

# Godly Character in Recovery -- Goodness

Just about everyone is in favor of goodness. Just what is goodness and how can our lives be enriched by this fruit of God's Spirit, as it is developed within us? What would life be like if God withdrew all His goodness from us? How would our lives be changed?

*Praise the Lord, and never forget the good things he does for me. He forgives all my sins and heals all my diseases. He ransoms me from death and surrounds me with love and tender mercies. He fills my life with good things.*

*The Lord gives righteousness and justice to all who are treated unfairly. The Lord is merciful and gracious; He is slow to get angry and full of unfailing love. He has not punished us for all our sins, nor does he deal with us as we deserve.*

*The Lord is like a father to his children, tender and compassionate to those who fear him. For he understands how weak we are; he knows we are only dust. But the love of the Lord remains forever with those who fear him.* (Psalm 103)

God invites us today to be good as He is good. God describes goodness as being one who forgives when we are wronged; receiving and offering healing rather than living as a victim; surrounding people in life-affirming ways rather than being critical and judgmental; tenderness in our dealings with others who perhaps are harsh; undeserved love (mercy); gracious speech and actions; slow to anger or irritability; understanding of the weaknesses of others and faithful to them; not dealing as they deserve. It's a tough order to be a good person in the way God describes it.

God's character is always to be good. Sometimes life would suggest that God is otherwise. We often blame God for the bad things that happen to us or for felt lacks in our lives. God wants us to come to know Him in such a way that He can pour out good things into our lives. God always has something good for us, regardless of what has happened to us or what has been kept from us. God has seen everything and God will make a good way for us, giving us a future in which we will prosper and have hope.

When life has us down it is good to remember that God's goodness is close to us. We may be unfamiliar with looking for treasures inside dark circumstances but the treasure is there, nonetheless. God invites us to remember the many ways He stands ready to bless us and satisfy our hearts every single day.

How can I welcome goodness into my life when my circumstances seem to be something other than good?

1. Tell myself the truth that God is good and commit myself to looking for that good
2. Ask forgiveness for any irresponsible behaviours on my part that have me in my present circumstances
3. Take time to inventory what is good because it trains my eye to see even more
4. Choose positive thoughts
5. Let go of anger and resentment around the actions of others
6. Choose to look for solutions rather than complain about problems
7. Take whatever steps and make whatever contacts I can to do my part to reach out
8. Pray for gentleness and gratitude
9. Reach out and bless someone else with kindness and generosity

If we are living unsatisfied today, it is not God who is depriving us. We need to look for the good God is sending our way and make room in our hearts and lives to receive. Then we need to pass along that goodness to others in whatever circumstances they find themselves because God promises that when we give to others He will pour even more back into our lives.

God is good all the time! God give me grace to live goodness too.

## Questions For Reflection and Discussion

1. How have I observed God being good to me, even when I didn't deserve it?
2. In what ways do I need to look for and welcome goodness into my life?
3. In what ways do I need to practice the goodness of God in my relationships?