

WHAT IS GOODNESS?

God is good! His integrity and moral perfection are flawless. His goodness to us is evident through His grace and love. Apart from Him, there is nothing good in us. Although this side of heaven we will never be perfect, through His Spirit, God can begin the process of purifying our lives.

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

GALATIANS 6:9

PARENTS / KIDS

BEST USE

A family night activity to celebrate and share the good gifts of God

ADVANCE PREP

Prepare or identify 5-10 items/foods/experiences that your child(ren) can sample (e.g. a slice of their favorite fruit, a fun song, the wind from a fan, a flower, a board game, a warm hug, etc.).

Step One

Read Matthew 7:9-12 together.

Step Two

Tell your family member(s) that you have planned a 15-minute goodness expedition. Give them clues to locate/connect to the items/experiences you have planned for them.

Step Three

For each stop along the expedition, pause to give God thanks for good gifts, then discuss: What does this good gift tell us about God's goodness?

Examples may include:

- He is an artist so He gives us beauty.
- He is joy so He gives us pleasure.
- He is love so He gives us relationships.

How might we fill our home with more of this good thing?

Examples may include:

- Play beautiful/fun music in the car while driving together.
- Eat meals together and enjoy the food/company.
- Hug/kiss/touch more often.

Pray

Thank God for His goodness. Take time to focus on specific gifts that He has given that you talked about during your family time. Ask Him to help grow the fruit of goodness in your home.

PARENTS / TEENS

BEST USE

An activity with older children/teens to have meaningful conversation about the goodness of God

ADVANCE PREP

A device with Internet connection, a Bible, pen, and paper for each person

Step One

Pull up Chris Tomlin's song "Good, Good Father." You can find it on YouTube, itunes, etc. Listen for things that are good about God and write them down on a piece of paper.

Step Two

Discuss everyone's favorite part of the song. According to the song, why is God a good Father? What is true about us only because He is a good Father?

Step Three

Read Psalm 31:19 together. This verse tells us that God has an abundance of goodness and that there are two things we can do to receive that goodness.

- Respect: How do we model respect for God?
- Trust: How do we model trust in God?

Step Four

Goodness toward others, as a fruit of the Spirit, grows out of a response to God's goodness toward us. Discuss ways that goodness will show itself in someone's life.

Step Five

Pray together thanking God for His goodness to you and ask for the grace to reflect that goodness in your home/daily life.