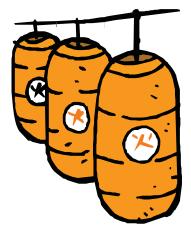


## TO BECOME CHAMPIONS ...

...you and I must learn to live by the Fruit of the Spirit, and fight against our sin on a daily basis. This is no easy workout, and will require time, sweat, training, and effort.





Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

Then during the week, get into the ring as you put into practice each lesson in your real life. Each time you do the homework assignment titled "In the Ring," you are throwing a great punch at sin!

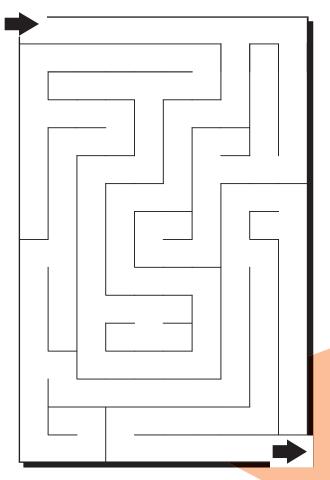


## KEEP UP THE FIGHT, AND YOU CAN WIN COMPETITIONS AND BECOME A CHAMPION!



#### PATIENCE VS IMPATIENCE

Bible Story: The golden calf Exodus 32



 How does God speak to us? What was the last thing He said to you?
What things can we do so we don't forget the miracles of God as quickly as the Israelites did in today's story?
What does eternity mean? How is it possible that we will live forever? Memory Verse: "Being strengthened with all power according to his glorious might so that you may have great endurance and patience." Colossians 1:11

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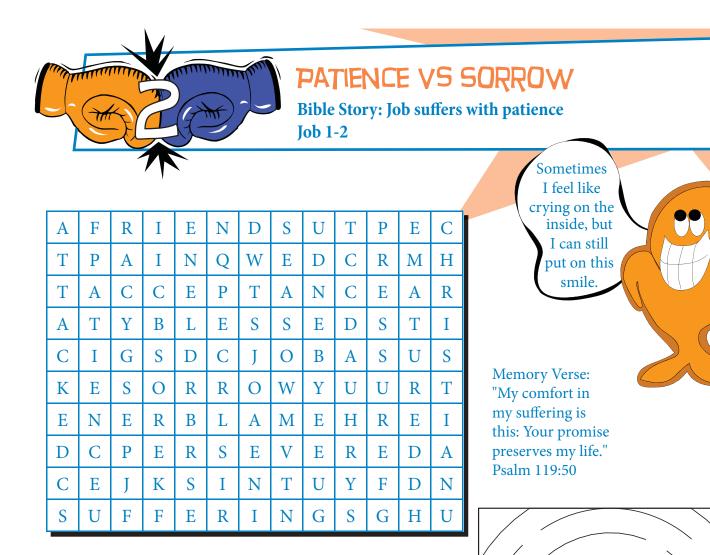
TIME ETERNITY GOD BLESSING MIRACLES

I think I will get

there faster with these.

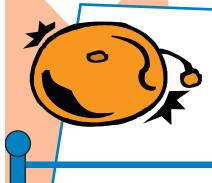
#### IN THE RING

Write in the dirt something God has done for you in the past, then mark that spot with a rock. Do one at church, each student making their own special spot, and do another at home during the week. After you have marked your spot with a rock, share with someone else what God did.



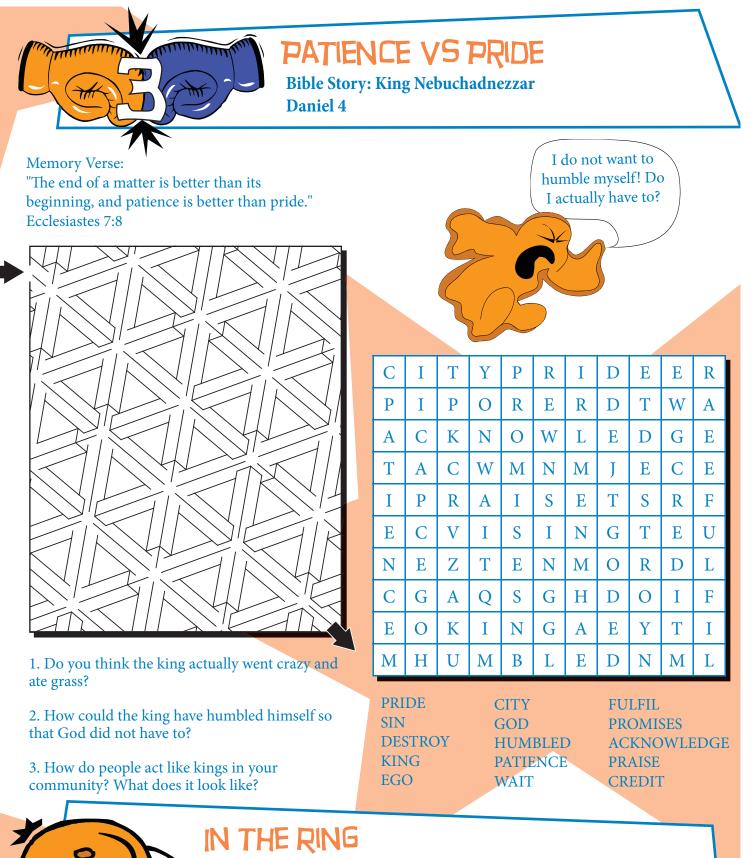
PATIENCE SORROW PAIN SUFFERING PERSEVERE BLESSED JOB ATTACKED BLAME SIN PRESSURE FRIENDS MATURE CHRISTIAN ACCEPTANCE

- 1. Why does God allow us to suffer?
- 2. Why did our loved one have to die?
- 3. How could suffering possibly be a blessing?



#### IN THE RING

Write a thank you to God over something where you suffered. Try to say as Job did, "The Lord gave and the Lord has taken away. May the name of the Lord be praised." Share with others in class your testimony if you can.



Do some activities to humble yourself. You could give someone your place in line, avoid watching a TV show where the characters are full of pride, give up your spot on stage or in front of others, or allow others to be correct.



PATIENCE VS ANGER

Bible Story: David, Nabal and Abigail 1 Samuel 25

ANGER EMOTION BLINDS WRONG RIGHT DAVID NABAL ABIGAIL REVENGE DANGER MEAL TRAVELED PROTECTION CORRECT BLESSED

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S	Y	U	М	E	А	L	В	М	W	R	0	N	G	D	L	D

1. What is wrong with getting angry when we are wronged?

2. Have you ever been treated wrong when you were in the right? Explain.3. Will God always avenge me?

Do not look! I don't want to get caught! (because that makes me really mad.)

Memory Verse:

"In your anger do not sin": Do not let the sun go down while you are still angry..." Ephesians 4:26

#### IN THE RING

Purchase a few small items to give away as gifts. Whenever you become angry, give an item to the person you are angry with. Try to stomp out your anger by giving small gifts to people, and watch your patience grow.

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What things do you expect to receive from your government?
What do people often say when they are grumbling and complaining about what they do not have?

3. Have you ever been tempted to demand something from God?

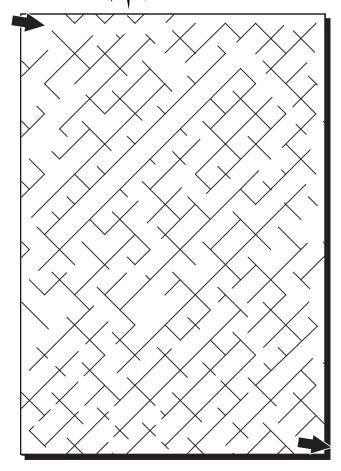
#### IN THE RING

This week you are owed nothing from anyone. Every time you want to ask for something, stop yourself. Each time you successfully stop yourself from asking for food, favors, time, or help; you win against this sin.



### KINDNESS VS COMPARISONS

Bible Story: King Saul and David 1 Samuel 18:5-16



1. With whom do you normally compare yourself? How does it make you feel?

2. In what ways do you see comparisons in Facebook or other social media in your circle of friends?

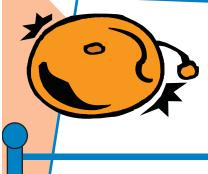
3. Do the people in your community try to have bigger and better parties? In what way?

My magazine is better than your magazine. I know it!

Memory Verse:

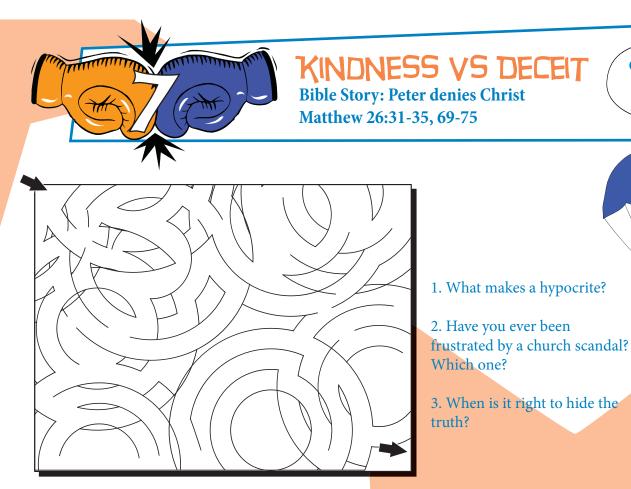
"Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else," Galatians 6:4

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Η	G	D	Α	V	Ι	D	G	U	V	Ι
J	E	Α	L	0	U	S	Η	Т	Y	Μ
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#### IN THE RING

Give yourself 20 small balls at the beginning of the week. Each time you find yourself comparing yourself to others, take away one of the balls. This includes facebook or other online applications where we often compare ourselves to others. If you need to, go off facebook for the whole week.



Memory Verse:

"I do not sit with the deceitful, nor do I associate with hypocrites." Psalm 26:4

Check me out! I am flying all

on my own!

90

FIGHT SIN DECEIT HIDE TRUTH INTEGRITY HYPOCRITES PREACHER LIVE TEACHINGS PETER DISOWNED JESUS FORGIVENESS REPENT

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#### IN THE RING

This week, go to someone that you have lied to, and tell them the truth. Apologize for the lie, and ask them to forgive you. Each time you return and tell the truth will be another major win against this sin.

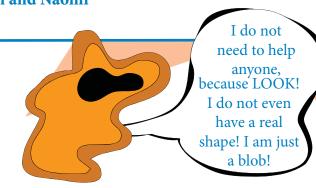


#### **KINDNESS VS DETACHMENT**

Bible Story: Ruth and Naomi Ruth 1:8-22

 What laws does your society have where you are responsible to help those in need?
In your society, in what ways do people often say, "It is not my problem" and refuse to help?

3. What does unity in the body of Christ look like?



Memory Verse:

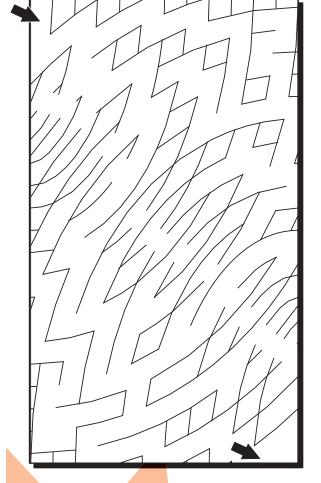
"Do not withhold good from those to whom it is due, when it is in your power to act." Proverbs 3:27

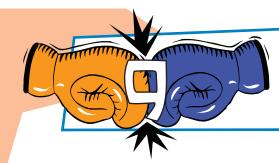
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DETACHMENT WHOSE ATTITUDE PROBLEM DISENGAGEMENT HELP FAIL OTHERS CONNECT CODE HONOR INSTINCT LAW RUTH NAOMI

#### IN THE RING

Find someone to help, especially if they are "not your problem." Give to a homeless person on the street, or maybe a child at school needs a new pencil or eraser. Make sure they are not related to you, and that you have no responsibility or need to help them.



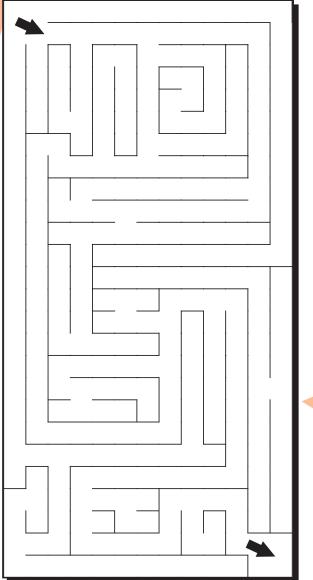


#### **KINDNESS VS MALICE**

Bible Story: Esther saves her people Esther 3-5

Ouch! It hurts when others are mean to me.

.



1.	Why	doesn't	God	just	wipe	out	all the	
ev	vil pec	ople?						

2. Almost all countries have a story when they tried to kill off a whole race of people. What is your country's story?

3. Are babies born pure and without sin?

KINDNESS MALICE INFLICT INJURY HARM ANOTHER HAMON PLOTS KILL JEWS MEAN VINDICTT ESTHER BANOUET

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Memory Verse:

"I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another." Romans 15:14

#### IN THE RING

Protect someone this week from someone who is being mean to them for no reason. As we protect someone else, we will also combat this sin in our own hearts. Risk your own reputation to protect someone else.



#### **GOODNESS VS APATHY**

Bible Story: Sodom and Gomorrah Genesis 18:16-33

Why should I worry about someone else? I have my own troubles down in this hole!



1. What would you do if the Lord himself showed up at your house for a visit?

2. What apathy is in your neighborhood? Do people say, "It is not my problem?"

3. Are angels real? Is there an angel in our class right now?

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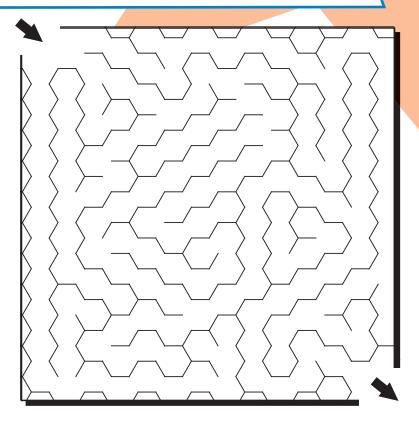
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Memory Verse: "Anyone who withholds kindness from a friend forsakes the fear of the Almighty." Job 6:14

#### IN THE RING

Pray and ask God to increase passion in your heart this week. Look for something you can do for others to increase your passion for others. Visit a ministry and learn about what they are doing, help out in a shelter that feeds others, or watch videos about needs around the world. Participate where you can.

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**GOODNESS VS EVIL** 

**Bible Story: Herod and John the Baptist** Luke 3:18-20, Matthew 14:1-12

1. What will heaven be like, and who will go there?

2. What will hell be like, and who will go there?

3. Can the evil things people do against me hurt my spirit?

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GOODNESS EVIL HEART MEN TRUST GOD HEROD JOHN BAPTIST PREPARE LORD HEAVEN HELL JUSTICE I had no idea people could be this mean. It might take me a while to get out from under this

weight.

Memory Verse: "Turn from evil and do good; seek peace and pursue it." Psalm 34:14

#### IN THE RING

•

Look around you for the presence of evil, where someone is hurting another for apparently no reason. Find a way to intervene this week to protect the innocent person. Maybe helping them walk a different way home from school, providing a lunch, or having a group of 4 join you in walking with them.



**HUMBLED** 

#### GOODNESS VS SELFISH AMBITION

**Bible Story: Tower of Babel Genesis 11:1-9** 

GOODNESS																	
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TOWER BABEL	Т	F	A	Μ	E	С	A	R	E	F	U	L	S	D	E	D	Ν

Memory Verse:

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." Philippians 2:3

#### IN THE RING

Do nothing this week to increase your fame or popularity. Each time an opportunity arises, turn it down. As you do this, you will be punching down this very sneaky sin.

1. Name some examples of Christian fame. Do you think that sometimes people want to make a name for themselves?

2. How easy would life be if God himself were against you?

3. What are ways that we can humble ourselves so that God does not have to?





#### GOODNESS VS IMPURITY

Bible Story: Joseph and Potiphar Genesis 39:1-21

- 1. What do you think about all the students in your school that have boyfriends/girlfriends?
- 2. Are you handsome/ beautiful?

**IMPURITY** 

**ACTIONS** 

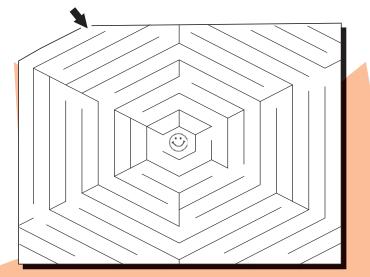
HEARTS JOSEPH SLAVERY POTIPHAR

WIFE STAY PURE INSIDE

CONTAMINATED

DEMONSTRATE

3. If someone has been hurt, are they damaged and no longer pure?

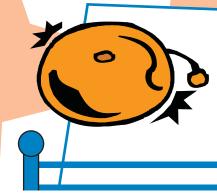


Can I run from this situation by climbing up this ladder?

#### Memory Verse: "With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith."

2 Thessalonians 1:11

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#### IN THE RING

Take care of your heart this week. If something has been done against you, remember that they are the ones that sinned, not you. Say in prayer every day, "I am pure before you, God". If you have done something against someone else, apologize to that person and to God. Then you can also pray, "I am pure before you, God."

# ...punchWILLknockagainstthemeach sinNOTout.

## YOU WANT A KNOCK-OUT? KEEP PUNCHING.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Romans 5:8 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1John 1:9 "Surely I was sinful at birth, sinful from the time my mother conceived me." Psalm 51:5



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