

## Goodness

**And concerning you, my brethren, I myself [Paul] also am convinced that you yourselves are full of goodness, filled with all knowledge and able also to admonish one another.** (Romans 15:14)

Synonyms for *goodness* include virtuousness, decency, kindness, and integrity, which are all qualities we should aspire to. Our Lord God is good, and His lovingkindness (mercy) is everlasting; goodness is from the Lord (Psalm 100:4-5; 107:8-9). Despite some things for which he had to admonish the brethren in Rome, Paul was aware that they were full of goodness (Romans 15:14-16).

Upon believing the gospel of salvation, we are no longer of darkness (controlled by our sin nature); instead, we are light in the Lord (we have the nature of Christ within us). The fruit of this light consists of all goodness, righteousness, and truth. Living according to this light is pleasing to God, and the light of Christ will shine through us (Ephesians 5:6-14).

The opposite of expressing goodness is meanness, which includes thinking or doing things to others that are unkind, cruel, evil, or wicked. Instead, as opportunities present themselves, we should do good things not only for our fellow brethren but for everyone (Titus 3:8, 14). Furthermore, we should desire to willingly express goodness as the right thing to do instead of doing so under compulsion (Philemon 1:14).

**Let all bitterness and wrath and anger and clamor and slander [evil speaking] be put away from you, along with all malice.** (Ephesians 4:31)

**See that no one repays another with evil for evil, but always seek after that which is good for one another [your fellow brethren] and for all people.** (I Thessalonians 5:15)