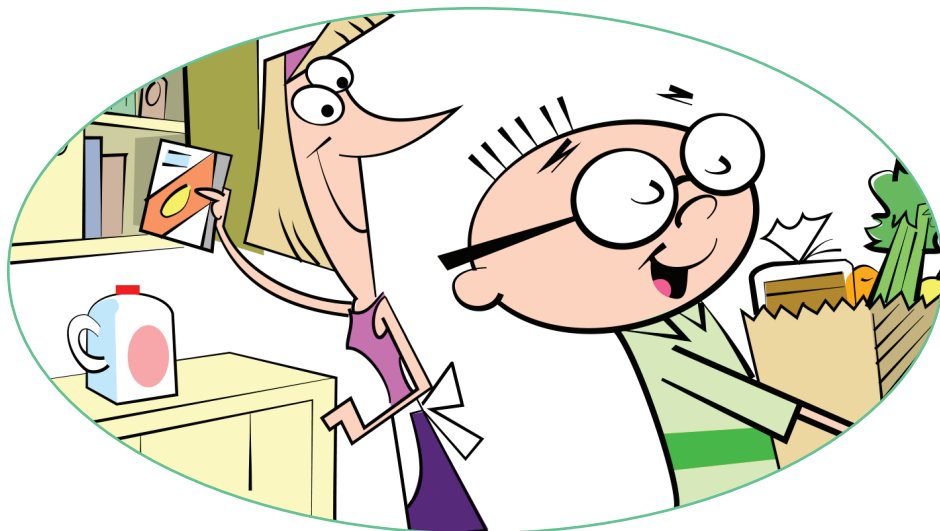


**Bite-Sized,  
No. 07**

**A Fruit of  
the Spirit**

# Goodness

We can show our thankfulness for God's goodness through kind and caring deeds that point others to the goodness of God.



## Memorize it:

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever (Psalm 23:6 NIV).

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22–23 NIV).

## Action:

Read and meditate on Psalm 23. Pause after each verse and think about the ways God's goodness toward you is shown in relationship to what is described in that verse. In your journal, jot down a list of things that come to mind, or even draw a picture relating to a point of God's goodness that the verse reminds you of.

Read the full article, "[Power-Up Devotional #9: Spirit Fruit: Goodness.](#)"

