of my life..."* That word "follow" literally means "pursue." What a thought—that someone could walk away from being around you and feel like they were chased down by the goodness of God.

🌿 What Does Spirit-Fueled Goodness Look Like?

📖 *In the Word:*

- **Micah 6:8** gives us a short, powerful charge: *"Do justly, love mercy, walk humbly with your God."*
- **The Good Samaritan** (Luke 10:25–37) refuses to let convenience override compassion.
- **Barnabas** (Acts 11:24) is described as *"a good man, full of the Holy Spirit and faith."* He didn't just believe in people—he championed them.

🕊️ *In life today:*

- A business owner who chooses ethics over extra income
- A teen who befriends the outcast without needing applause
- A believer who uses their voice to speak up for justice
- A mentor who privately lifts others up, without needing the credit

Goodness doesn't just avoid evil. It *actively* seeks to do what is right—even when no one's watching. Even when it costs something. Especially when it lifts someone else up.

🔥 Goodness in Action: Not Always Comfortable, Always Powerful

Romans 12 gives us a blueprint: *Love sincerely. Hate what is evil. Cling to what is good. Don't repay evil with evil. Overcome evil with good.*

That kind of goodness might mean choosing forgiveness instead of retaliation. Giving when it

hurts. Telling the truth when it's not popular. Or quietly doing what's right even when it seems no one notices.

But here's the truth—God notices. And goodness leaves a trail.

#### Points to Ponder

- Goodness isn't just what you avoid—it's what you intentionally offer.
- When you walk in goodness, your life becomes a doorway to God's character.

#### Try This

- This week, surprise someone with a quiet act of generosity. Don't announce it—just let goodness do the talking.
- Make a list of areas where your walk and your values feel a little out of sync. Ask the Spirit for help in aligning them with God's heart.

#### Reflection Questions

1. According to Micah 6:8, what does God *require*, not just *recommend*?
2. Where in your life is God calling you to “cling to what is good” in a new way? (Romans 12:9)
3. What does it look like to be “full of the Spirit and faith” like Barnabas?
4. Are there hidden areas where integrity is being tested? What step can you take toward light?
5. Who around you needs a taste of God's goodness—and how can you help deliver it?

#### Prayer

Father, thank You for being good—not just in character, but in action. You never run out of compassion, mercy, or integrity. Grow that same Spirit in me. I want to be someone who chooses the right path, lifts others up, and reflects Your heart in everything I do. Teach me to chase goodness—not perfection—and let it become second nature. In Jesus' name, Amen.