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What is goodness?

Name three things that are full of goodness.

Goodness isn't about how someone's feeling, how skilled someone is, or how something tastes. Goodness is about what something is. (Give examples of things and ask your kid(s) if each thing is bad or good. e.g. Superman is good, stealing is bad.)

Read Philippians 4:8.

Why should we think about things that are good?

When you take goodness in, you will give goodness out. When you think about things that are good, your mind will be full of goodness. Then, you will have goodness to give. Pray and ask God to give you goodness in your heart.