

One Step to Freedom  
Chapter 6: The Fruit of the Spirit

Lesson 6  
Goodness

*“The fruit of the Spirit is ... goodness” (Galatians 5:22).*

The words “kindness” and “goodness” are closely related in the New Testament, which was translated from the Greek language. Despite their similarities, the apostle Paul lists these two words separately. To better understand why, we need to look at the original Greek word origins.

The word for “kindness” in Galatians 5:22 is *chrestotes*, which means goodness in action resulting in showing kindness toward others. *Chrestotes* can be translated into English as either “kindness” or “goodness”—but the Greek word *agathosyne* is used to describe goodness in Galatians 5:22.

*Agathosyne* means to desire after good, but not always resulting in acts of kindness. To have the fruit of *agathosyne* in our lives means to desire to do the right things to please God—desiring His goodness to rule our hearts and minds. In other words, this fruit of goodness is a desire to do what is right with God, no matter what others might say or do. Jesus is an excellent example of *agathosyne* goodness in the gospel of Matthew.

**Read Matthew 21:12-13.** Jesus did what was good and right. He cleansed His Father’s temple of the wicked people who were abusing it. Those who were chased out saw the goodness and the righteousness of God in action, even though Jesus was not reflecting kindness towards them.

It is interesting to note that the word *agathosyne* is used three other times in the New Testament; in each case it is always used in reference to those who are born again through faith in Christ. Doing what is right and good cannot truly take place until God has changed one’s heart.

**Read Romans 15:14.** Paul was confident that the Roman believers were filled with the goodness of God and in so doing were able to exhort one another.

**Read Ephesians 5:8-11.** The goodness of the fruit of the Spirit should change our hearts so that we no longer desire to walk in wickedness. Our goodness should be so evident that it exposes the darkness around us.

**Read 2 Thessalonians 1:11-12.** Paul’s prayer was that the incredible righteous goodness of God would be fulfilled and evident in the believer’s life, resulting in Christ being glorified in us and us in Him.

The first good thing a person does in God’s eyes is to receive His Son as their personal Savior (John 6:29). After a person is saved, God wants to help them do what is good and right in His eyes. Obeying God’s Word will manifest the fruit of goodness in your life!

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1. Would you say you have an absolute standard of good and evil, of right and wrong? Explain your answer.

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2. Read Isaiah 5:20 and comment upon what it says about goodness.

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3. What is the difference, as shown in the Bible, between kindness and goodness?

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4. In Romans 15:14, what does it say about the Roman believers?

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5. According to Ephesians 5:8-10, how should we walk (conduct ourselves) and what should we demonstrate?

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6. What does Paul pray for us to fulfill? See 2 Thessalonians 1:11.

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7. What does John 6:28-29 tell us we must do to be good in God's eyes?

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