

FRUIT OF THE SPIRIT

WHAT COMES OUT WHEN YOU GET SQUEEZED?



Lesson 6

Kindness and Goodness

Scripture References

Luke 10:25-37
Ephesians 2:1-10

Lesson Goals

Understand that without Christ, there is nothing good in us. Understand that God is good and kind. He offers salvation.

Memory Verse

God planned for us to do good things and to live as He has always wanted us to live. That's why He sent Christ to make us what we are.
Ephesians 2:10 (CEV)

(Begin by singing the Fruit of the Spirit song. Make up new motions to go with fruits you haven't yet sung about!)

What is the fruit of the Spirit? (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control.) What do you remember about love? (After each, allow time for your students to respond.) And Joy? What about Peace? Patience? You've learned a lot so far! Do you remember how those things can be a part of your life? They come to those who are believers in Jesus Christ, Christians, who have chosen to follow Him. The fruit of the Spirit comes from letting the Holy Spirit be in control of your life, of letting Him lead you and guide you. What comes next in the list we've learned of the fruit of the Spirit? Kindness. And what follows kindness? Goodness. Those two things are pretty close, so we will study them together.

Kindness is being kind and useful. It is being tender and caring. It is the opposite of cruelty. Goodness is almost a synonym for kindness except that it means more than kindness. It is active. It is not just being kind, it is doing kind and good things. Goodness is the opposite of mischievousness, wickedness, and evil.

Kindness and goodness aren't things that just happen in us. In his letter to the church in Rome, Paul said, "All of them have turned away. They have all become worthless. No one does anything good, no one at all" (Romans 3:12 NIV) He also told them, "I know there is nothing good in my sinful nature" (Romans 7:18a NIV). So what do we do? Like we have already said, kindness and goodness come from God. They are a product of the Holy Spirit having control of our lives.

So the good that is in us, if there is any, comes from God as the Holy Spirit works and moves in our lives. The Bible explains it this way, "God our Savior showed us how good and kind He is. He saved us because of His mercy, and not because of any good things that we have done. God washed us by the power of the Holy Spirit. He gave us new birth and a fresh beginning" (Titus 3:4-5 CEV). Aren't you glad we get a fresh beginning? Don't you need one? And God gives it because He loves us, because we can do nothing to earn it. Our memory verse says that God planned for us to do good things, but those good things are not what makes us okay before God; they are not what saves us. The good things should follow once we accept Jesus into our lives, though.

Let's look at a story in the New Testament part of the Bible. Jesus told a story about someone we call the Good Samaritan. Jesus was being questioned by someone who thought he was right with God because he studied a lot and followed a lot of made up rules. He was really trying to trick Jesus.

Application

What do you do when you are squeezed? When times are hard, what is your response? The Bible says that without Christ in our lives, there is NOTHING good in us. If what comes out is not kind and good, have you ever thought about a friendship with Jesus? He is waiting for you to choose Him! Won't you do that today?

And if you know the Lord, if you have accepted Him as your Lord and Savior, are you letting Him have His way with you? Are you letting God produce kindness and goodness in you?

Surrender yourself to God today. He always and only wants what is best for you.

Jesus said, "There was a man who was traveling from the city of Jerusalem to the city of Jericho. 'Robbers attacked him. They stripped off his clothes and beat him. Then they went away, leaving him almost dead.' (Luke 10:30 NIV) A priest was traveling the same road and saw the man who was hurt, but he didn't stop. Instead, he passed by on the other side of the road. Later, a helper from the church (a Levite) did the same thing. He saw that someone was hurt, but he passed by on the other side of the road, too."

"Then a Samaritan man came down the same road on his travels. (Samaritans were 'mixed' - half Jew and half Gentile - and they were despised by the Jews.) The Samaritan noticed the man who was hurt, just like the priest and church helper had, but the Samaritan felt sorry for him. He stopped what he was doing, went over to the man and helped him. 'He . . . poured olive oil and wine on his wounds and bandaged them. Then he put the man on his own donkey. He took him to an inn and took care of him.' (Luke 10:34 NIV) The Samaritan couldn't stay, but he left two silver coins with the owner of the inn and asked him to take care of the wounded man until he returned." Then Jesus told those who were listening to go and do the same.

Why do you think the Samaritan man in Jesus' story is now called "the Good Samaritan?" Could it be that he showed us what kindness and goodness are? He was active; he didn't just see the man, feel sorry for him, and walk on by. He did something! "Go and do the same!"



Activities

- **Memory Verse Activity:** Make “calling cards.” These should be small cards, though large enough to print the memory verse on. Have each student make several and sign the back. Encourage your students to think of good things to do this week. Instruct them to take their calling cards with them when they do something good for someone else. They can use the calling card to help explain their actions.
- **Sing:** “Surrender Your All,” “God is So Good,” “He Has Shown Thee (Micah 6:8),” “Touch Through Me (especially the “Good Samaritan” verse),” “Ascribe Greatness,” “Goodness and Mercy,” “Romans 16:19,” “You Have Been Good,” “God is Good, All the Time,” “Isn’t He Good,” “Thy Loving Kindness,” “Be Ye Kind,” “He Lives (verse 3),” “Mighty to Save,” or “You are So Kind.”
- Make cookies and deliver them to those who haven’t come to your summer program. Maybe something has happened in their lives and they need someone who will be kind and do good things for them.
- Bring bandaids, gauze, etc. and reenact the story of the Good Samaritan.
- Work on your “Fruit of the Spirit Mobile.” Add a bandaid to your mobile. Set the mobiles aside until next week.
- **For Further Study:** (If you meet several days a week, use these lessons to reinforce what your students have already learned about Kindness and Goodness. Be sure to review the main lesson everyday, too.)
 - 1) Romans 12:17-21
Focus on overcoming evil by doing good.
 - 2) The Sermon on the Mount - Matthew 5:13-16
Focus on good deeds.

God planned for us
to do

GOOD THINGS

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That's why
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Ephesians 2:10

Word Search



D I Q A T H E H S T R I S T S
L F N A M D E D N U O W L P D
G O A A Y I S D N S B U O P E
V L T S R S A D G R A O W V K
N K I N D N E S S E N A T Y C
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J A A I A O O E D T A U S T W
N M M P E O R E P O T S P I E
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B T G Y H O E D S E W D G F T
S I P C E B T Z E H X S S A Q

KINDNESS

GOODNESS

ACTIVE

DO GOOD

ROB AND ATTACK

WOUNDED MAN

PRIEST

HELPER

GOOD SAMARITAN

Word Search

D I Q A T H E H S T R I S T S
 L F N A M D E D N U O W L P D
 G O A A Y I S D N S B U O P E
 V L T S R S A D G R A O W V K
 N K I N D N E S S E N A T Y C
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 J A A I A O O E D T A U S T W
 N M M P E O R E P O T S P I E
 R E A I G D O E V I T C A L H
 D O S O O N W B A R A O A O T
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D	O	V	C	P	E	P	E	A	C	E	D
K	I	L	Q	U	I	C	K	E	W	I	N
O	J	S	O	P	A	E	I	G	O	O	D
D	E	G	O	O	L	I	S	T	E	N	D
S	K	T	H	I	N	G	S	R	O	L	E
S	L	O	W	W	O	R	R	Y	P	H	E
L	L	I	K	E	O	B	E	Y	E	S	S
E	S	P	J	S	P	E	A	K	U	S	P
J	E	S	U	S	H	I	E	D	X	P	A
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S	R	E	E	P	U	D	I	D	Z	T	A
F	A	I	T	G	N	A	N	G	R	Y	S

DO

GOOD

THINGS

LIKE

JESUS

DID

Word Search



D	O	V	C	P	E	P	E	A	C	E	D
K	I	L	Q	U	I	C	K	E	W	I	N
O	J	S	O	P	A	E	I	G	O	O	D
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J	E	S	U	S	H	I	E	D	X	P	A
J	B	E	C	O	M	E	F	O	U	N	D
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F	A	I	T	G	N	A	N	G	R	Y	S

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