

## Alpha Counseling Services

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Dear Friends,

I must admit that I am truly sick of political commercials! I don't watch much TV but, try to catch the news daily. I think it is more a habit than good sense. As I watch politician's be so negative and nothing good can be mentioned about anyone or anything, except themselves, I want to focus on another Fruit of the Spirit. GOODNESS!

GOODNESS is a term not easy to define. The scriptural definition of goodness is the quality or state of doing or producing good : the quality or state of being beneficent. Searching the web for examples, of goodness, and there are many but few that seemed to reflect what I think described the work of the Holy Spirit.

Here are a few I chose, several are by Anonymous.

'Even if you don't agree, at least have the goodness to be polite!'

'Be a person of such goodness that your friends will be inspired to lead better lives.'

'Live in such a way that if people should see you they could see God's goodness in you.'

'There is no limit to the amount of good a person can do if they don't care who gets the credit.'

'Wisdom has its root in goodness.'Ralph Waldo Emerson

'Man has two great spiritual needs. One is for forgiveness. The other is for goodness.'  
Billy Graham

Scriptural examples of goodness-

Matthew 5: 43-45 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

Romans 12:18-21 If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.

So as we face another election - pray that the Holy Spirit will flow through you as you think of all the goodness He has given you and then share it with those around you. Both friends and enemies!

God bless you and thank you for the goodness you share with your prayers and gifts to Alpha.

*Richard*