

How We Deal with Others: *Finding a Middle Way with the Fruit of the Spirit*

Week 6: The Fruit of Goodness

Each day mark off 15-30 minutes (or more if you have the time) to pause, say the opening prayer, then read the passage and reflect on the questions. The scriptures were selected based on the New Revised Standard Version. As you reflect on the questions, you are encouraged to write your responses that come to mind. Be as specific as you can. You will find that capturing your honest, unfiltered thoughts will lead you to actions that become transformative. This is how the Holy Spirit grows within us.

Opening Prayer (to be said each day): *Lord, thank you for being with me right now. Settle my thoughts. Speak to me. I am open to whatever you say and however you direct me. And I trust that you want only what is best for me. Amen*

Monday: Read Psalm 34:8 & Nahum 1:7.

Reflection: What do you think it means that God is a refuge? How does being a refuge display God's goodness?

The Psalmist says that we should "taste and see that the Lord is good". Of all the senses they could have picked, why taste and sight? How can those two senses specifically contribute to knowing God's goodness?

Tuesday: Read Psalm 136:1-4

Reflection: What is steadfast love and how is it related to goodness?

Take a moment to be grateful for God's love. Where have you experienced God's goodness in your life?

Wednesday: Read Romans 15:13-14

Reflection: Paul mentions fruit that we have studied before, joy and peace. He then notes he's convinced that we are full of goodness. What could convince you that someone was full of goodness? What would they act like?

Have you ever had someone identify something positive in you that you didn't realize about yourself? Who needs to hear that they are full of goodness today?

Thursday: Read Luke 6:35

Reflection: Jesus talks about interacting with our enemies in a most unexpected way. What does it look like to be good to someone you really disagree with?

When have you received goodness toward you when you did not deserve it? What was that experience like? Did it change you?

Friday: Read Ephesians 2:8-10

Reflection: God has designed you uniquely for good works only you can do. When you look at the world around you it can feel overwhelming. Today, do for one person what you wish you could do for everyone. Who is one person that you can do good for today?

Saturday: Reflect on your reflections this week. Are there any action steps you feel God would want you to take? Where do you see goodness emerging in you?