



Helping Kids Grow in Goodness God's Way

When Choosing Right Isn't Easy

Raising Christ-Centered Kids | Character | The Fruit of the Spirit: Goodness

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"Do not be overcome by evil, but overcome evil with good." (Romans 12:21, *ESV*)

Key Takeaway

Goodness means choosing what pleases God, especially when it's hard.

The Biblical Meaning of Goodness

In Scripture, goodness is more than behaving well; it's the active expression of God's moral beauty shining through us. "The Lord is good to all, and his mercy is over all that he has made" (Psalm 145:9, *ESV*). God's goodness is the reason anything good exists in the world. Every act of love, kindness, and truth comes from Him because He is not just good—He is the very standard of goodness itself (Psalm 100:5; James 1:17).

The Holy Spirit grows that same goodness in our hearts (Galatians 5:22) when God puts His character within us. The Holy Spirit helps us love what is right and turn away from what is wrong. Just as fruit grows from a healthy tree, goodness grows in us when we stay close to God by listening to His Word, trusting His ways, and letting His love guide our choices.

Goodness reflects a rightly ordered love when we love what God loves and reject what harms His creation. It means letting our thoughts, words, and actions align with what is true and pure (Philippians 4:8). When children see that goodness flows from God's heart, not from trying harder, they discover that doing good isn't about earning approval—it's about showing the world what God is like. As Psalm 23:6 reminds us, His "goodness and mercy shall follow [us] all the days of [our] life," because His presence produces goodness wherever it dwells.



Understanding Goodness: When Temptation Pulls Us Away

Goodness can be difficult when doing wrong seems easier, quicker, or more popular. Kids face moments when they must choose between honesty over fitting in, kindness over self-protection, or courage over comfort. Sometimes doing the right thing is hard because we all want to be liked or because the wrong choice feels easier.

But goodness grows when we trust that God's ways lead to lasting joy and life. The Holy Spirit shapes our hearts so that doing what is right becomes something we want to do—not something we have to do. This is how God transforms us from the inside out. When we choose good over evil, even in small ways, we reflect the light of Christ in a dark world.

Practical Steps: Growing in Goodness with God's Help

1. **Choose What's Right** – Pause and ask, "What would honor God in this moment?"
2. **Be Generous** – Give time, encouragement, or help without expecting something back.
3. **Stand Firm** – Say "no" kindly but clearly when tempted to do wrong.
4. **Look for the Lonely** – Notice and include those who are left out or hurting.
5. **Give God the Glory** – Remind your child that we do good to honor Jesus, not to impress others.

Scripture for Parents and Kids

- "for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true)," (Ephesians 5:8-9, *ESV*)
- "The Lord is good to all, and his mercy is over all that he has made." (Psalm 145:9, *ESV*)
- "Let us not grow weary of doing good, for in due season we will reap, if we do not give up." (Galatians 6:9, *ESV*)

Encouragement for Parents

Goodness happens in the small, unseen moments when you choose patience over anger, honesty over convenience, or mercy over judgment. These quiet choices teach your children what true goodness looks like. Parenting in goodness is not about perfection but about direction. God calls you to reflect His character, not to carry the whole weight of transformation.

Parents can remind their children that goodness isn't about never making mistakes; it's about turning back to God when we do. Each time a child tells the truth, shows mercy, or forgives a friend, the Spirit is training their heart to love what God loves. Over time, those choices form character—the kind that stands firm when life's pressures come. Like light in darkness, every act of goodness pushes back what is wrong and makes God's presence visible.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Share a time you faced a hard choice between right and wrong, and ask if your child has faced something similar.
- **Teach:** Read Romans 12:21 together, and talk about one way to "overcome evil with good" this week.
- **Model:** Let your child see you practice goodness in daily choices—like honesty, patience, and kindness.
- **Pray:** Ask Jesus to help you both choose what honors Him and shows His goodness to others.