**Mary Rose M. dela Torre T203 GE102**

**Goodness**

Accordingly, the life of Jesus Christ is the perfect example of goodness, as He died on the cross for the sins of humanity in order to give us the gift of eternal life. His ministry and sacrifice is an example of God's goodness toward mankind.

Each of us has its own definition of goodness. Some says goodness comes from doing good and being kind towards other. But for me, humanity is what goodness mean. We human are more privilege to see and give goodness to every individual. Human me sometimes cruel but there is still someone who is willing to serve and help other. Humanity is all about helping and giving courage to those who are in needs.

In our daily life, we encounter people who are angry, deceitful, intent only on satisfying their own needs. There is so much anger, distrust, greed, and pettiness that we are losing our capacity to work well together. Many of us are more withdrawn and distrustful than ever. Yet this incessant display of what’s worst in us makes it essential that we believe in human goodness. Without that belief, there really is no hope. There is nothing equal to human creativity, human caring, and human will. We can be incredibly generous, imaginative, and open-hearted. We can do the impossible, learn and change quickly, and extend instant compassion to those in distress. And these are not behaviors we keep hidden. We exhibit them daily. How often during one day do you figure out an answer to a problem, invent a slightly better way of doing something, or extend yourself to someone in need. Very few people go through their days as dumb robots, doing only repetitive tasks, never noticing that anybody else needs them. Look around at your colleagues and neighbors, and you’ll see others acting just like you--people trying to be useful, trying to make some small contribution, trying to help someone else.

In this time of pandemic I was able to witness how goodness human still has. We are all together suffering and enduring this pandemic. I felt so amazed watching, reading articles on how someone give foods and essential to those who are less fortunate. How they give some medical equipment for the essence of others. How our front liners still fighting into this virus. They can actually escape and save their own lives but they chose to cure and be the positivity to those how are in illnesses. This pandemic may turned our live upside down we have been struggling to find ways in tolerating ourselves in staying at home but we able to share some kindness by sharing out the blessings we all have. It also amazed me seeing how we come up with unity, nation to nation helping overcoming this pandemic.

Goodness comes from within… Goodness is something chosen. When a man cannot choose he ceases to be a man. Goodness models Christ's actions of love, humility, and forgiveness. It shows integrity, honesty, and compassion towards others. It is only possible through God's power at work in our heart. I love the reminder in our verse this week that it is God at work in us that fulfills His good purpose.