

GOODNESS is one of the fruits of the **Holy Spirit**. **Goodness** can be defined as:

“a life which expresses itself in **always** doing what is in the **best interest of others**.”

Do you know anyone who does this?

Goodness is choosing to do the **right thing** even when:

- no one is looking and watching you.
- it takes longer to do.
- it isn't the fun thing to do.
- it isn't easy and takes a lot of bravery and strength.



When we **choose** to do the right thing in **all** of these areas, that is **goodness!** **Goodness** and **kindness** sound alike, right? So, what's the difference?? **Kindness** is more focused on our **attitude** and **generosity**, but **GOODNESS** is more focused on the **things we do for others**— *doing* the **right thing**.

“**GOD IS GOOD**”. How often have you said this or heard others say it? Do you say it, even when things **aren't** working out according to your desires, because you **know** and **trust** that God will see you through any situation as He has in the past, even this pandemic.

Goodness is a **choice** and an **action**. To show goodness, we need to **decide** to be good and do the **right thing on purpose!** When we do a **good** thing, we are doing **God's work**. Think about that! Each day, look for **opportunities** to be **good** to people and do the **right thing**. If you do, **goodness** will **rise up** in you! In challenging situations, we might ask ourselves, “**What would Jesus do about this?**”

Goodness is not about doing **big** things. It is the **small choices** we make and **actions** we do throughout our day that mean the most to those around us. All those **small things** add up to a lot of **goodness!**

Thank you for your goodness.

How well are you doing with the **Loving Kindness Meditation**, “**May you be well, happy and at peace.**”, sending out each day, **loving** thoughts to family, friends and difficult or unfriendly people?