

# UNIT 3

EASY



# CHAMPIONS

by the Fruit of the Spirit



**EASY**

Student Book

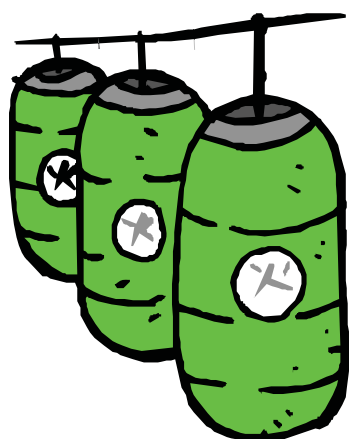
# TO BECOME CHAMPIONS...

...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.

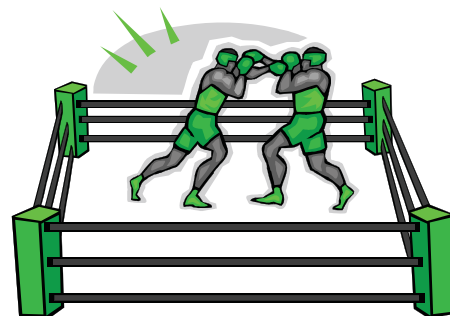


## HOWEVER, TO BE A WINNER, YOU WILL NEED A COACH.

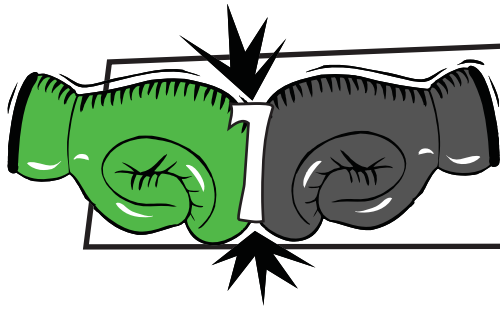


Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

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!



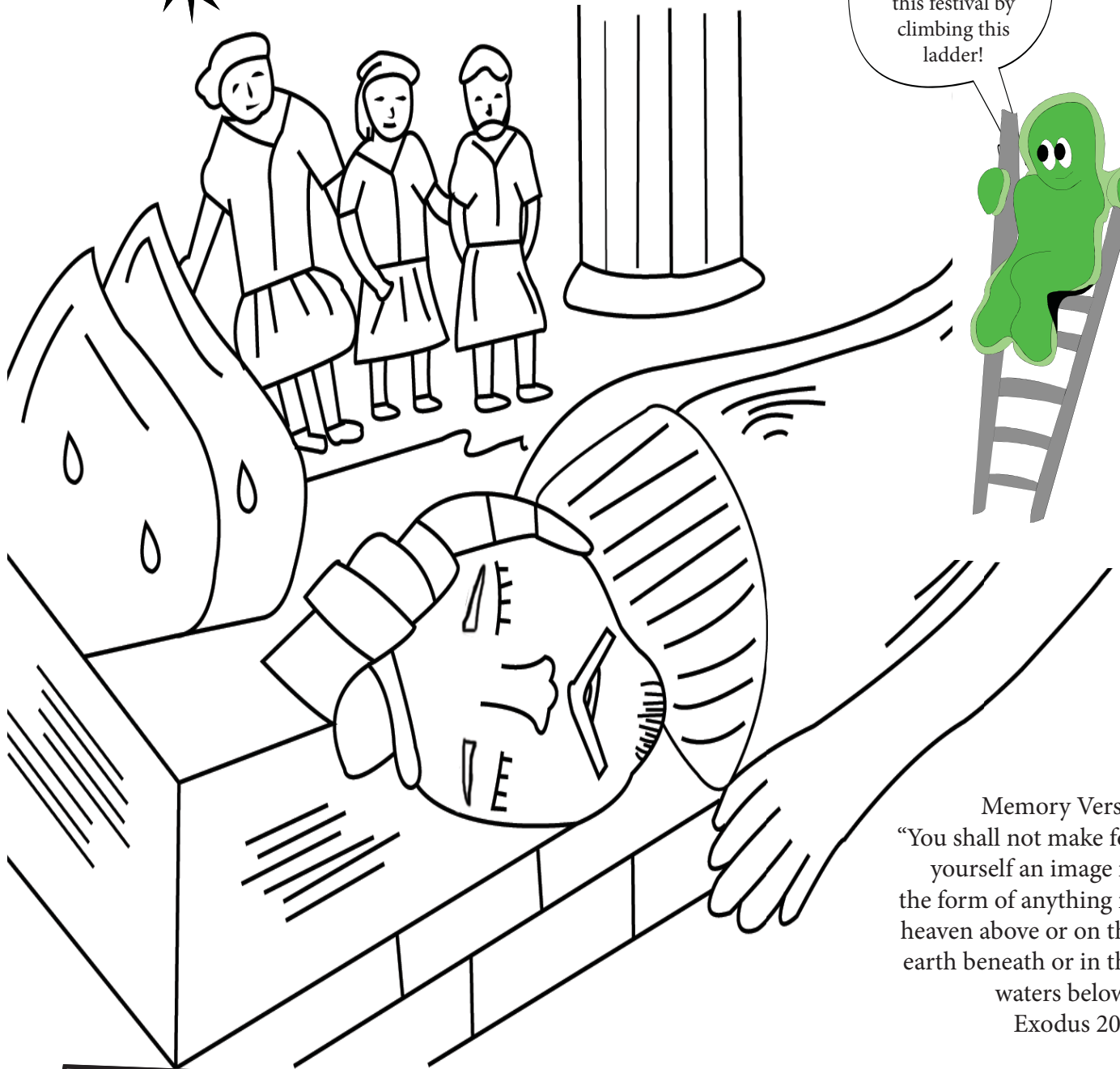
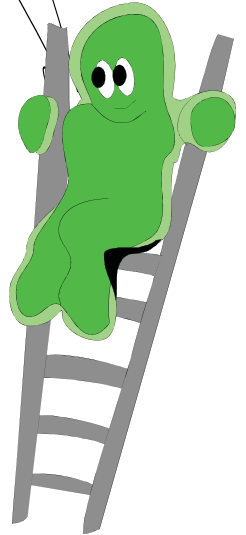
## KEEP UP THE FIGHT, AND YOU CAN WIN COMPETITIONS AND BECOME A CHAMPION!



# FAITHFULNESS VS IDOLATRY

Bible Story: The Ark is captured  
1 Samuel 5:1-12, 6, 7:3

I think I can  
escape from  
participating in  
this festival by  
climbing this  
ladder!

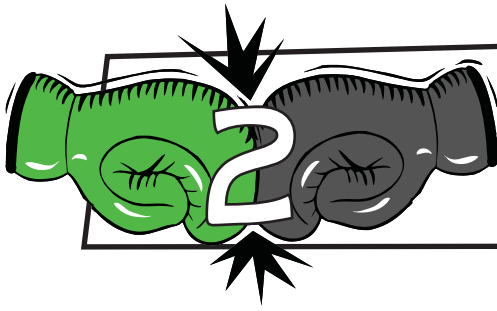


Memory Verse:  
“You shall not make for  
yourself an image in  
the form of anything in  
heaven above or on the  
earth beneath or in the  
waters below.”  
Exodus 20:4



## IN THE RING

Choose an activity to NOT participate in because it may have idolatry. It may be a custom to remove your shoes, a parade to not participate in, a sports game you choose not to attend, or not buying flowers when others do.

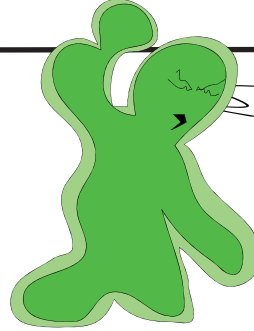


## FAITHFULNESS VS DISLOYALTY

Bible Story: Shadrach, Meshach and Abednego  
Daniel 3:1-21

Memory Verse:

“Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.” Psalm 86:11

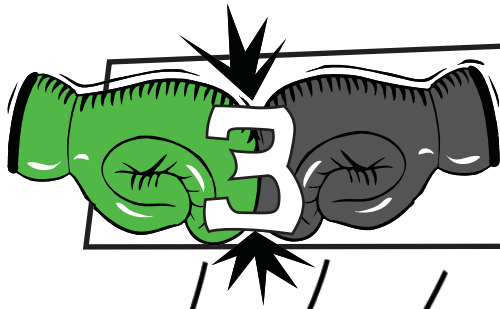


I hate peer pressure!!! I do not want to be embarrassed about being a Christian!



## IN THE RING

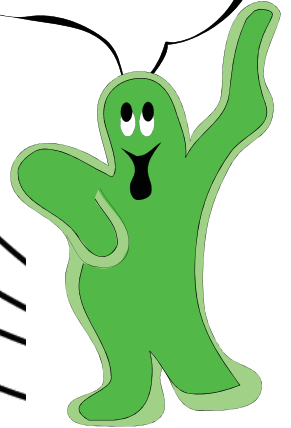
Find a time this week to openly admit at school or in the community that you are a Christian, and that you believe in Jesus Christ. Afterwards, rejoice that you were loyal, despite any peer pressure you faced.



## FAITHFULNESS VS HESITATION

Bible Story: The Lord calls Samuel  
1 Samuel 3:1-21

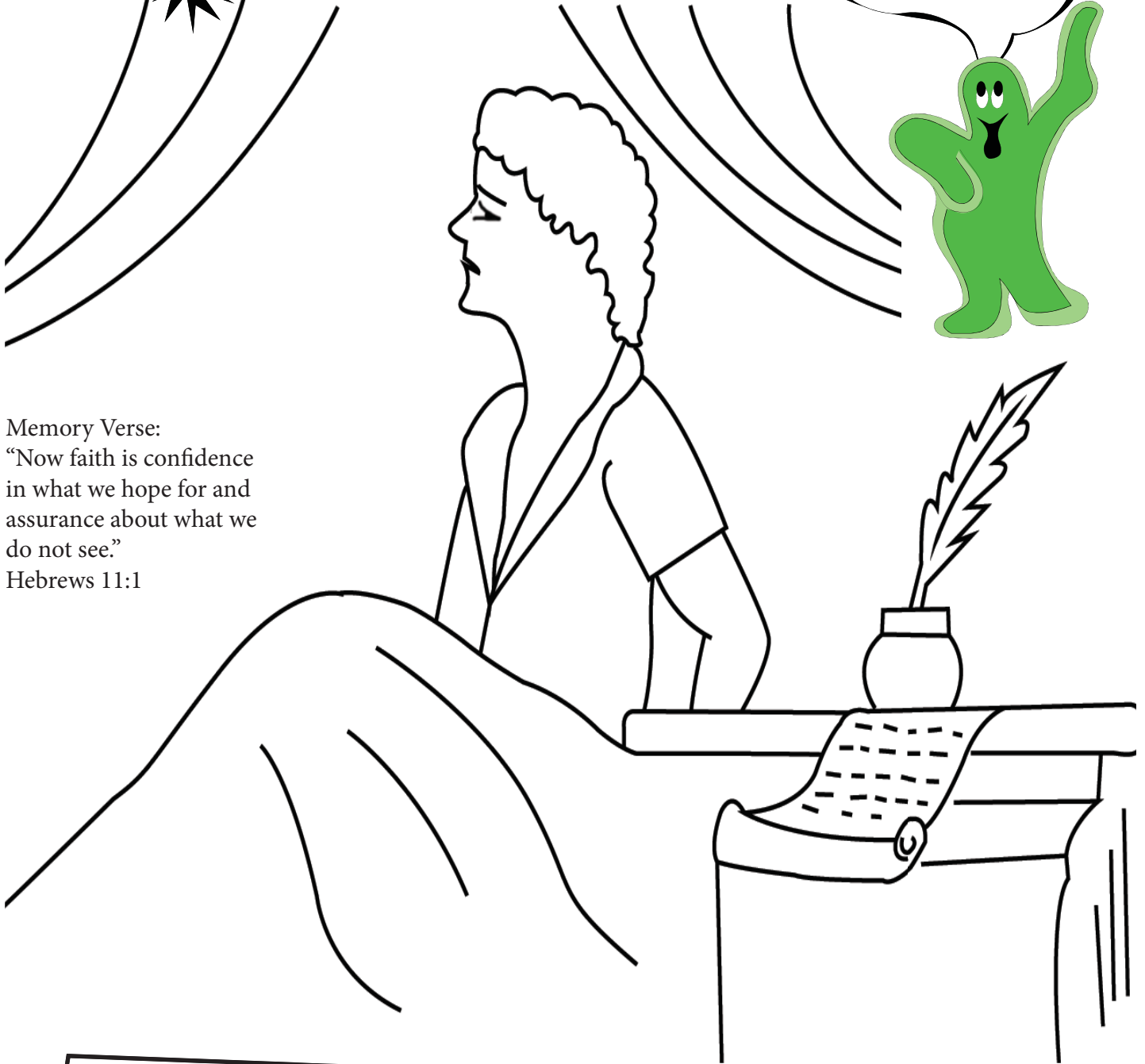
Can I wait until the end to  
see what everyone else is  
doing?



Memory Verse:

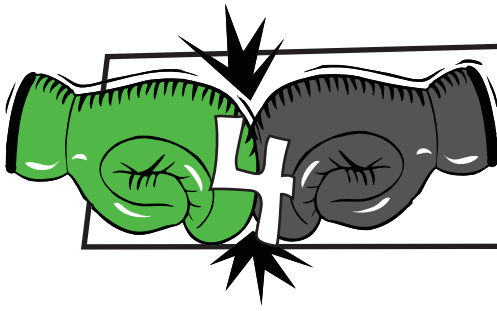
"Now faith is confidence  
in what we hope for and  
assurance about what we  
do not see."

Hebrews 11:1



### IN THE RING

Ask God to speak to you this week, and to have you to do something. Practice obeying immediately without hesitation. If you forget and hesitate, ask God for another assignment.



## FAITHFULNESS VS DISOBEDIENCE

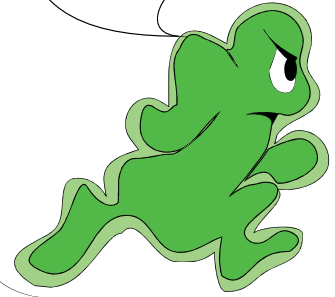
Bible Story: Spies in Canaan  
Numbers 13:1-3, 17-33, 14:1-11

I refuse to obey my mom! I am going to the store for candy anyway!

Memory Verse:

"But Moses said, 'Why are you  
disobeying the Lord's command?  
This will not succeed!'"

Numbers 14:41



## IN THE RING

Choose 2 assignments from God to do this week. The first being something God asked you NOT to do, and the other something God asked you to do. Obey God in both items to win against disobedience.





## FAITHFULNESS VS WITHHOLDING

Bible Story: Abraham and Isaac

Genesis 22:1-18

But I do not want  
to come down and  
participate! Do I  
have to?

Memory Verse:

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."

Hebrews 11:6



## IN THE RING

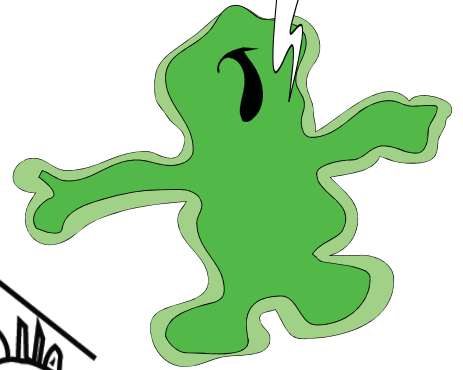
Is there something that God is asking you to give up this week? Take a moment to think about what that is, and then pray that God gives you the strength to give it up. It could be tea, Facebook, or a favorite food. To win this fight, choose to give that item up all week long.



## FAITHFULNESS VS UNRELIABILITY

Bible Story: Noah and the Ark  
Genesis 5:32, 6:1-22, 7:1-12

Look! I am  
a blob, and  
can become  
anything! I do  
not have to stay,  
do I?



Memory Verse:  
"But someone will  
say, "You have  
faith; I have deeds."  
Show me your faith  
without deeds, and  
I will show you my  
faith by my deeds."  
James 2:18



## IN THE RING

Choose an area of your life to be reliable to God. Choose something to do for God one day this week, and make sure to be reliable in it. When you finish, choose another promise to God for a day, and set what day to do it. Make sure to complete your promise.





## FAITHFULNESS VS DOUBT

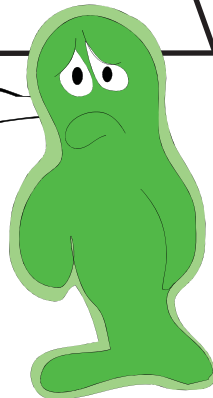
Bible Story: Jesus appears to Thomas  
John 20:24-31

Memory Verse:

“Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

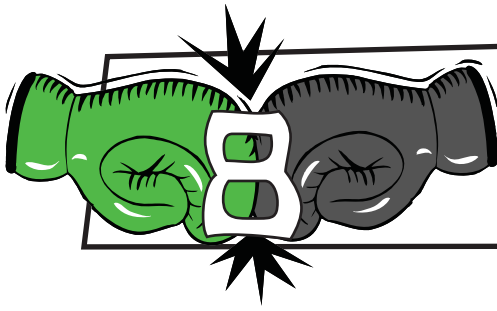
John 20:29

I am scared  
on the inside.  
I do not know  
if I believe in  
God or not.



### IN THE RING

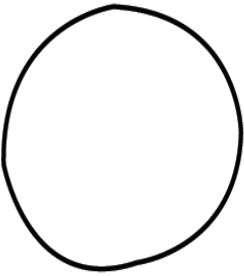
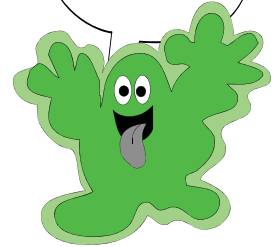
Choose to believe God this week on something that He promised you that seems impossible. Tell God that you are willing to wait until He completes His promise. To demonstrate your willingness to wait, go stand in any line, one where you do not need to be! Write down how many minutes you waited in the line so that you can report it back to your coach.



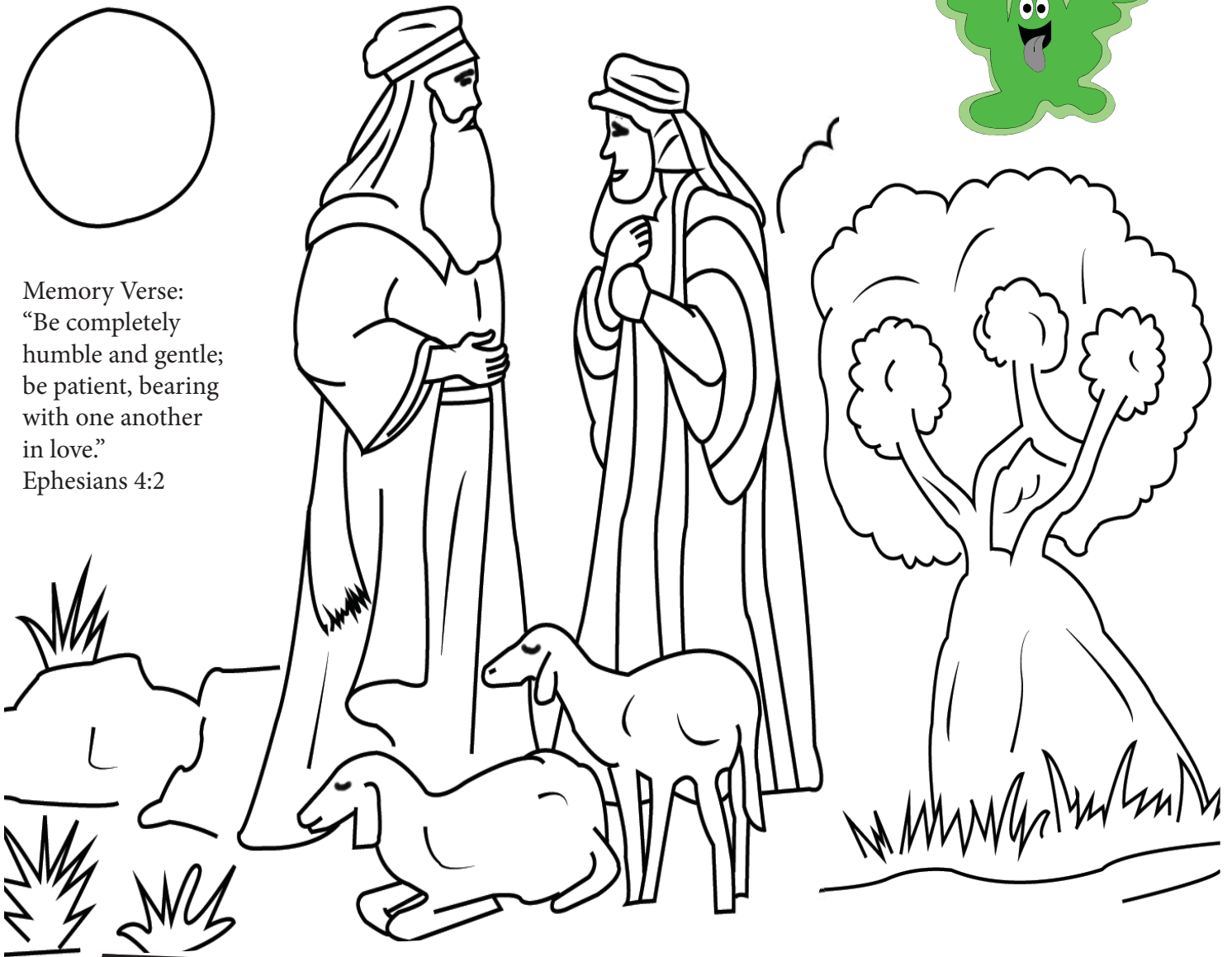
# GENTLENESS VS DISSENSION

Bible Story: Abraham and Lot separate  
Genesis 13:1-18

I am better  
than you are!!  
Ha ha ha!!

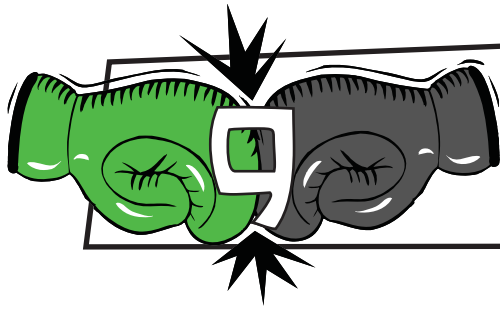


Memory Verse:  
"Be completely  
humble and gentle;  
be patient, bearing  
with one another  
in love."  
Ephesians 4:2



## IN THE RING

Allow another person to win when you disagree over something. You can choose to disagree, but you must stop yourself from fighting with them over it. Allow them to have their opinion.



# GENTLENESS VS TRADITIONS

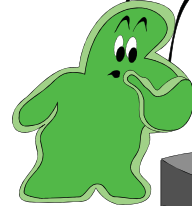
Bible Story: Clean and unclean  
Matthew 15:1-20

Memory Verse:

“Do not cause anyone to stumble, whether Jews,  
Greeks or the church of God— even as I try to please  
everyone in every way. For I am not seeking my own  
good but the good of many, so that they may be saved.”

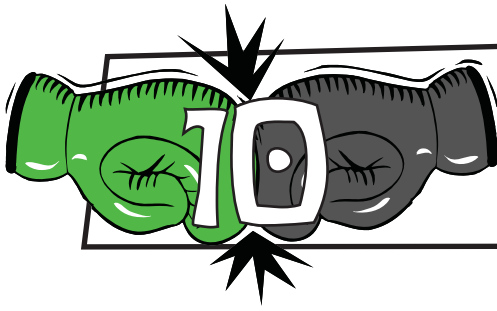
1 Corinthians 10:32-33

I do not think I can  
change any traditions!  
That box is too hard to  
move!



## IN THE RING

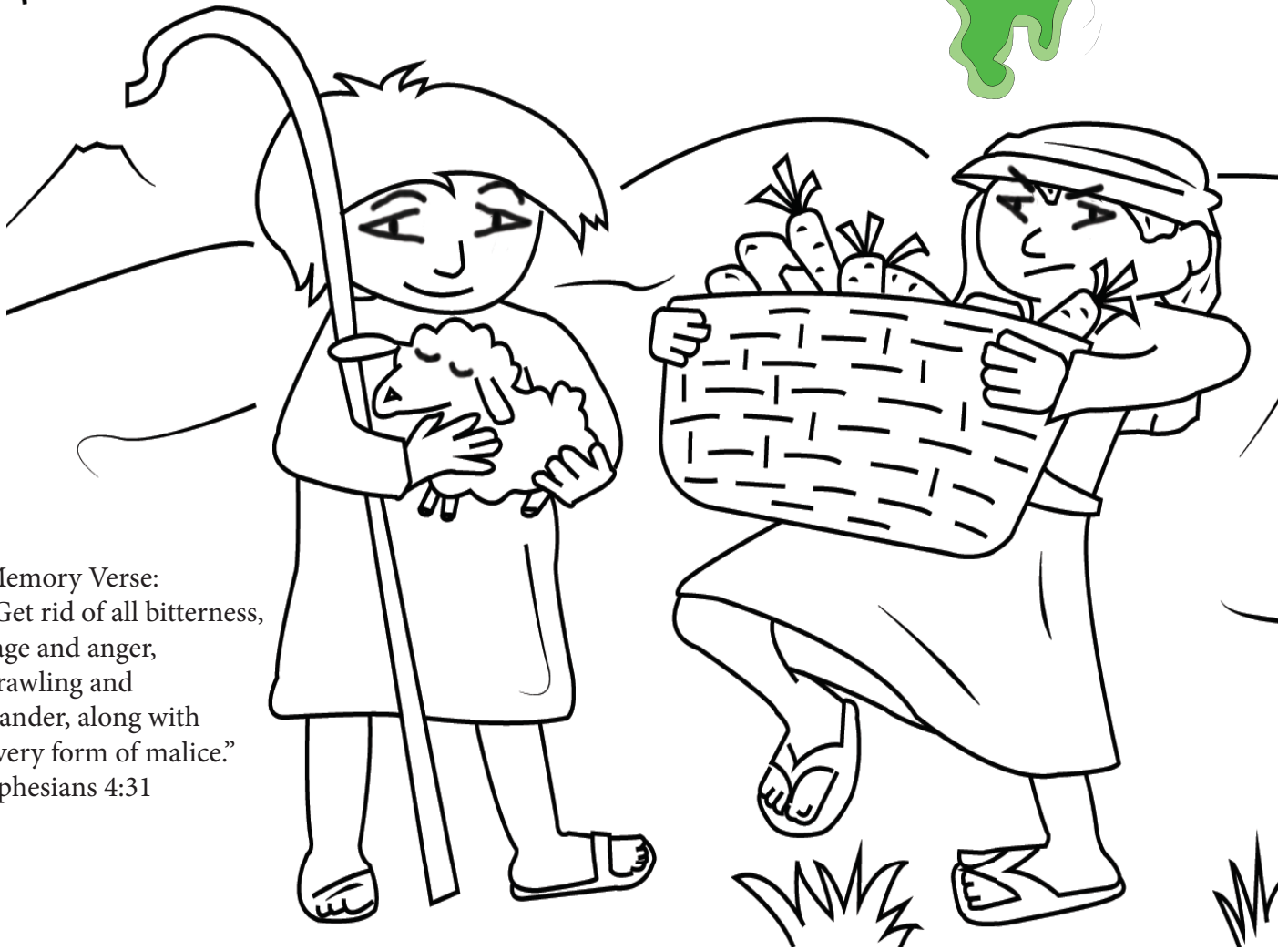
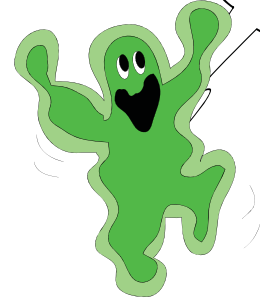
Choose kindness to someone over one of your traditions. This could mean understanding when they break your tradition, and not making a comment about it. Make sure not to hurt anyone else, or bring attention to yourself with this assignment.



# GENTLENESS VS BITTERNESS

Bible Story: Cain and Abel  
Genesis 4:1-16

I am free from  
bitterness!  
Hurray!!!



Memory Verse:  
“Get rid of all bitterness,  
rage and anger,  
brawling and  
slander, along with  
every form of malice.”  
Ephesians 4:31



## IN THE RING

Choose something or someone that you are angry with, and forgive them.  
Take a moment in prayer, and actually say out loud, “I forgive you.”



# SELF-CONTROL VS TEMPTATIONS

Bible Story: Jesus is tempted

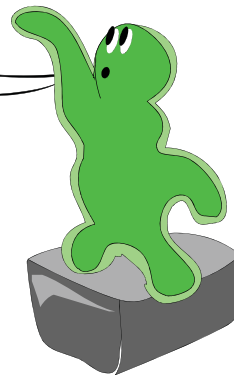
Matthew 4:1-11

Memory Verse:

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

1 Corinthians 10:13

I am  
soooooooooo  
tempted to steal  
that! Do you  
think I will get  
caught?



## IN THE RING

Resist a temptation, and if you can, use scripture like Jesus did. Maintain control of your desires, and do not allow yourself to give into that temptation.





## SELF-CONTROL VS LYING

Bible Story: Jacob steals Esau's blessing  
Genesis 27:1-36

Memory Verse:

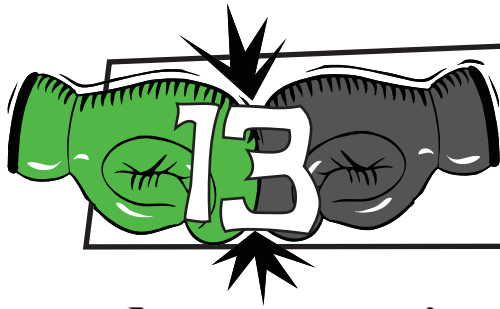
"A lying tongue hates those it hurts, and a flattering mouth works ruin." Proverbs 26:28

I won this competition all on my own! No one helped me at all!



## IN THE RING

Everyone lies, even if only a little. Remember back to a lie that you have told this year. Go to that person, tell them the truth, and tell them you are sorry for lying.



## SELF-CONTROL VS LAZINESS

Bible Story: The wise and foolish builders  
Matthew 7:24-27

Memory Verse:

“If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.”

James 4:17

Do I actually have to climb this ladder?  
I would rather stay down here.



## IN THE RING

Fight against your laziness this week, by choosing something to do that you do not want to do. Make sure to complete it, and share your testimony with a friend.

# BE KIND TO OTHERS.



*"Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless." James 1:26*

Champions Easy  
English



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