

Unit 1: Fruits of the Spirit

Lesson 1.5: Fruits of the Spirit – GOODNESS

Teacher Preparation and Materials Needed:

Scriptural Reference:

Galatians 6:10, Luke 10:25-37

Activities:

Choose based on time available. Instructions and supplies listed below.

Activity 1: “Goodness Bags” Service Project

Activity 2: “Thank You Cards” Craft Station

Activity 3: “Goodness Detectives” - Take Home Activity

Activity 4: Goodness Wordsearch

Words of the week:

բարութիւն - par-oo-tyoon - goodness

խորան - khor-an - altar

օգնութիւն - ok-noo-tyoon - help

Objective:

Students will understand that goodness is actively doing what is right and helpful because of God’s love working in us through the Holy Spirit. They will explore how goodness goes beyond just avoiding bad things. It means choosing to do good things for others. They will also memorize Galatians 6:10: *“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”*

Moral Character Focus:

Knowledge: Children will learn that goodness is a fruit of the Holy Spirit, shown when we actively do what is right and helpful for others.

Understanding: Children will recognize that true goodness comes from God and means making choices to help, serve, and bless others, not just avoiding wrong.

Application: Children will identify practical ways to practice goodness daily by looking for opportunities to do good deeds, even small ones.

Values: Children will develop a desire to be good because God is good to us and calls us to reflect His goodness to the world.

Memory Verse:

**“So then, as we have opportunity, let us do good to everyone,
and especially to those who are of the household of faith.”**

— Galatians 6:10

Lesson

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՛ յամենայն ժամ. ի չար խորհրոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Lesson Body: Fruits of the Spirit - GOODNESS

Let's start with a question: *What does it mean to be truly good?*

What is Goodness?

Goodness is more than just not doing bad things. Real goodness is when we actively look for ways to do what is right and helpful. It means choosing to bless others, serve them, and make their lives better—even when it costs us something, even when it's inconvenient, and even when no one notices.

In the Armenian Church, we learn that goodness is one of the fruits the Holy Spirit grows in our hearts. That means it's not just following rules or staying out of trouble—it's about filling the world with good actions because God's love lives in us. Like a tree that naturally produces sweet fruit, a heart filled with the Holy Spirit naturally produces goodness.

Goodness means helping someone carry something heavy. It means standing up for what's right even when it's hard. It means doing the right thing, not because you'll get rewarded, but because it reflects God's character. Goodness is a choice we make every day to bring God's light into the world through our actions.

What the Bible Says about Goodness

“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”

— Galatians 6:10

God's Goodness to Us

God is perfectly good. Everything He does is right, loving, and true. He gives us life, food, families, and friends. He sent Jesus to save us from sin. He gives us the Holy Spirit to help us grow. The Bible says God is so good that even nature shows His goodness—the sun rises every morning, the rain waters the earth, and creation reflects His generous heart.

Jesus showed goodness everywhere He went. He healed the sick, fed the hungry, taught people about God, and always did what was right. Even when it was hard, even when people didn't understand, Jesus chose goodness. When the Holy Spirit lives in us, we can share that same goodness. We become God's hands and feet, doing good in His name.

Words of the Week:

բարութիւն - par-oo-tyoon - goodness

խորան - khor-an - altar

օգնութիւն - ok-noo-tyoon - help

Memory Verse:

“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”

— Galatians 6:10

Goodness in the Church

In the Armenian Divine Liturgy, we remember all the good things God has done for us. We give thanks for His goodness and ask Him to help us live good lives. When we bring our offerings to the altar, it’s an act of goodness. We give back to God from what He has given us, and those gifts help the Church do good works.

During the Divine Liturgy, we also pray for those in need—the sick, the suffering, the poor. This reminds us that goodness isn’t just about us; it’s about using what God has given us to bless others. The Church has always been a place where people practice goodness by caring for orphans, feeding the hungry, and helping those who cannot help themselves.

How the Holy Spirit Grows Goodness in Us

Goodness is like a garden that needs tending. The Holy Spirit grows goodness in us when:

- We help someone without being asked
- We share what we have with those in need
- We stand up for someone being treated unfairly
- We tell the truth even when a lie would be easier
- We use our talents and gifts to bless others
- We do our chores and schoolwork with a good attitude
- We look for ways to make someone’s day better

Each time we choose to do good, it’s like watering the garden God planted in our heart. The more we practice goodness, the more it becomes who we are.

A Story of Goodness: The Good Samaritan

Jesus told a story about a man traveling from Jerusalem to Jericho. While he was walking along the road, robbers attacked him, beat him, took everything he had, and left him lying on the side of the road, badly hurt and unable to move.

Soon, a priest came walking down that same road. When he saw the hurt man lying there, he looked at him, and then walked right past on the other side of the road. He didn’t stop to help. A little while later, a Levite came by. Levites were special temple helpers who served God. But when he saw the injured man, he also walked past on the other side. He didn’t stop either.

Then a Samaritan man came traveling down the road. This is important to know: Jewish people and Samaritans did not like each other. They avoided each other and didn’t help each other. If anyone had a reason not to stop, it was the Samaritan. But when the Samaritan saw the hurt man lying there, his heart was filled with compassion.



The Samaritan didn't just feel sorry and keep walking. He stopped! He knelt down beside the injured man and carefully bandaged his wounds, pouring oil and wine on them to help them heal. Then he gently lifted the man onto his own donkey and took him to an inn where he could rest and recover. He stayed with the man that night, taking care of him. The next morning, he gave the innkeeper money and said, "Take care of this man. If it costs more than this, I will pay you back when I return."

Jesus told this story to show us what true goodness looks like. The priest and the Levite knew the right thing to do, but they didn't do it. But the Samaritan saw someone in need and asked himself, "What good can I do?" Then he did it, even though it was inconvenient, even though it cost him something, and even though the hurt man was a stranger who might not have been kind to him. That is true goodness, when we see a need and choosing to help, using what you have to bless others, and doing what's right even when it's hard or costly.

Discussion Pause:

1. Why do you think the priest and the Levite didn't stop to help the hurt man?
2. What made the Good Samaritan different? Why did he stop when the others didn't?
3. What are all the good things the Samaritan did to help the injured man?
4. Helping the hurt man cost the Samaritan time, money, and effort. Why do you think he did it anyway?
5. Can you think of a time when you saw someone who needed help? What did you do or what could you do?
6. What are some good things we can do this week to show God's love to others?

Activity 1: "Goodness Bags" Service Project

Materials needed: Paper bags, art supplies to decorate, items to fill bags (snacks, socks, toiletries, encouraging notes, small toys)

How it works:

- Children decorate bags with messages of God's love and goodness
- Fill bags with helpful items for people in need (homeless shelter, nursing home, children's hospital, or families in the church)
- Include a handwritten note or drawing from each child
- Deliver the bags together as a class or through the church

Activity 2: "Thank You Cards" Craft Station

Materials needed: Card stock or blank cards, stamps, stickers, markers, crayons, glue, decorative materials

How it works:

- Set up a craft station with card-making supplies
- Children create thank-you cards for people who show goodness: parents, teachers, church volunteers, pastors, janitors, librarians, bus drivers
- Encourage specific examples: "Thank you for helping me when..." "I noticed your goodness when..."
- Deliver cards in person when possible

Note: *These activities are appropriate for Thanksgiving time.*

Activity 3: “Goodness Detectives” - Take Home Activity

Materials needed: Magnifying glasses (real or craft), detective notebooks, pencils

How it works:

- Children become “Goodness Detectives” for the week
- Their mission: Look for and record acts of goodness they see others doing (parents, siblings, teachers, friends, strangers)
- They write or draw what they observed in their detective notebooks
- Next class, they share the goodness they “detected” and discuss what made those actions good

Why this matters: *This trains children to notice goodness around them and recognize it in action. It helps them understand what goodness looks like in real life and inspires them by seeing positive examples. It also shifts focus from just their own actions to appreciating goodness in others.*

Activity 4: Goodness Wordsearch

G	W	T	A	T	H	G	I	R	V	G	R	O	O	J	P	Actions
V	Y	M	L	O	K	N	O	N	B	E	O	N	D	B	M	Inn
U	Q	Q	T	M	T	Z	O	C	T	L	A	E	F	X	J	Right
I	S	K	A	N	K	S	C	A	G	W	C	K	U	E	G	Altar
M	N	G	R	L	K	B	W	Y	X	I	E	Z	R	L	N	Jericho
P	O	J	O	I	N	E	R	T	V	U	D	I	O	S	I	Road
R	I	Y	C	R	T	U	V	R	R	O	C	I	N	T	V	Blessing
O	T	K	K	I	Z	M	E	T	G	H	L	B	N	F	O	Jerusalem
V	C	O	V	S	C	S	T	V	O	S	A	R	I	I	L	Samaritan
E	A	E	P	M	E	L	A	S	U	R	E	J	O	G	N	Gifts
M	L	S	A	M	A	R	I	T	A	N	H	T	Q	A	B	Levite
E	G	O	O	D	N	E	S	S	A	O	H	U	C	K	D	Service
N	N	V	C	E	Z	D	F	J	M	J	N	D	M	E	N	God
T	T	U	H	R	F	L	L	M	K	H	N	A	E	Y	R	Loving
B	Z	A	G	N	I	S	S	E	L	B	U	R	N	Y	U	True
G	P	R	I	E	S	T	G	H	A	E	P	D	V	Y	H	Goodness
																Oil
																Water
																Improvement
																Priest

Review

Memory Verse Review:

“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.” (Galatians 6:10)

Words of the Week Review:

բարութիւն - par-oo-tyoon - goodness

խորան - khor-an - altar

օգնութիւն - ok-noo-tyoon - help

Lesson Review:

Questions:

1. *What made Samson special even before he was born? (God chose him and had a special plan for him; he was set apart as a Nazarite.)*
2. *Where did Samson’s strength really come from? (From God, not just from his muscles or his long hair.)*
3. *What were the special rules Samson’s parents had to follow? (Never cut his hair, don’t drink wine, don’t eat unclean food—signs he belonged to God.)*
4. *How can we be “strong for God” like Samson? (By making good choices, using our gifts to help others, obeying God and our parents, praying.)*
5. *What does it mean that God has a special plan for you? (God made you unique with special gifts, and He wants to use you to do good things; you are loved and have a purpose.)*

Life Application

What are we going to do with what we have learned today?

This week, be like the Good Samaritan by actively looking for opportunities to do good. At home, help without being asked. At school, include someone who’s alone or stand up for someone being teased. In your community, hold doors open and be kind to everyone, even those who are different from you. Remember: goodness isn’t just avoiding bad things; it’s choosing to DO good things, even when it costs you time or effort. Start each day asking, “What good can I do today?” and let God’s love flow through you to bless others.

** Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.