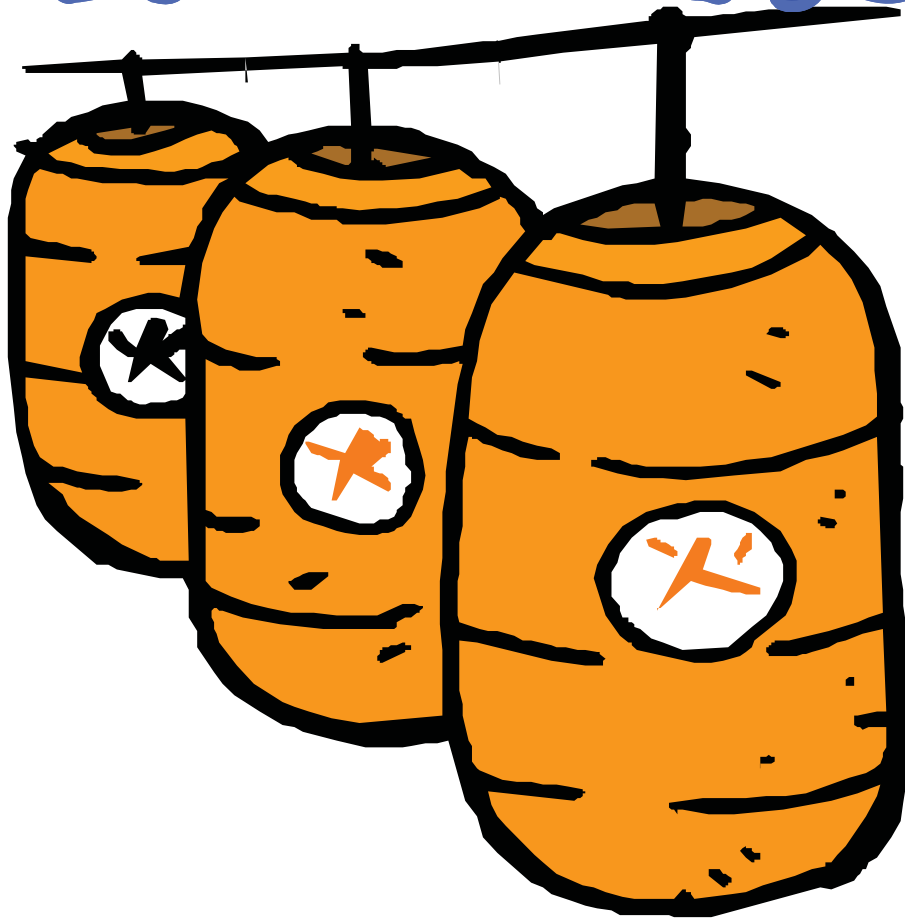


UNIT 2

CHAMPIONS

by the
Fruit of
the Spirit



DIFFICULT



DIFFICULT
Student Book

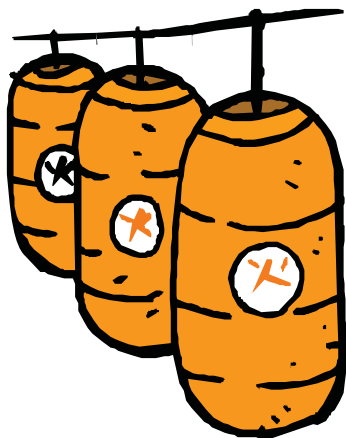
TO BECOME CHAMPIONS...

...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.

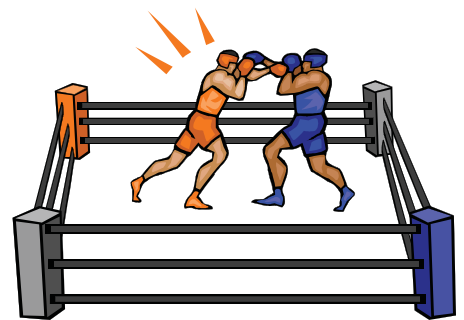


HOWEVER, TO BE A WINNER, YOU WILL NEED A COACH.

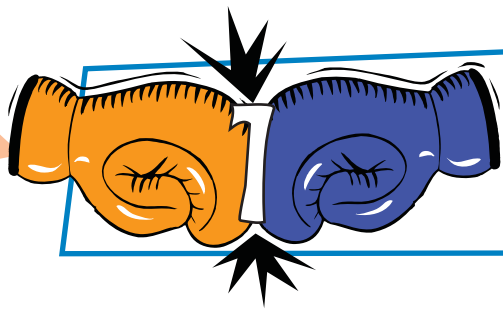


Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

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!



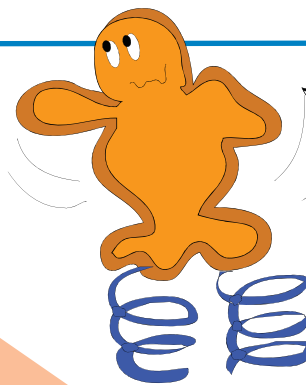
KEEP UP THE FIGHT, AND YOU CAN WIN COMPETITIONS AND BECOME A CHAMPION!



PATIENCE VS IMPATIENCE

Bible Story: The golden calf
Exodus 32

I think I
will get
there
faster
with
these.

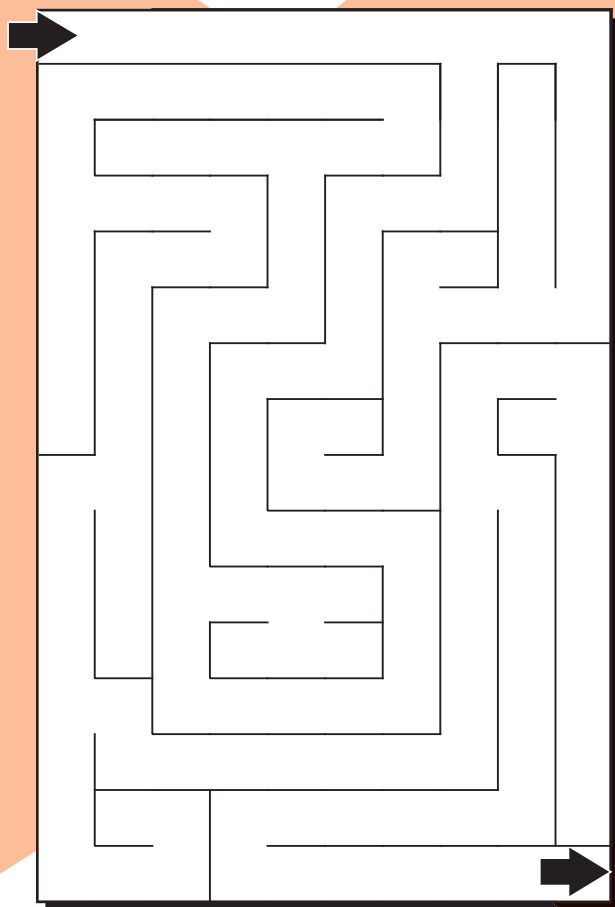


G	I	S	R	A	E	L	I	T	E	S	W
O	N	M	M	I	R	A	C	L	E	S	Q
D	I	S	O	B	E	D	I	E	N	C	E
F	G	R	S	L	A	V	E	R	Y	S	T
T	I	M	E	E	W	A	I	T	G	A	E
B	L	E	S	S	I	N	G	S	F	V	R
R	Y	U	P	A	T	I	E	N	C	E	N
M	O	U	N	T	A	I	N	M	D	D	I
K	P	P	L	A	G	U	E	S	W	Q	T
P	R	O	T	E	C	T	I	O	N	A	Y

PATIENCE
ISRAELITES
SAVED
PLAGUES
SLAVERY

PROTECTION
MOSES
MOUNTAIN
DISOBEDIENCE
WAIT

TIME
ETERNITY
GOD
BLESSING
MIRACLES



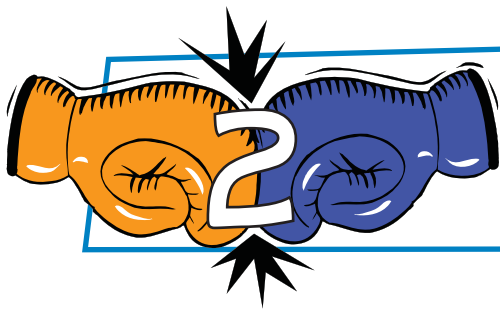
Memory Verse:

"Being strengthened with all power according
to his glorious might so that you may have great
endurance and patience." Colossians 1:11



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.

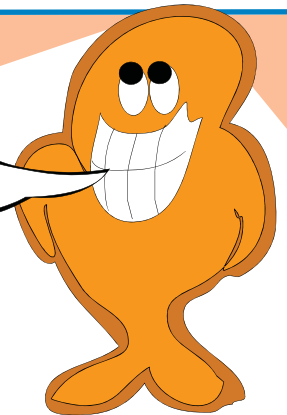


PATIENCE VS SORROW

Bible Story: Job suffers with patience
Job 1-2

A	F	R	I	E	N	D	S	U	T	P	E	C
T	P	A	I	N	Q	W	E	D	C	R	M	H
T	A	C	C	E	P	T	A	N	C	E	A	R
A	T	Y	B	L	E	S	S	E	D	S	T	I
C	I	G	S	D	C	J	O	B	A	S	U	S
K	E	S	O	R	R	O	W	Y	U	U	R	T
E	N	E	R	B	L	A	M	E	H	R	E	I
D	C	P	E	R	S	E	V	E	R	E	D	A
C	E	J	K	S	I	N	T	U	Y	F	D	N
S	U	F	F	E	R	I	N	G	S	G	H	U

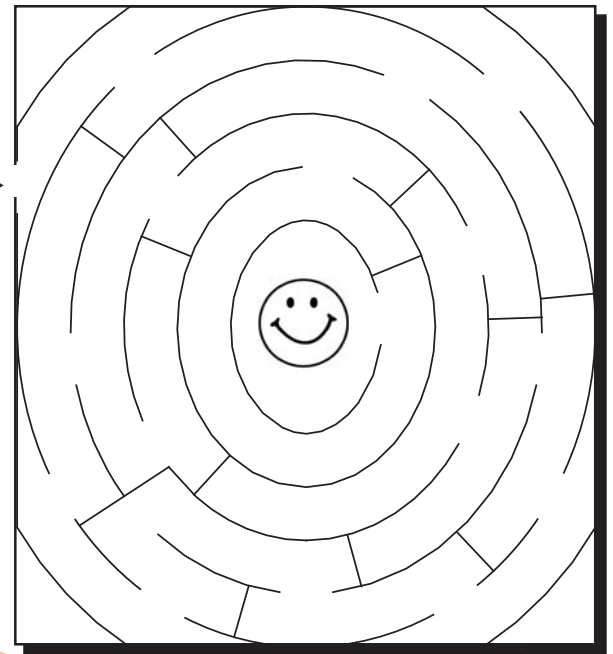
Sometimes I
feel like crying
on the inside,
but I can
still put on
this smile.



PATIENCE
SORROW
PAIN
SUFFERING
PERSEVERE

BLESSED
JOB
ATTACKED
BLAME
SIN

PRESSURE
FRIENDS
MATURE
CHRISTIAN
ACCEPTANCE



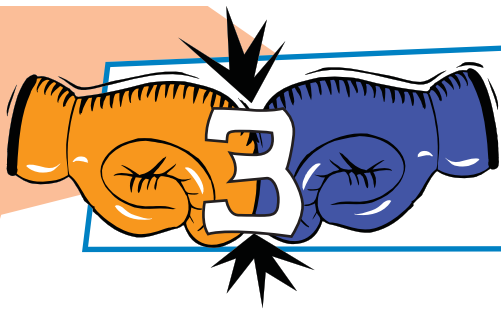
Memory Verse:

"My comfort in my suffering is this: Your
promise preserves my life." Psalm 119:50



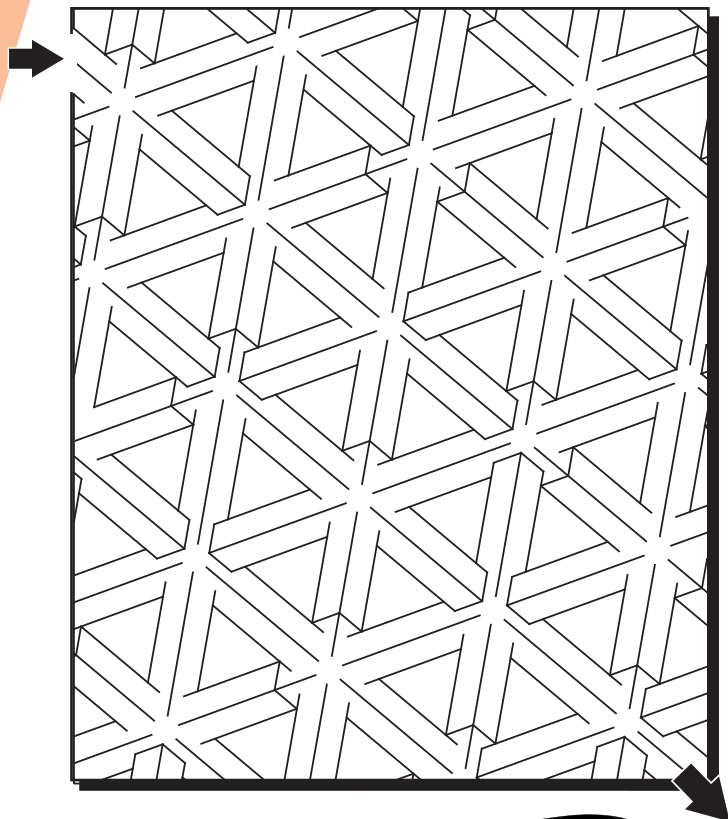
IN THE RING

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.



PATIENCE VS PRIDE

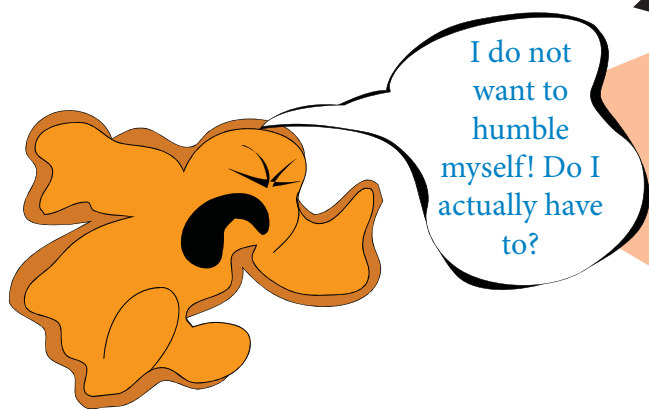
Bible Story: King Nebuchadnezzar
Daniel 4



Memory Verse:

"The end of a matter is better than its beginning, and patience is better than pride."
Ecclesiastes 7:8

C	I	T	Y	P	R	I	D	E	E	R
P	I	P	O	R	E	R	D	T	W	A
A	C	K	N	O	W	L	E	D	G	E
T	A	C	W	M	N	M	J	E	C	E
I	P	R	A	I	S	E	T	S	R	F
E	C	V	I	S	I	N	G	T	E	U
N	E	Z	T	E	N	M	O	R	D	L
C	G	A	Q	S	G	H	D	O	I	F
E	O	K	I	N	G	A	E	Y	T	I
M	H	U	M	B	L	E	D	N	M	L



PRIDE
SIN
DESTROY
KING
EGO

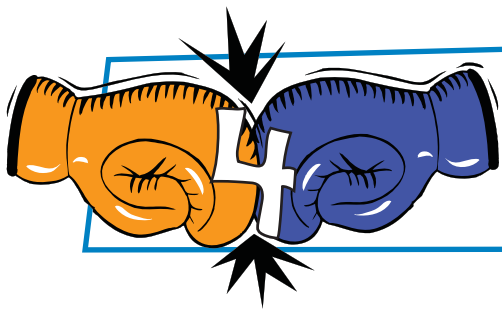
CITY
GOD
HUMBLED
PATIENCE
WAIT

FULFIL
PROMISES
ACKNOWLEDGE
PRAISE
CREDIT



IN THE RING

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

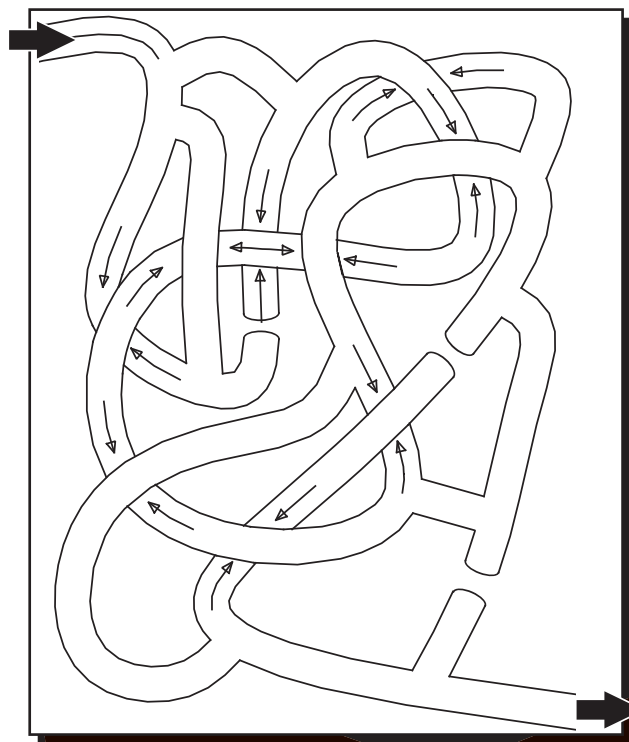
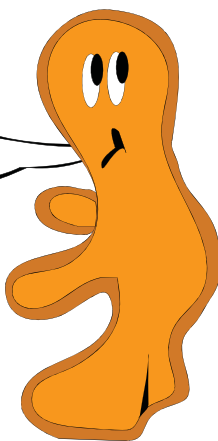
Bible Story: David, Nabal and Abigail
1 Samuel 25

R	E	V	E	N	G	E	H	D	A	N	G	E	R	M	A	B
B	E	F	A	N	G	E	R	G	V	A	A	M	I	Q	B	L
L	P	R	O	T	E	C	T	I	O	N	B	O	G	D	I	E
I	D	N	A	B	A	L	X	Z	I	O	P	T	H	A	G	S
N	A	Q	C	O	R	R	E	C	T	E	E	I	T	V	A	S
D	H	T	R	A	V	E	L	E	D	R	N	O	S	I	I	E
S	Y	U	M	E	A	L	B	M	W	R	O	N	G	D	L	D

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

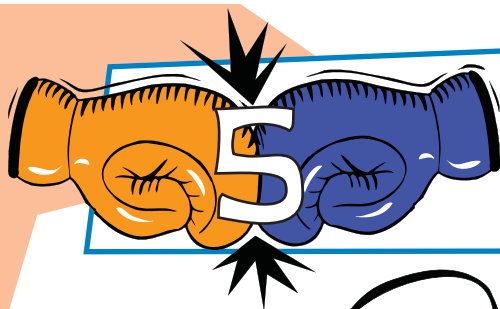
ANGER
EMOTION
BLINDS
WRONG
RIGHT
DAVID
NABAL
ABIGAIL
REVENGE
DANGER
MEAL
TRAVELED
PROTECTION
CORRECT
BLESSED

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



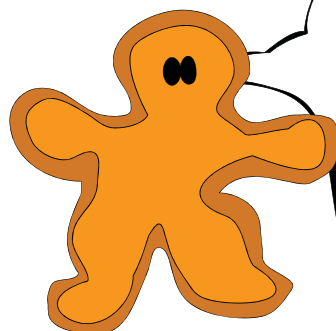
IN THE RING

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.



PATIENCE VS ENTITLEMENT

Bible Story: The manna and quail
Exodus 16:1-18



I believe
that I
deserve
it all, as
much
as these
blob
arms can
carry!

Memory Verse:

"You too, be patient and stand firm,
because the Lord's coming is near. Don't
grumble against one another, brothers
and sisters, or you will be judged. The
Judge is standing at the door!"

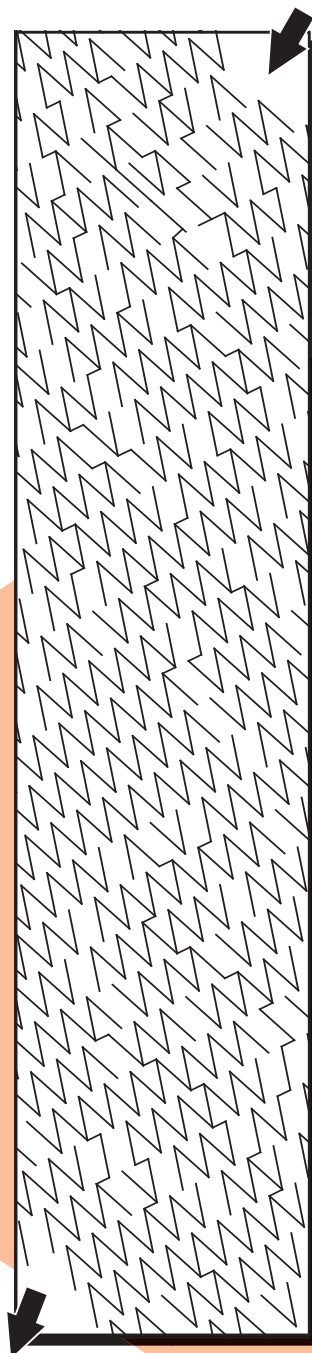
James 5:8-9

P	G	G	R	U	M	B	L	E	D	B	F	M	P
A	D	J	G	O	D	E	B	Q	B	C	X	I	R
T	E	N	T	I	T	L	E	M	E	N	T	R	I
I	M	Z	R	Q	M	V	L	D	G	A	D	A	V
E	A	C	U	U	A	V	I	C	G	B	E	C	I
N	N	F	S	A	N	Q	E	E	I	N	S	L	L
T	D	G	T	I	N	W	V	W	N	D	E	E	E
U	I	I	T	L	A	D	E	A	G	S	R	S	D
D	N	C	V	P	E	R	S	O	N	Y	V	E	G
G	G	A	R	R	O	G	A	N	T	R	E	S	E

ENTITLEMENT
PERSON
BELIEVES
DESERVE
PRIVILEGE

ARROGANT
DEMANDING
BEGGING
GOD
PATIENT

TRUST
MANNA
QUAIL
MIRACLES
GRUMBLED



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.



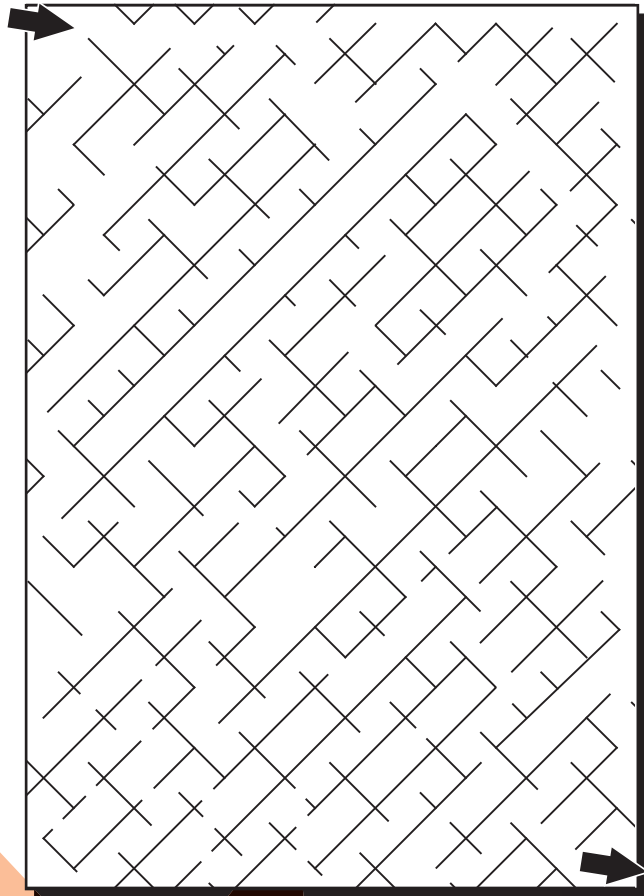
KINDNESS VS COMPARISONS

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



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



K	I	N	D	N	E	S	S	A	U	L
P	E	O	P	L	E	J	L	S	J	O
G	M	O	N	E	Y	T	U	H	E	G
C	O	M	P	A	R	I	S	O	N	S
H	G	D	A	V	I	D	G	U	V	I
J	E	A	L	O	U	S	H	T	Y	M
U	O	T	H	E	R	R	F	E	C	I
L	A	D	I	E	S	F	D	D	A	L
R	D	I	F	F	E	R	E	N	T	A
A	B	I	L	I	T	I	E	S	R	R

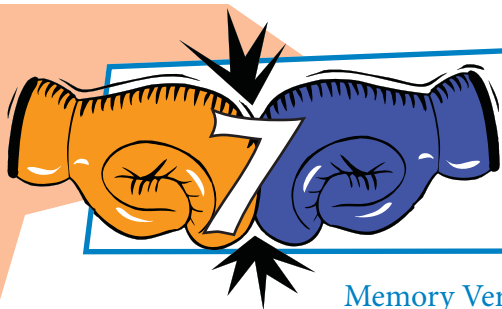
KINDNESS
OTHER
PEOPLE
ABILITIES
MONEY
JEALOUS
DAVID

SAUL
LADIES
SHOUTED
ENVY
COMPARISONS
DIFFERENT
SIMILAR



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.



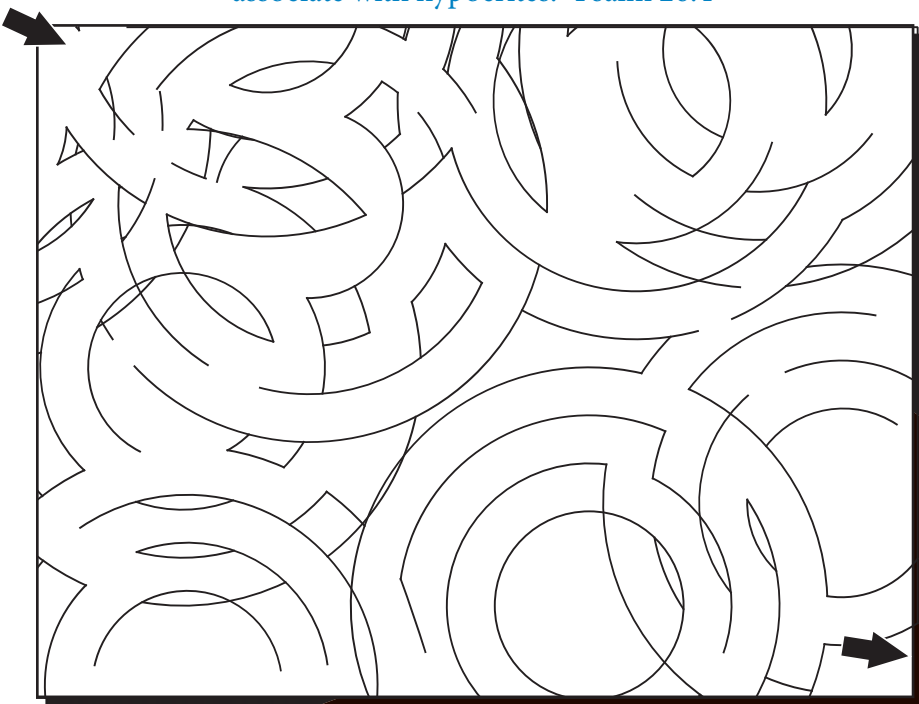
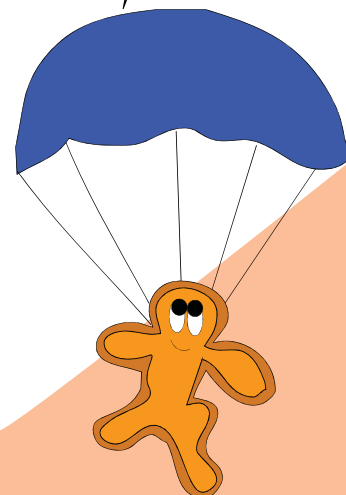
KINDNESS VS DECEIT

Bible Story: Peter denies Christ
Matthew 26:31-35, 69-75

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!



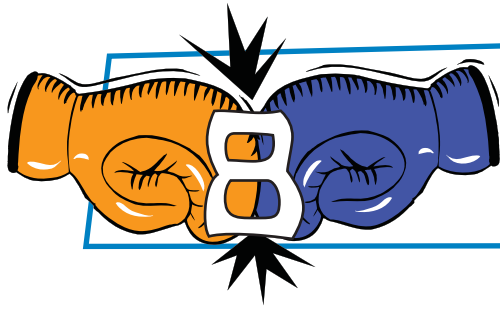
FIGHT
SIN
DECEIT
HIDE
TRUTH
INTEGRITY
HYPOCRITES
PREACHER
LIVE
TEACHINGS
PETER
DISOWNED
JESUS
FORGIVENESS
REPENT

I	N	T	E	G	R	I	T	Y	B	H	F	I	G	H	T	D
D	H	Y	P	O	C	R	I	T	E	S	L	I	F	V	R	E
P	H	L	F	O	R	G	I	V	E	N	E	S	S	D	U	C
E	S	I	N	E	L	W	P	R	E	A	C	H	E	R	T	E
T	E	A	C	H	I	N	G	S	R	J	E	S	U	S	H	I
E	E	R	F	X	V	B	R	E	P	E	N	T	D	G	A	T
R	H	I	D	E	E	D	I	S	O	W	N	E	D	V	X	N



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.



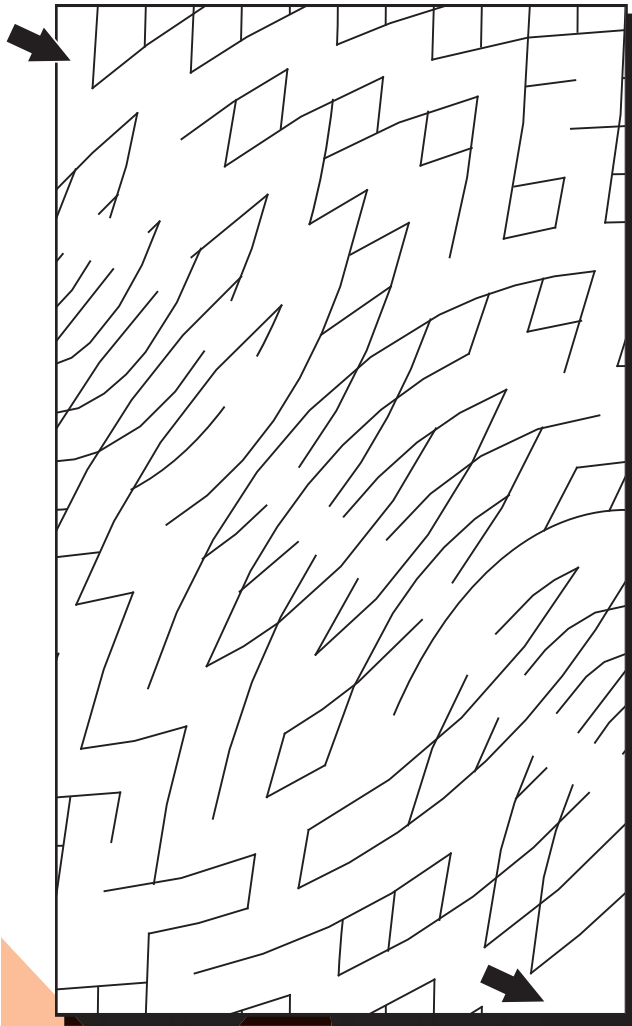
KINDNESS VS DETACHMENT

Bible Story: Ruth and Naomi

Ruth 1:8-22

Memory Verse:

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

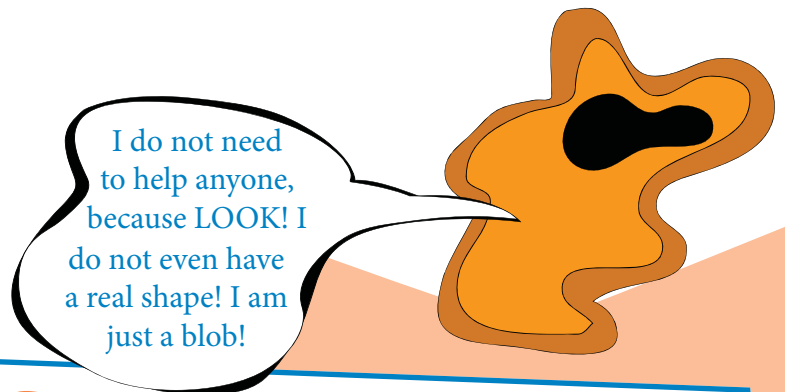


L	I	C	O	D	E	Q	D	H	G	J	R	T
G	N	E	P	R	O	B	L	E	M	G	H	J
H	S	H	O	N	O	R	F	L	A	W	C	A
A	T	T	I	T	U	D	E	P	D	G	O	V
D	I	S	E	N	G	A	G	E	M	E	N	T
N	N	Y	N	A	O	M	I	F	G	H	N	C
M	C	H	W	H	O	S	E	E	D	C	E	V
O	T	H	E	R	S	E	T	U	Y	G	C	S
G	H	L	F	A	I	L	D	F	R	U	T	H
D	E	T	A	C	H	M	E	N	T	L	O	I

DETACHMENT
ATTITUDE
DISENGAGEMENT
FAIL
CONNECT

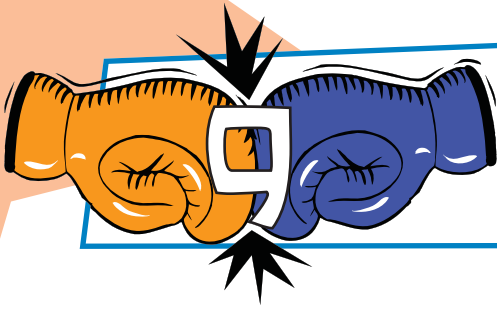
WHOSE
PROBLEM
HELP
OTHERS
CODE

HONOR
INSTINCT
LAW
RUTH
NAOMI



IN THE RING

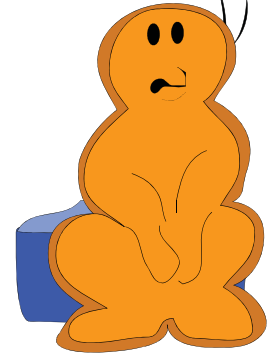
Find someone to help, especially if they are "not your problem." Give to a homeless person on the street, or maybe a child at school needs a new pencil or eraser. Make sure they are not related to you, and that you have no responsibility or need to help them.



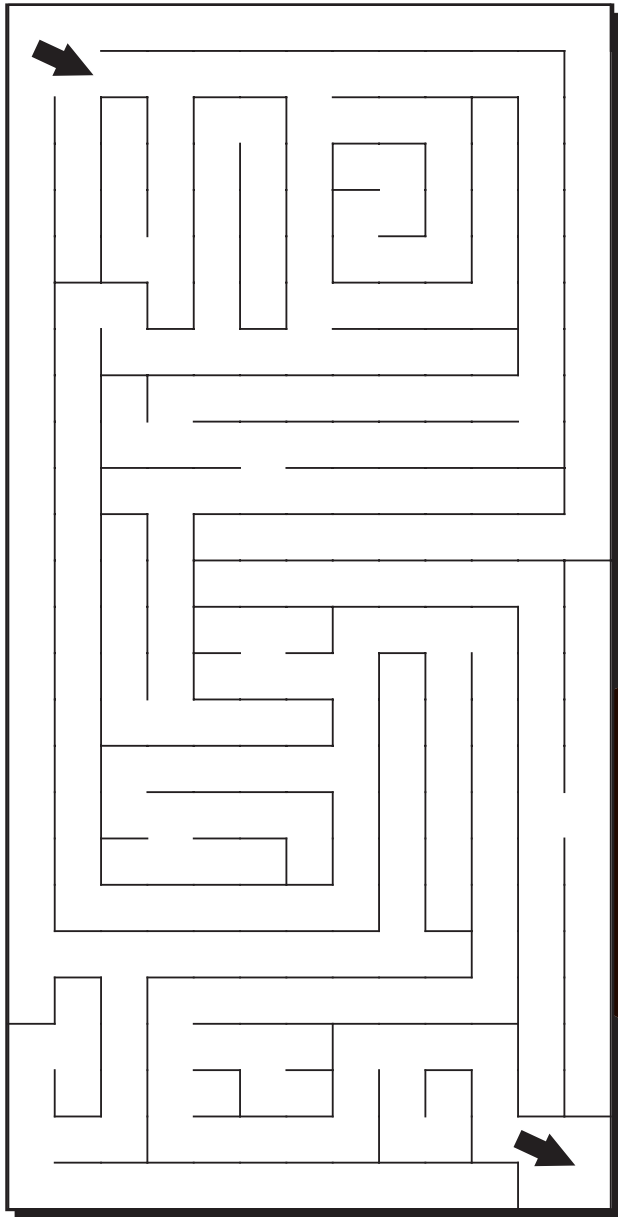
KINDNESS VS MALICE

Bible Story: Esther saves her people
Esther 3-5

Ouch! It hurts when others are mean to me.



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



M	A	L	I	C	E	H	G	F	K
J	M	E	A	N	H	A	R	M	I
I	N	J	U	R	Y	N	D	E	L
H	A	M	O	N	X	O	A	S	L
V	I	N	D	I	C	T	I	V	E
P	L	O	T	S	C	H	B	T	S
R	K	I	N	D	N	E	S	S	T
J	E	W	S	V	B	R	X	S	H
B	A	N	Q	U	E	T	A	Z	E
I	N	F	L	I	C	T	S	E	R

KINDNESS
MALICE
INFLECT
INJURY
HARM

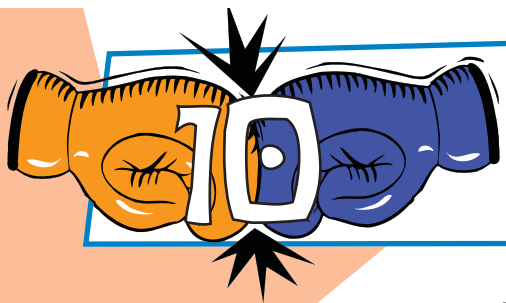
ANOTHER
HAMON
PLOTS
KILL
JEWS

MEAN
VINDICTIVE
ESTHER
BANQUET



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

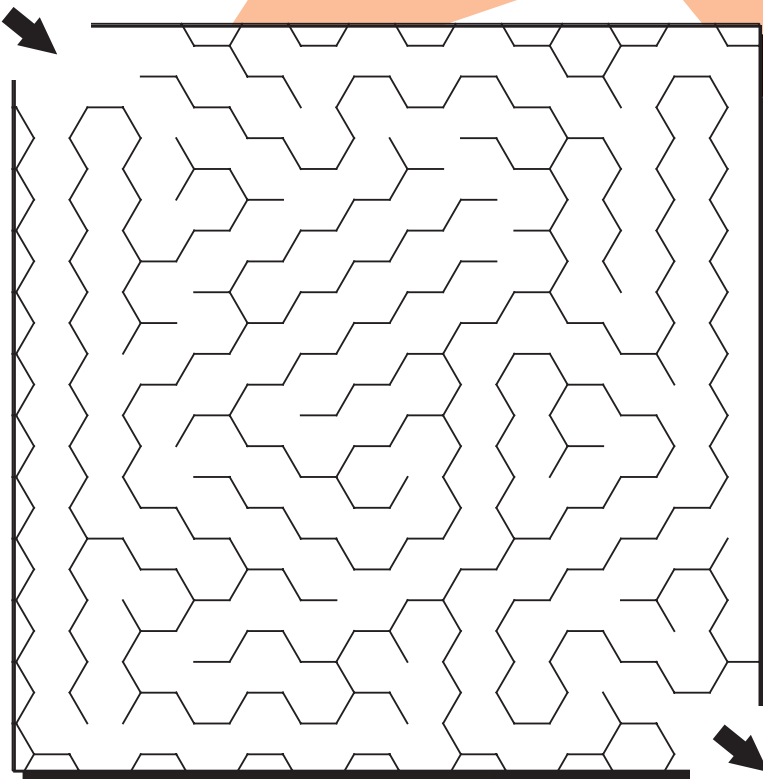
Bible Story: Sodom and Gomorrah

Genesis 18:16-33



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

GOODNESS
CONCERN
OTHERS
APATHY
LACK
PASSION
EXCITEMENT
LORD
ABRAHAM
ANGELS
DESTROY
CITIES
COMPASSION
HEART



A	B	R	A	H	A	M	H	F	T	L	A	C	K	L	P	D
H	E	A	R	T	E	R	O	T	H	E	R	S	J	O	A	E
D	E	X	C	I	T	E	M	E	N	T	C	V	H	R	S	S
C	O	N	C	E	R	N	O	I	T	D	S	W	E	D	S	T
A	N	G	E	L	S	C	G	O	O	D	N	E	S	S	I	R
W	A	P	A	T	H	Y	J	L	C	I	T	I	E	S	O	O
C	O	M	P	A	S	S	I	O	N	C	B	V	F	S	N	Y

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.



GOODNESS VS EVIL

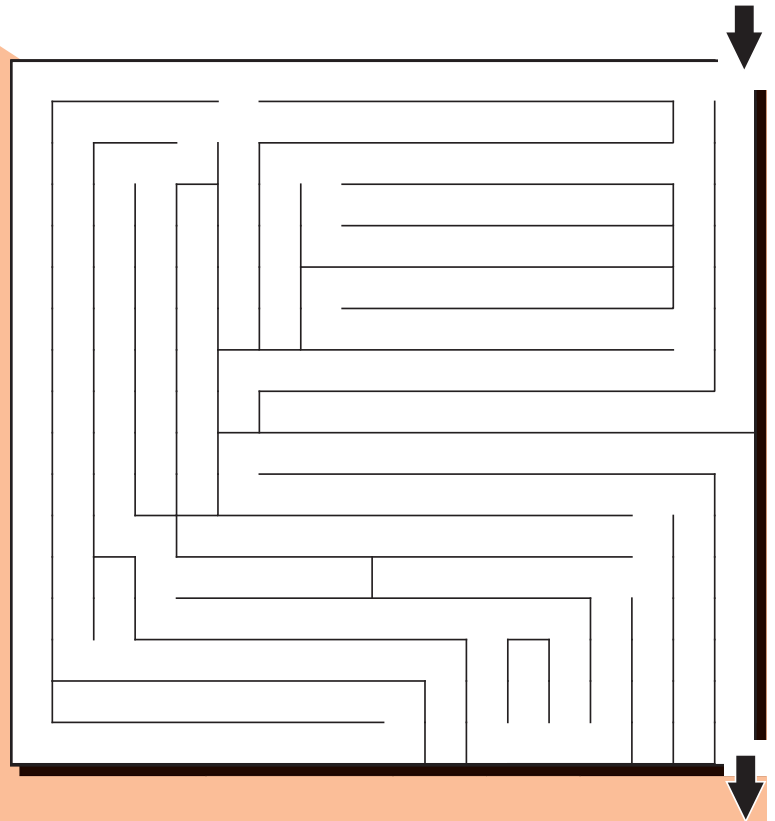
Bible Story: Herod and John the Baptist
Luke 3:18-20, Matthew 14:1-12

I had no idea people could be this mean. It might take me a while to get out from under this weight.



H	B	A	P	T	I	S	T	E
L	G	C	H	E	R	O	D	H
G	O	D	G	L	O	R	D	E
C	O	V	J	O	H	N	J	A
B	D	N	M	O	V	E	U	R
F	N	J	K	M	U	V	S	T
H	E	A	V	E	N	I	T	N
E	S	R	Y	N	D	L	I	M
L	S	T	R	U	S	T	C	K
L	P	R	E	P	A	R	E	L

GOODNESS	GOD	LORD
EVIL	HEROD	HEAVEN
HEART	JOHN	HELL
MEN	BAPTIST	JUSTICE
TRUST	PREPARE	



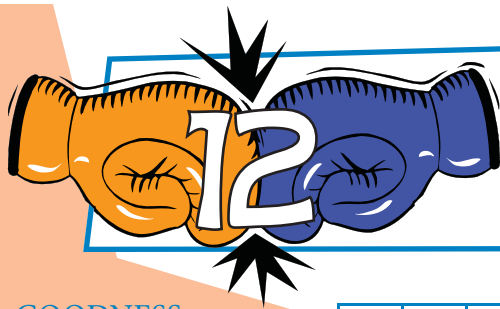
Memory Verse:

"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.



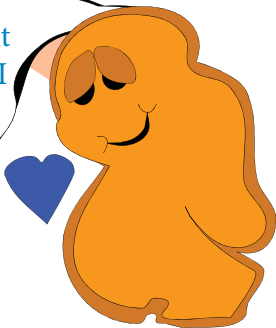
GOODNESS VS SELFISH AMBITION

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

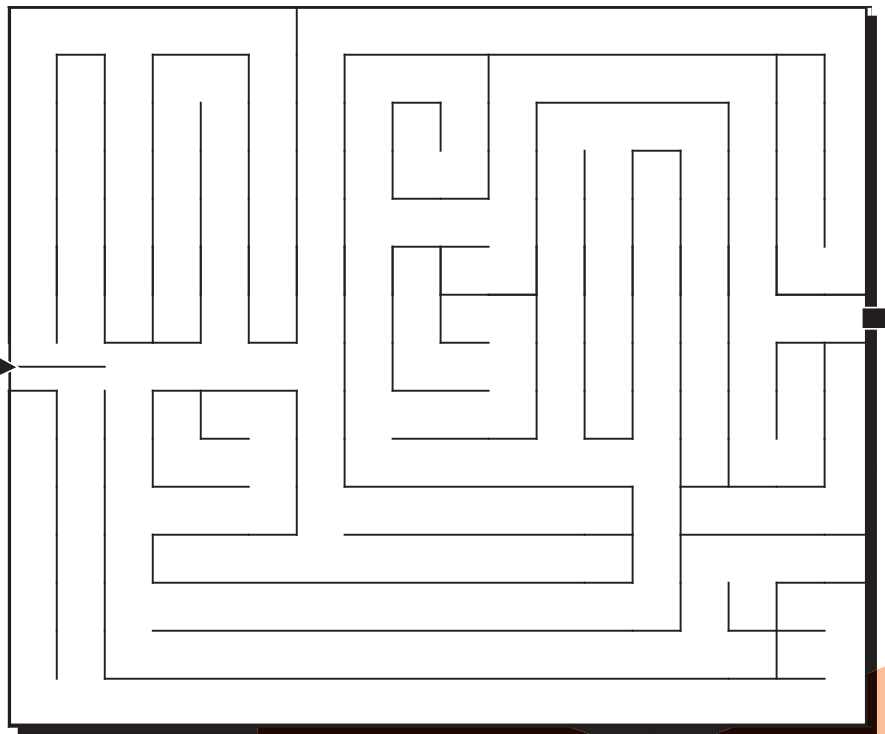
GOODNESS
SELFISH
AMBITION
POWER
HONOR
WEALTH
DISTINCTION
FAME
STRIVE
ATTAIN
CAREFUL
TOWER
BABEL
HUMBLED

W	H	S	E	L	F	I	S	H	S	D	F	C	P	W	H	A
E	J	G	O	O	D	N	E	S	S	H	O	N	O	R	U	T
A	B	A	B	E	L	T	O	W	E	R	F	G	W	R	M	T
L	A	M	B	I	T	I	O	N	S	X	C	V	E	C	B	A
T	F	G	H	T	R	E	S	T	R	I	V	E	R	X	L	I
H	D	I	S	T	I	N	C	T	I	O	N	A	C	V	E	N
T	F	A	M	E	C	A	R	E	F	U	L	S	D	E	D	N

I am so
awesome!
When I want
something, I
go for it!

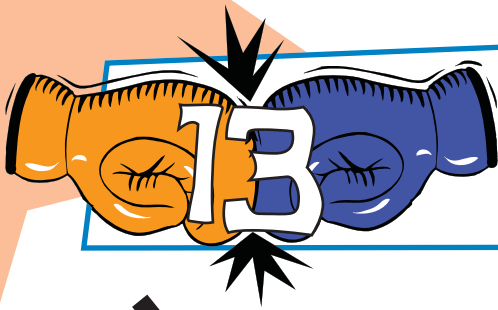


Memory Verse:
"Do nothing out of selfish ambition
or vain conceit. Rather, in humility
value others above yourselves."
Philippians 2:3



IN THE RING

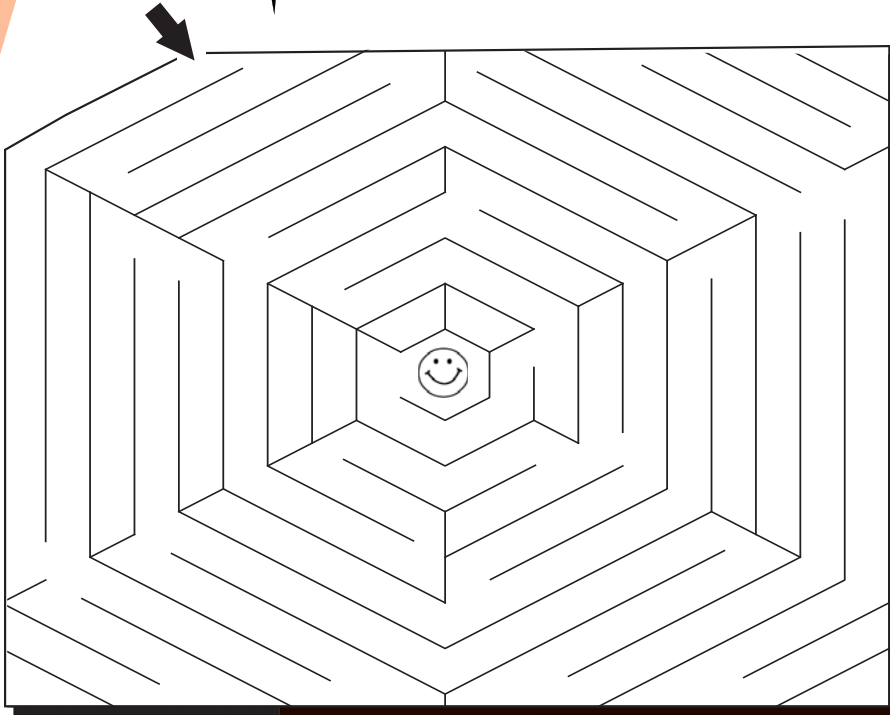
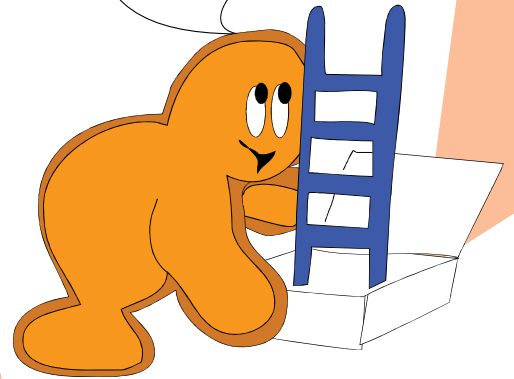
Do nothing this week to increase your fame or popularity. Each time an opportunity arises, turn it down. As you do this, you will be punching down this very sneaky sin.



GOODNESS VS IMPURITY

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

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

IMPURITY
CONTAMINATED
ACTIONS
DEMONSTRATE
HEARTS
JOSEPH
SLAVERY
POTIPHAR
WIFE
STAY
PURE
INSIDE

G	U	I	U	H	E	A	R	T	S	R	A	C	T	I	O	N	S
E	J	O	S	E	P	H	S	L	A	V	E	R	Y	N	W	U	P
S	R	C	O	N	T	A	M	I	N	A	T	E	D	S	G	H	U
T	W	I	F	E	I	M	P	U	R	I	T	Y	B	I	D	R	R
A	D	E	M	O	N	S	T	R	A	T	E	U	I	D	F	G	E
Y	D	G	U	P	O	T	I	P	H	A	R	U	G	E	R	U	I



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."

CONQUER SINS...



...WHILE
YOU
STILL
CAN!

"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

Champions 2 Difficult
English



20131

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DK Editorial Pro-Visión A.C.

