

Sermon Series: Fruit of the Spirit

Topic: Goodness & Gentleness: *Overcoming Evil & Pride*

Texts: *Galatians 5:22-23; Romans 12:9-21*

In a world that often celebrates power, pride, and aggression, choosing goodness and gentleness can feel like swimming against the tide and for many it is a sign, an expression of weakness.

Yet, these qualities are not signs of weakness, but they are profound strengths that can transform our lives. These very qualities are among the most potent tools we have against evil and pride.

It's in these moments of humility and grace; goodness and gentleness that we find the real power to heal and to connect deeply with others.

Expressing goodness and gentleness by being forgiving, considerate, helping others—these things don't always lead to external rewards, but **they create something even more important: a meaningful and purposeful life.**

One of the true purposes of life is to be an answer to someone's need. As **John Bunyan** famously said, "*You have not lived today until you have done something for someone who can never repay you.*"

But what if, in your struggles, the goodness you've spread helps you find strength?

What if your goodness and gentleness have left an ***imprint*** on someone else's life in ways you may never even know?

The ***impact*** of your goodness and gentleness isn't always immediate or obvious, but it **is real**.

In a world that can be harsh and unfair, choosing to be good and gentle can make all the difference.

It not only defines who we are but also has the power to transform the lives of those around us.

So, even if good doesn't always bring good, it still brings something valuable: ***purpose, integrity, and a heart that remains soft, pliable and open to God***, despite the world's unfairness.

For me personally, **it is priceless and that's worth everything**.

People who exemplify goodness and gentleness:

- **Nelson Mandela** – *spending 27 years in prison...*
- **Ruth, daughter-in-law of Naomi** – *during a time of great loss.*

Luke 6:45 – *The good man brings good things out of the good treasure of his heart...*

For out of the overflow of the heart the mouth speaks.

Prov. 4:23 – *Keep your heart, (guard your heart) with all diligence, for out of it (for from it) flows the issues of life.*

Defining Goodness and Gentleness

What is GOODNESS?

Goodness is a fruit of the Spirit that conveys moral excellence, a reflection of God's righteousness in our actions.

It is an active choice to honour God in all we do. It's being the best version of yourself in terms of character and actions.

It is about having strong ethical values and acting in ways that benefit others and promote unity.

Examples of **goodness**:

Helping others... Being honest... Showing kindness... Standing up for justice... Forgiving...

What is GENTLENESS?

Gentleness is a fruit of the Spirit that expresses ***strength or power under control***.

It is not weakness but a humble and patient approach to dealing with others, even in the face of

hostility, seeking not to dominate but to heal and restore.

It means having the power to act harshly or forcefully but choosing to act with kindness, patience, and understanding instead.

It reflects a strong character because it takes discipline to remain calm and composed when dealing with challenging situations.

Examples of **gentleness**:

*Patient parenting... Respectful conflict resolution...
Humble leadership...*

How to Overcome Evil & Pride with Goodness and Gentleness:

- **Respond with Love.** *Rom. 12:21*
- **Stay humble.** *James 4:10*
- **Seek Peace, Not Revenge.** *Prov. 15:1*
- **Trust God's Justice.** *Rom. 12:19*
- **Serve others Selflessly.** *Phil.2:3-4*
- **Speak words of kindness.** *Prov. 16:24*
- **Forgive quickly.** *Eph. 4:32*
- **Keep doing good.** *Gal.6:9-10*

JESUS, our greatest example.

Jesus is known for his teachings of love, forgiveness, and compassion. Jesus often showed

goodness and gentleness even in challenging circumstances.

For instance, JESUS forgave those who crucified him, saying, "*Father, forgive them, for they do not know what they are doing*" (Luke 23:34).

Jesus conquered evil and pride not by force, but through goodness, and gentleness and love.

He defeated sin and evil by humbling Himself to the point of death on the cross (Philippians 2:8), showing that ***God's power is made perfect in goodness, gentleness and love.***

By embracing goodness and gentleness, we reflect Christ and overcome the darkness in the world.

True victory comes not by force, but by the quiet strength of a heart surrendered to God.

It is through goodness and gentleness that we can overcome the darkness in the world and create a brighter tomorrow.

Let us be Jesus, in this darkened world – let God's goodness and gentleness bring the light that guides others, the gentle touch that heals, and the power that transforms others making the place we live a better world.