



**The Fruit of the Spirit in
 Biblical Counseling:
 Goodness**

2

The fruit of the Spirit

- ¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:16-25 (ESV)

3

Observations

- We have two options:
 - Walk in the Spirit with the result that the fruit of the Spirit will form and grow in us.
 - Gratify the desires of the flesh with the resulting sinful behavior.
- Gratifying the desires of the flesh produces a chaotic and destructive array of behaviors.
- Walking in the Spirit forms a unified and ordered life portraying the character of Christ.

4

ἀγαθωσύνη
agathosune

Goodness: Expressing God's character in such a way as to exhibit and facilitate excellence.

5

God is sole possessor of goodness.

- *"And a ruler asked him, "Good Teacher, what must I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? **No one is good except God alone.**" (Luke 18:18–19, ESV)*

6

God is sole possessor of goodness.

- *"Moses said, "Please show me your glory." And he said, "I will make all my goodness pass before you and will proclaim before you my name 'The LORD.' And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. But," he said, "you cannot see my face, for man shall not see me and live." And the Lord said, "Behold, there is a place by me where you shall stand on the rock, and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by. Then I will take away my hand, and you shall see my back, but my face shall not be seen."" (Exodus 33:18–23, ESV)*

7

God is sole possessor of goodness.

- God clearly defines His goodness.
- *"The LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD. The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation." And Moses quickly bowed his head toward the earth and worshiped." (Exodus 34:5-8, ESV)*

8

God is sole possessor of goodness.

- Biblical counselors must personally and completely embrace the fact of God's goodness.
 - *This will impact:*
 - *How you view the activity of God in the world.*
 - *How you respond to traumatic events in your life.*
 - *How you respond to traumatic events in the lives of others.*

9

God is sole possessor of goodness.

- Goodness can only be realized in the life of a human being in the context of a relationship with God the Father through our Lord Jesus Christ.
 - *"as it is written: "None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one." (Romans 3:10-12, ESV)*

10

God is sole possessor of goodness.

- Goodness can only be realized in the life of a human being in the context of a relationship with God the Father through our Lord Jesus Christ.
- *“For we know that the law is spiritual, but I am of the flesh, sold under sin. For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. **For I know that nothing good dwells in me, that is, in my flesh.** For I have the desire to do what is right, but not the ability to carry it out. **For I do not do the good I want, but the evil I do not want is what I keep on doing.”** (Romans 7:14–19, ESV)*

11

God is sole possessor of goodness.

- Goodness can only be realized in the life of a human being in the context of a relationship with God the Father through our Lord Jesus Christ.
- *“Wretched man that I am! **Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!** So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.”* (Romans 7:24–25, ESV)

12

As a follower of our Lord Jesus Christ and a biblical counselor we have the opportunity to extend God’s goodness to others.

- *“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”* (Matthew 5:16, ESV)
- *““But I say to you who hear, Love your enemies, do good to those who hate you,”* (Luke 6:27, ESV)
- *“Do not be overcome by evil, but overcome evil with good.”* (Romans 12:21, ESV)

13

As a follower of our Lord Jesus Christ and a biblical counselor we have the opportunity to extend God's goodness to others.

- *"And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work." (2 Corinthians 9:8, ESV)*
- *"And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith." (Galatians 6:9-10, ESV)*

14

As a follower of our Lord Jesus Christ and a biblical counselor we have the opportunity to extend God's goodness to others.

- *"Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us." (Titus 2:7-8, ESV)*
- *"The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people. But avoid foolish controversies, genealogies, dissensions, and quarrels about the law, for they are unprofitable and worthless." (Titus 3:8-9, ESV)*

15

Biblical counselors have the opportunity to help others experience, grow in, and express God's goodness.

- *"And let us consider how to stir up one another to love and good works," (Hebrews 10:24, ESV)*
- *The fruit of the Spirit is formed in us as we "walk by the Spirit" (Galatians 5:16)*
- *"He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" (Micah 6:8, ESV)*

16
