

# UNIT 2

# CHAMPIONS

MEDIUM



by the  
Fruit of  
the Spirit



**MEDIUM**  
Student Book

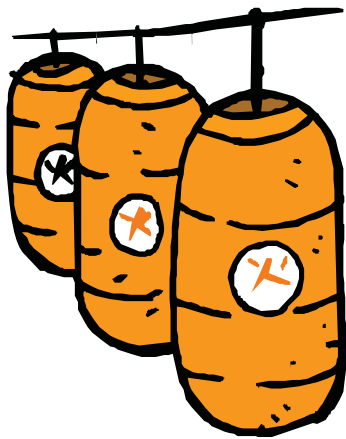
# TO BECOME CHAMPIONS...

...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.

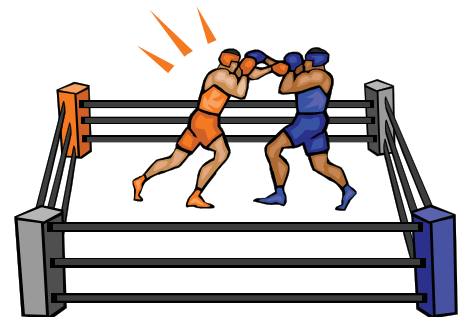


## HOWEVER, TO BE A WINNER, YOU WILL NEED A COACH.

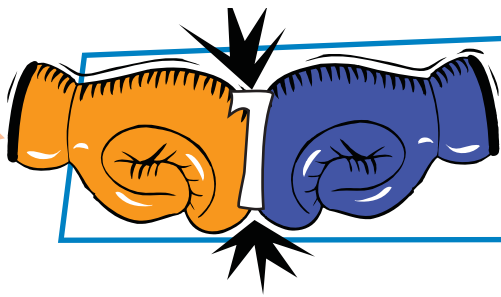


Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

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!



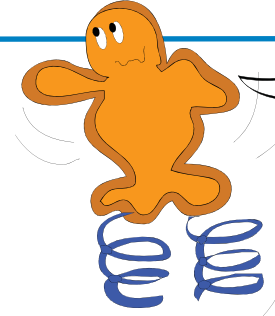
## KEEP UP THE FIGHT, AND YOU CAN WIN COMPETITIONS AND BECOME A CHAMPION!



# PATIENCE VS IMPATIENCE

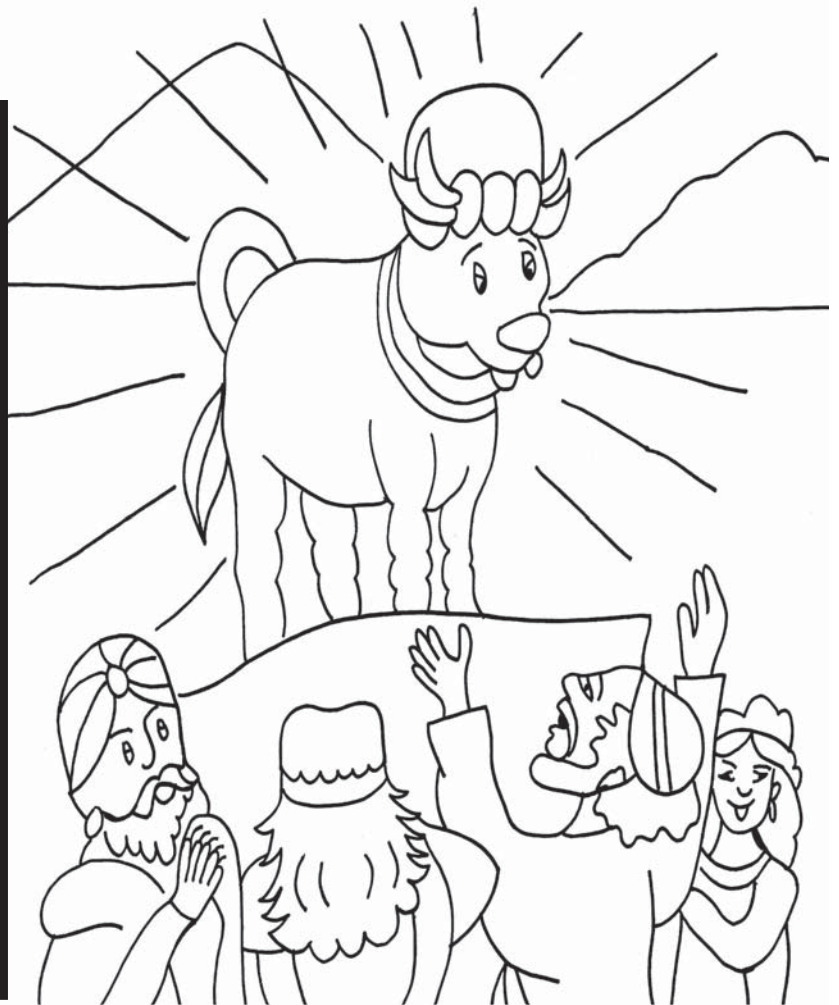
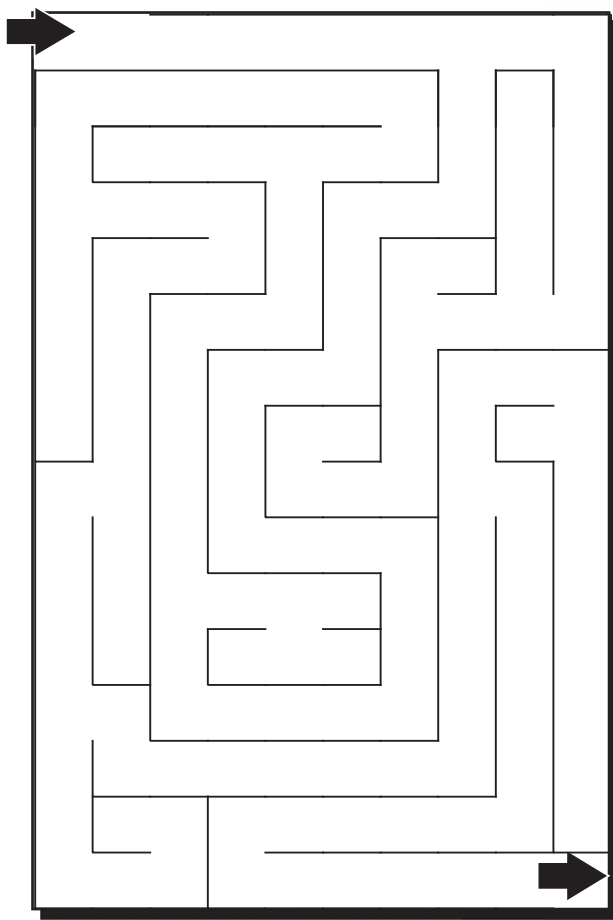
Bible Story: The golden calf  
Exodus 32

I think I  
will get  
there faster  
with  
these.



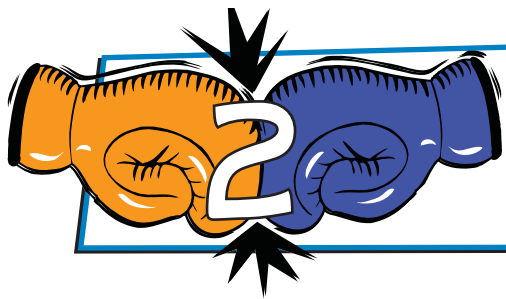
Memory Verse:

"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.



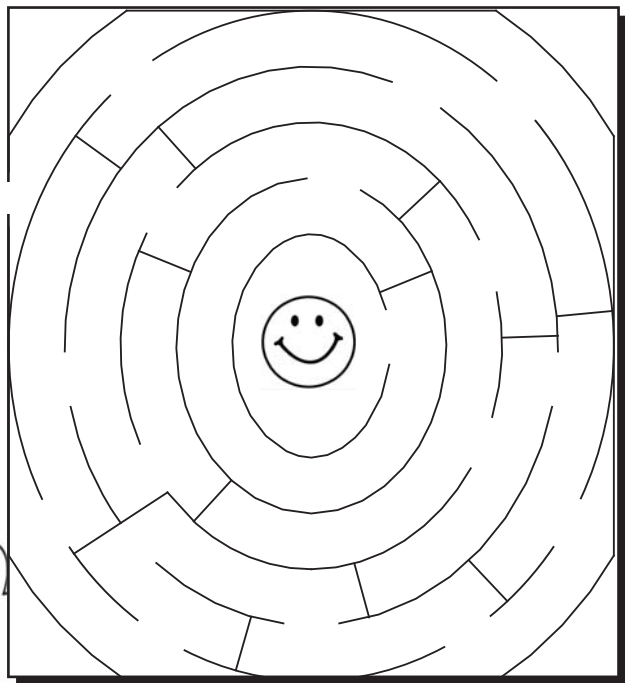
## PATIENCE VS SORROW

Bible Story: Job suffers with patience

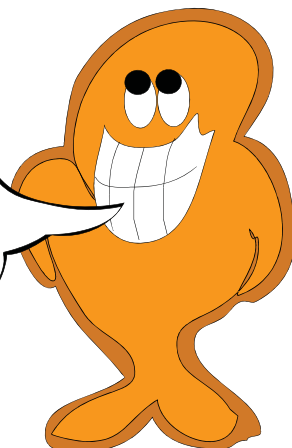
Job 1-2

Memory Verse:

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

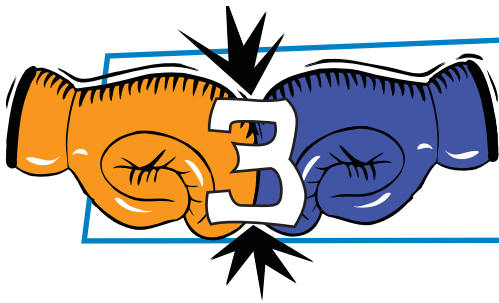


Sometimes  
I feel like  
crying on the  
inside, but  
I can still  
put on this  
smile.



## 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.

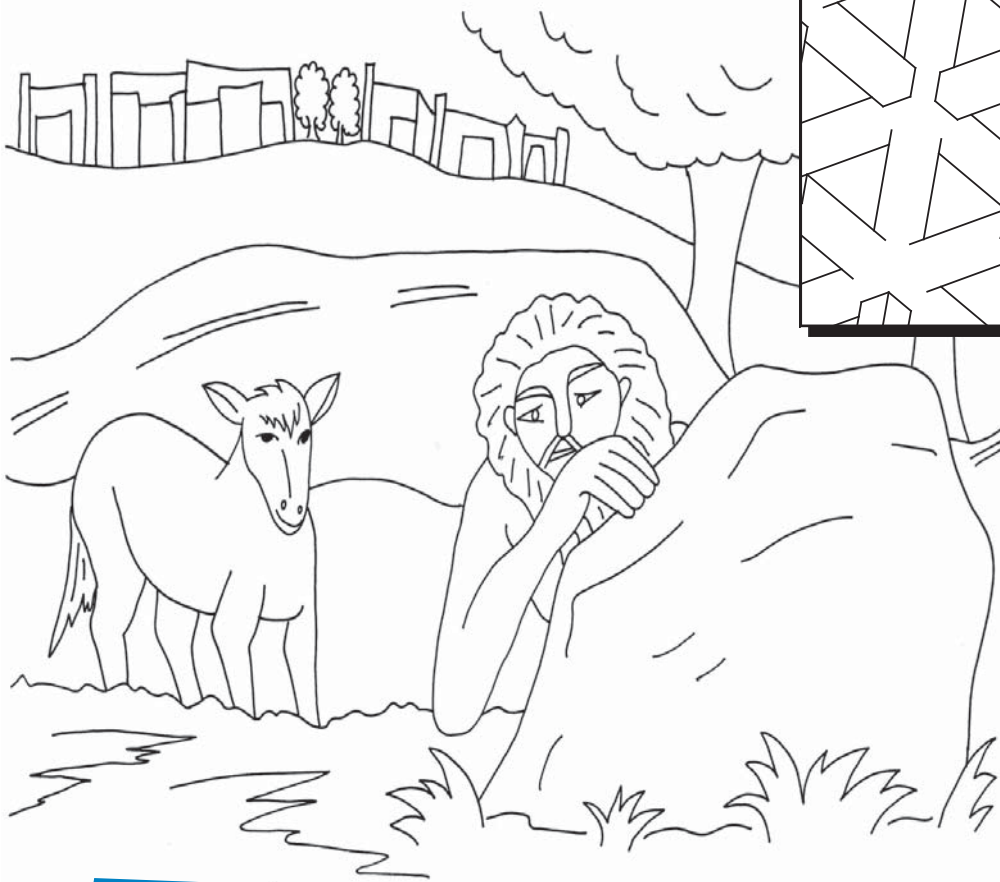
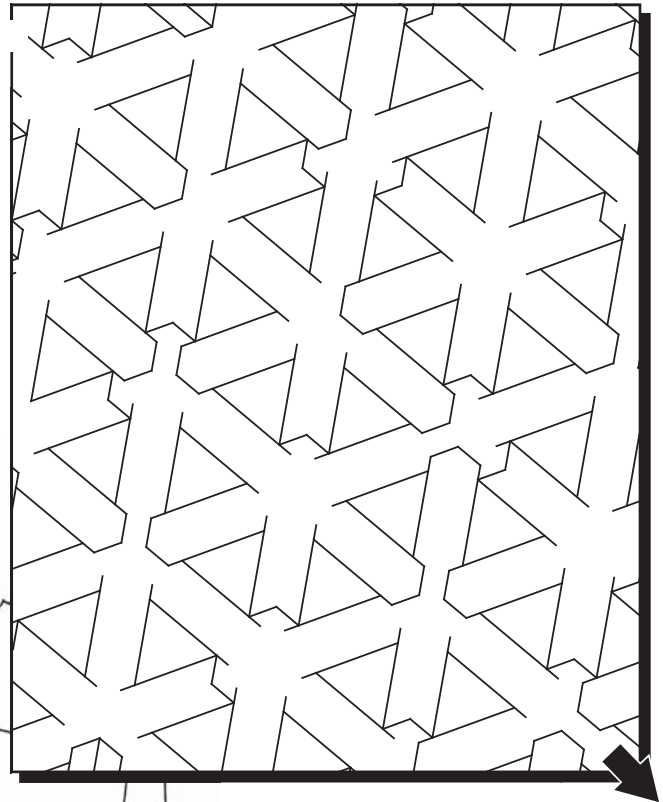


## PATIENCE VS PRIDE

Bible Story: King Nebuchadnezzar  
Daniel 4



I do not  
want to  
humble  
myself! Do  
I actually  
have to?



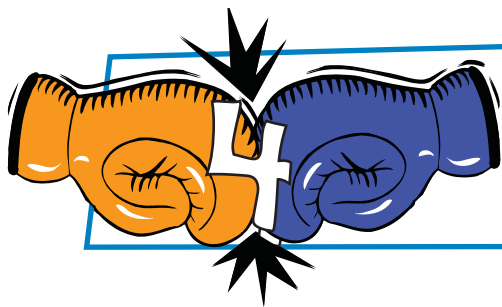
Memory Verse:  
"The end of a matter is better  
than its beginning, and  
patience is better than pride."  
Ecclesiastes 7:8



## IN THE RING

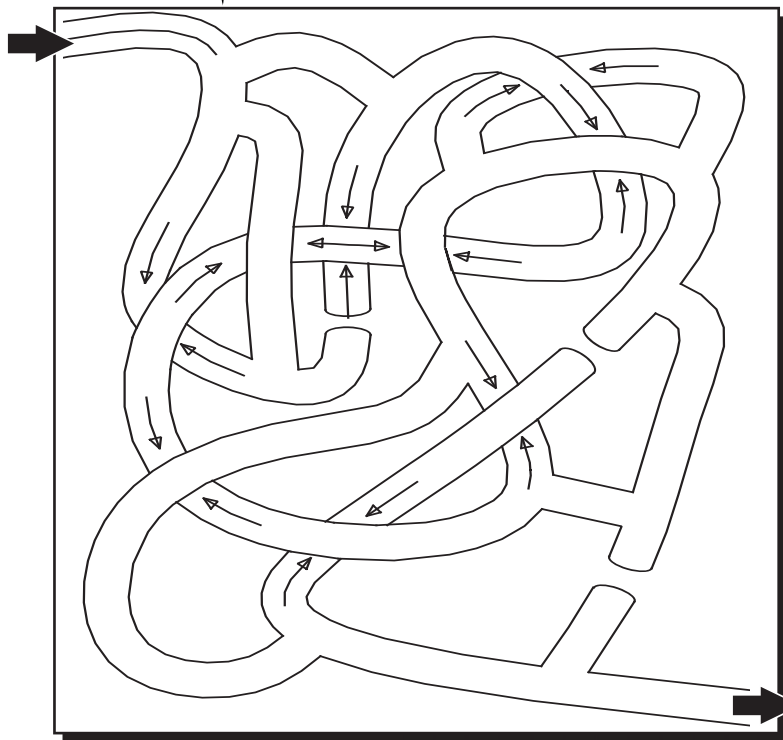
Do some activities to humble yourself. You could give someone your place in line, avoid watching a TV show where the characters are full of pride, give up your spot on stage or in front of others, or allow others to be correct.



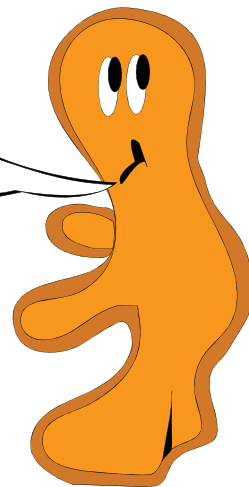


## PATIENCE VS ANGER

Bible Story: David, Nabal and Abigail  
1 Samuel 25



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



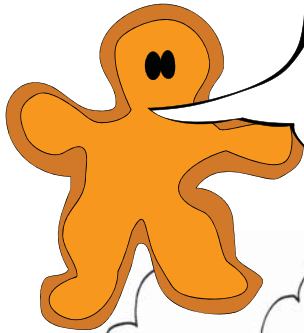
## IN THE RING

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.



# PATIENCE VS ENTITLEMENT

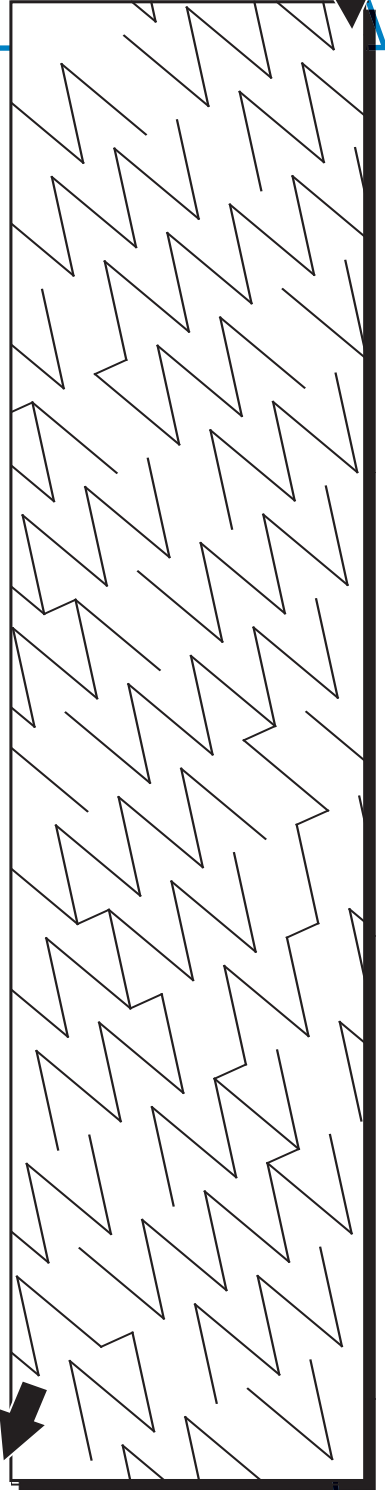
Bible Story: The manna and quail  
Exodus 16:1-18



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



## 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.



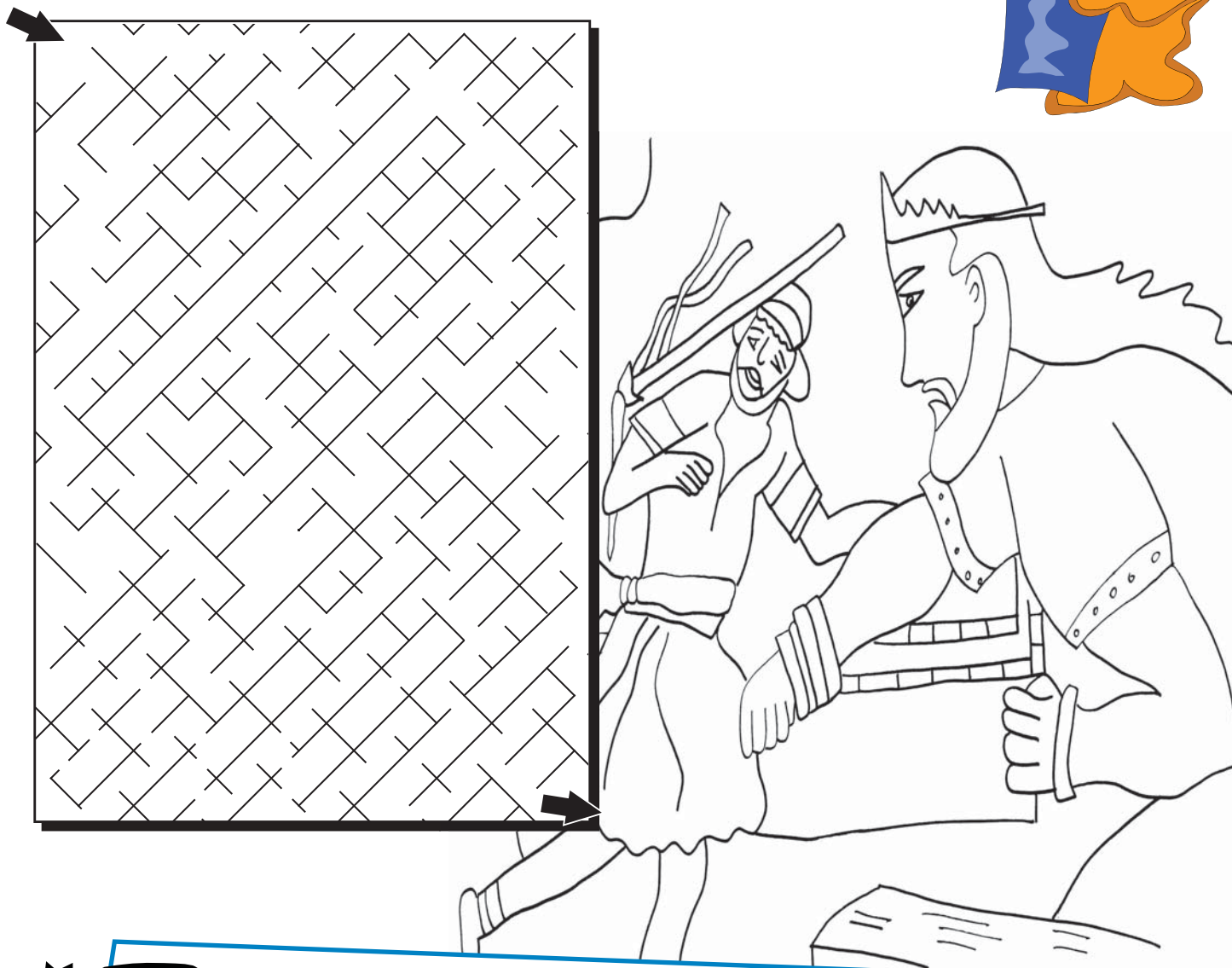
# KINDNESS VS COMPARISONS

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

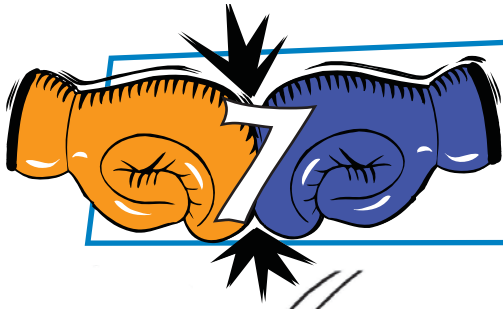
My  
magazine  
is better  
than your  
magazine. I  
know it!



## 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.

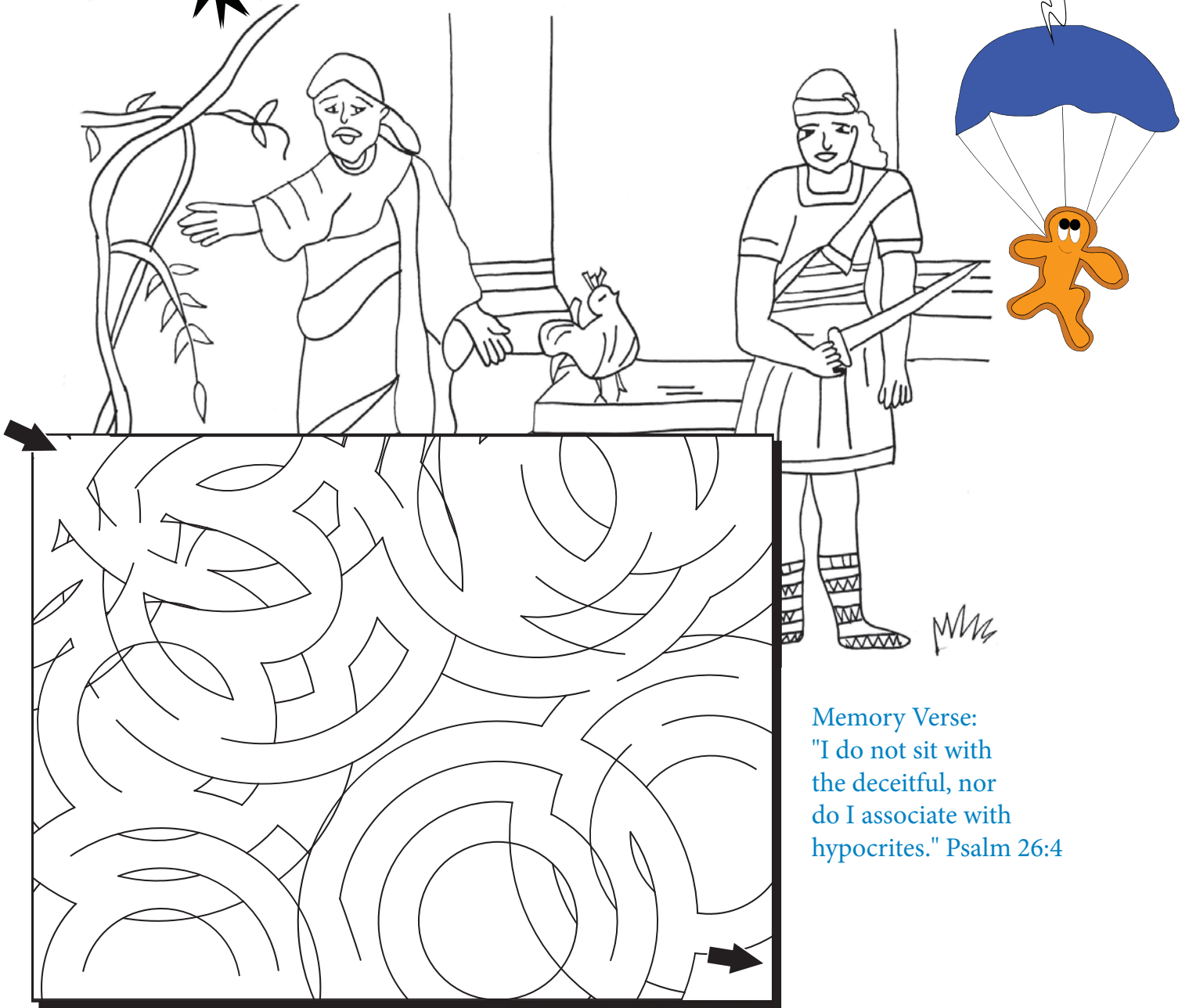




## KINDNESS VS DECEIT

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

Check me out! I  
am flying all on  
my own!

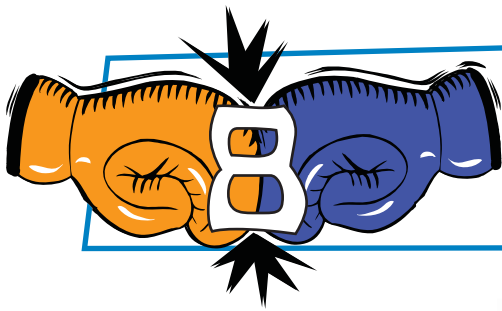


Memory Verse:  
"I do not sit with  
the deceitful, nor  
do I associate with  
hypocrites." Psalm 26:4



## 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

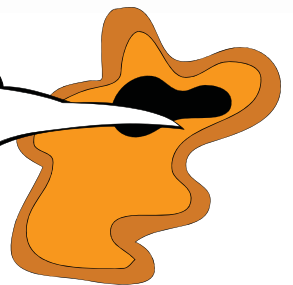
Bible Story: Ruth and Naomi  
Ruth 1:8-22



Memory Verse:

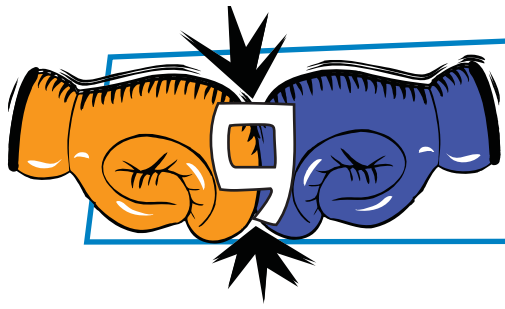
"Do not withhold good from those to whom it is due,  
when it is in your power to act." Proverbs 3:27

I do not need  
to help anyone,  
because LOOK!  
I do not even  
have a real  
shape! I am just  
a blob!



## 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.



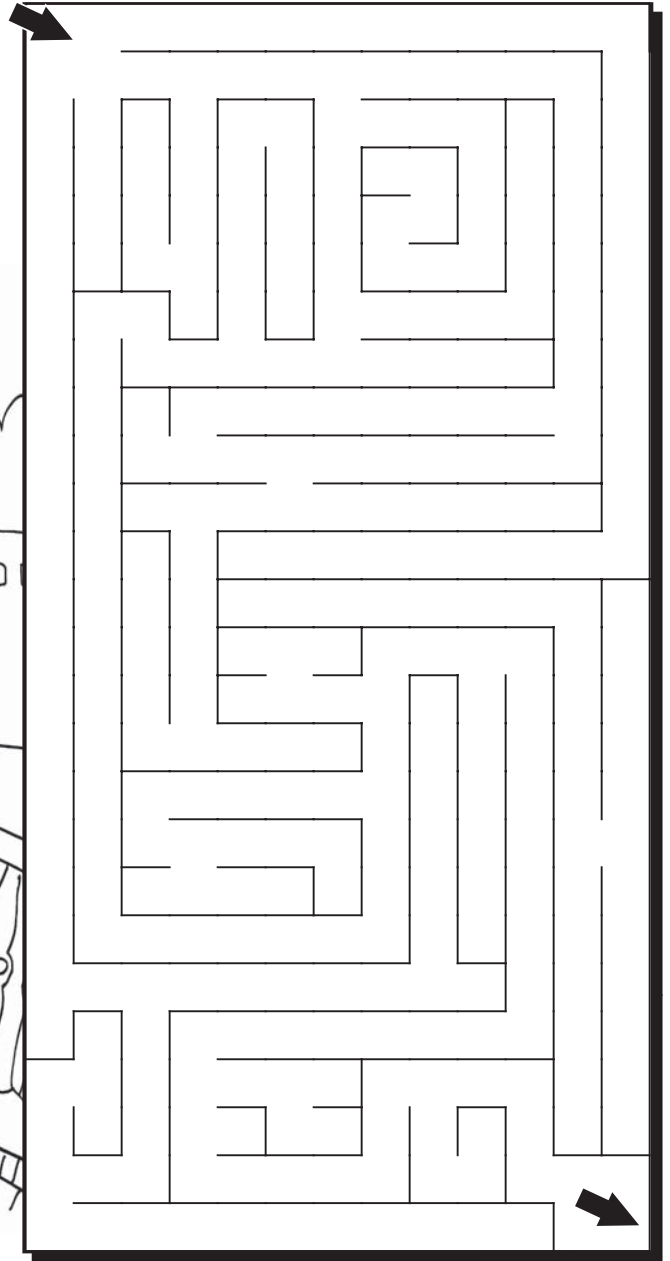
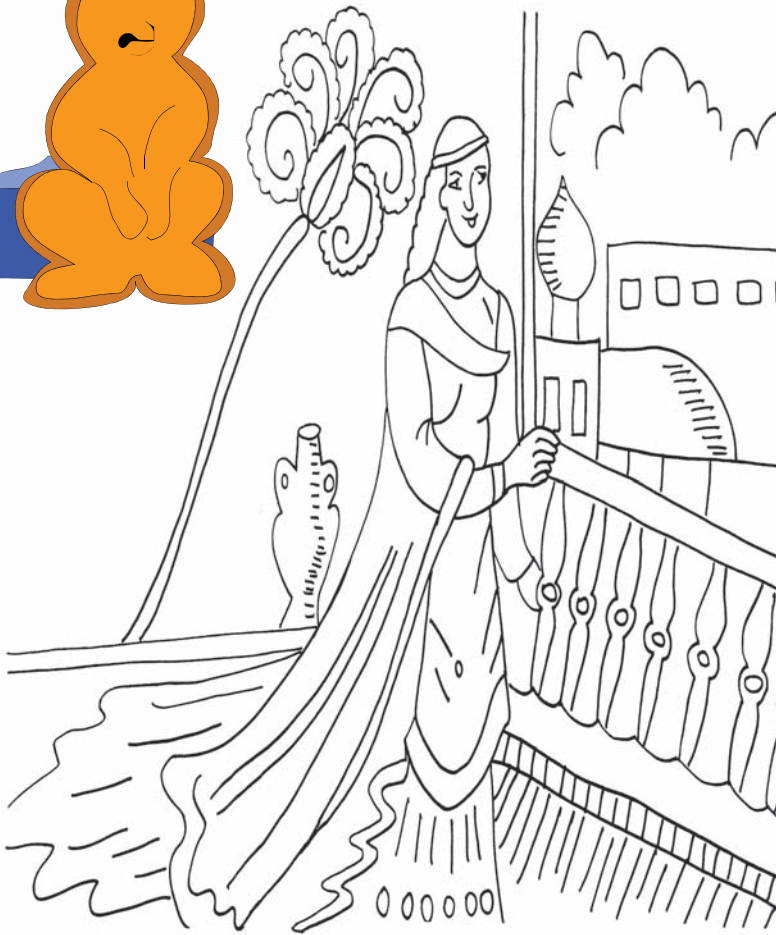
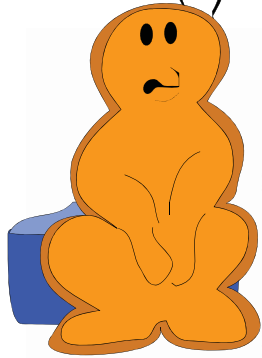
## KINDNESS VS MALICE

Bible Story: Esther saves her people  
Esther 3-5

Memory Verse:

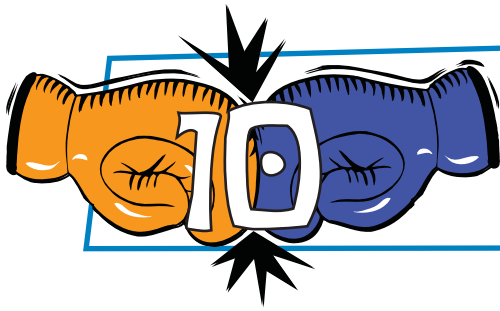
"I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another." Romans 15:14

Ouch! It hurts when others are mean to me.



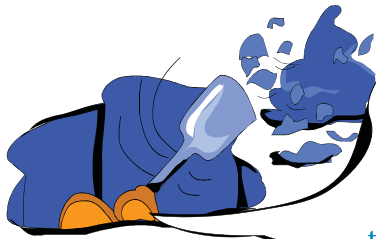
## IN THE RING

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.

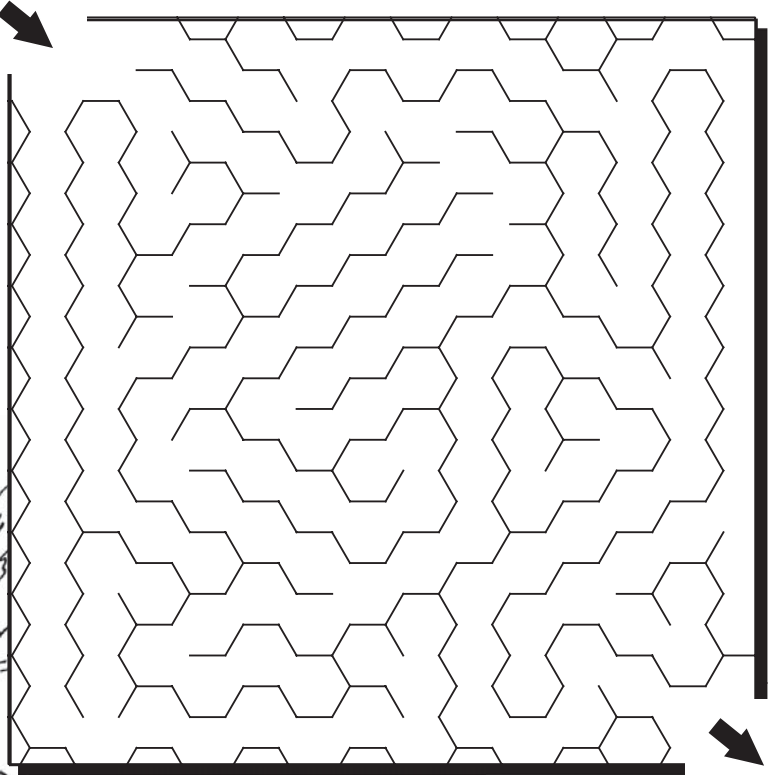


# GOODNESS VS APATHY

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!



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.

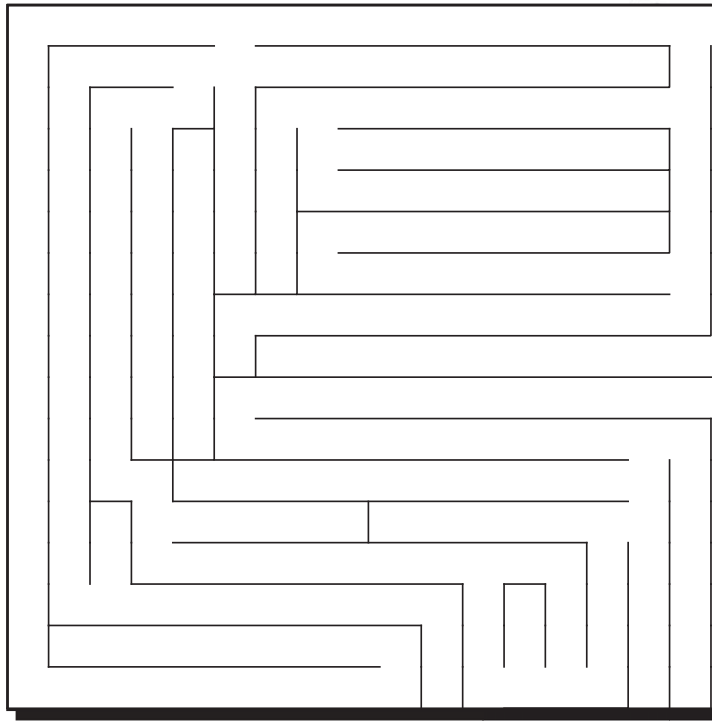




## GOODNESS VS EVIL

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.

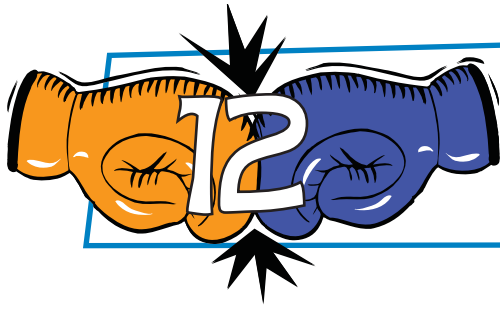


Memory Verse:  
"Turn from evil and do good;  
seek peace and pursue it."  
Psalm 34:14



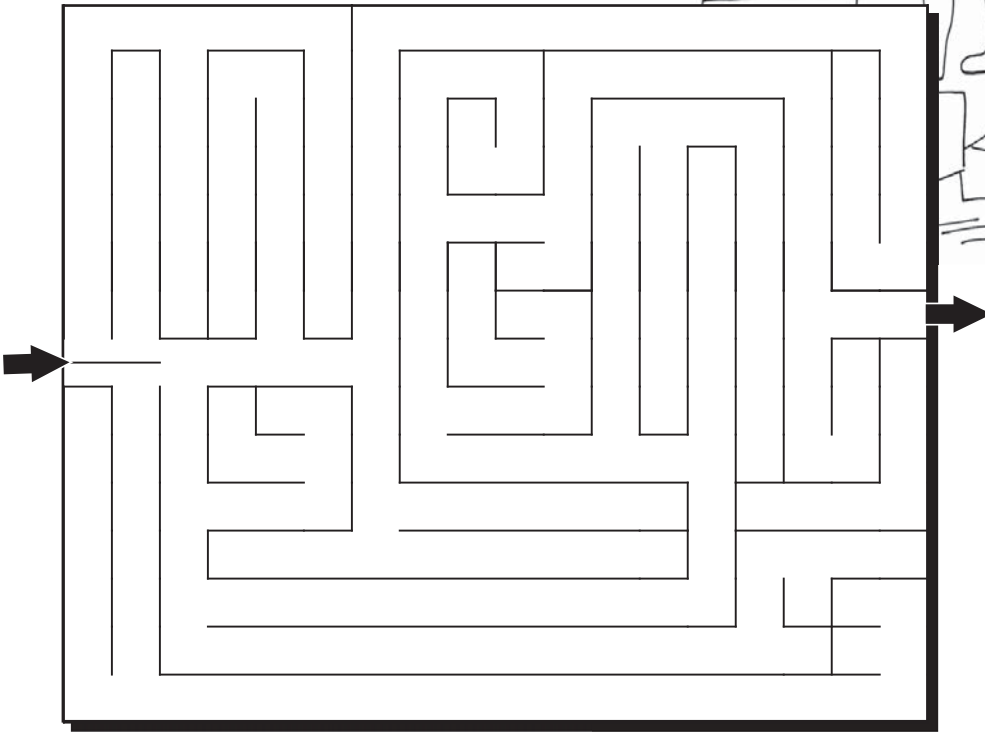
## IN THE RING

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

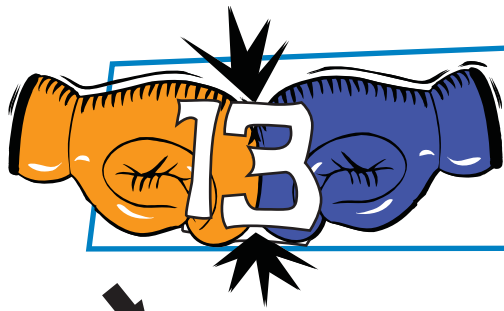


Memory Verse:  
"Do nothing out of selfish  
ambition or vain conceit.  
Rather, in humility value  
others above yourselves."  
Philippians 2:3



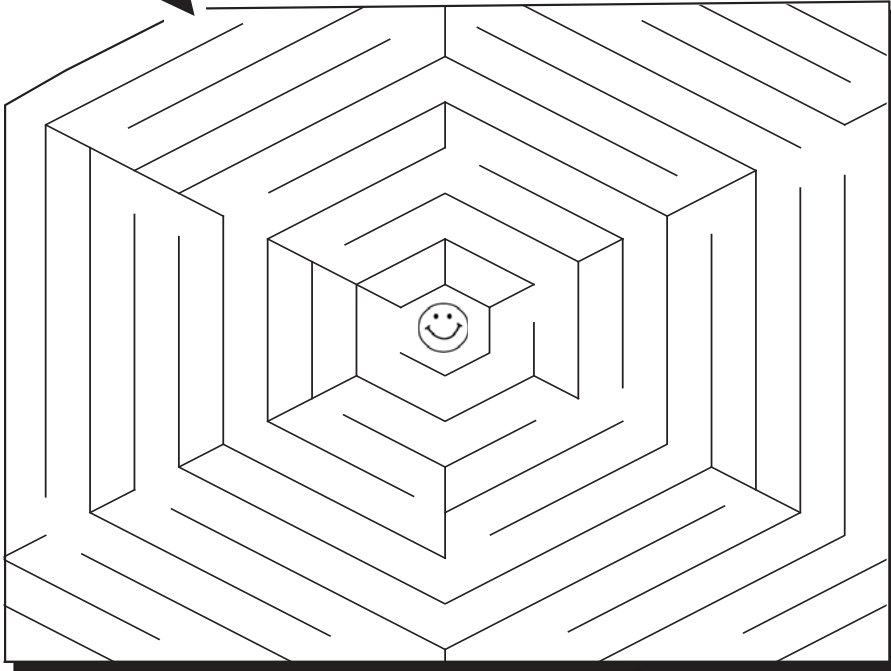
## IN THE RING

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



### 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

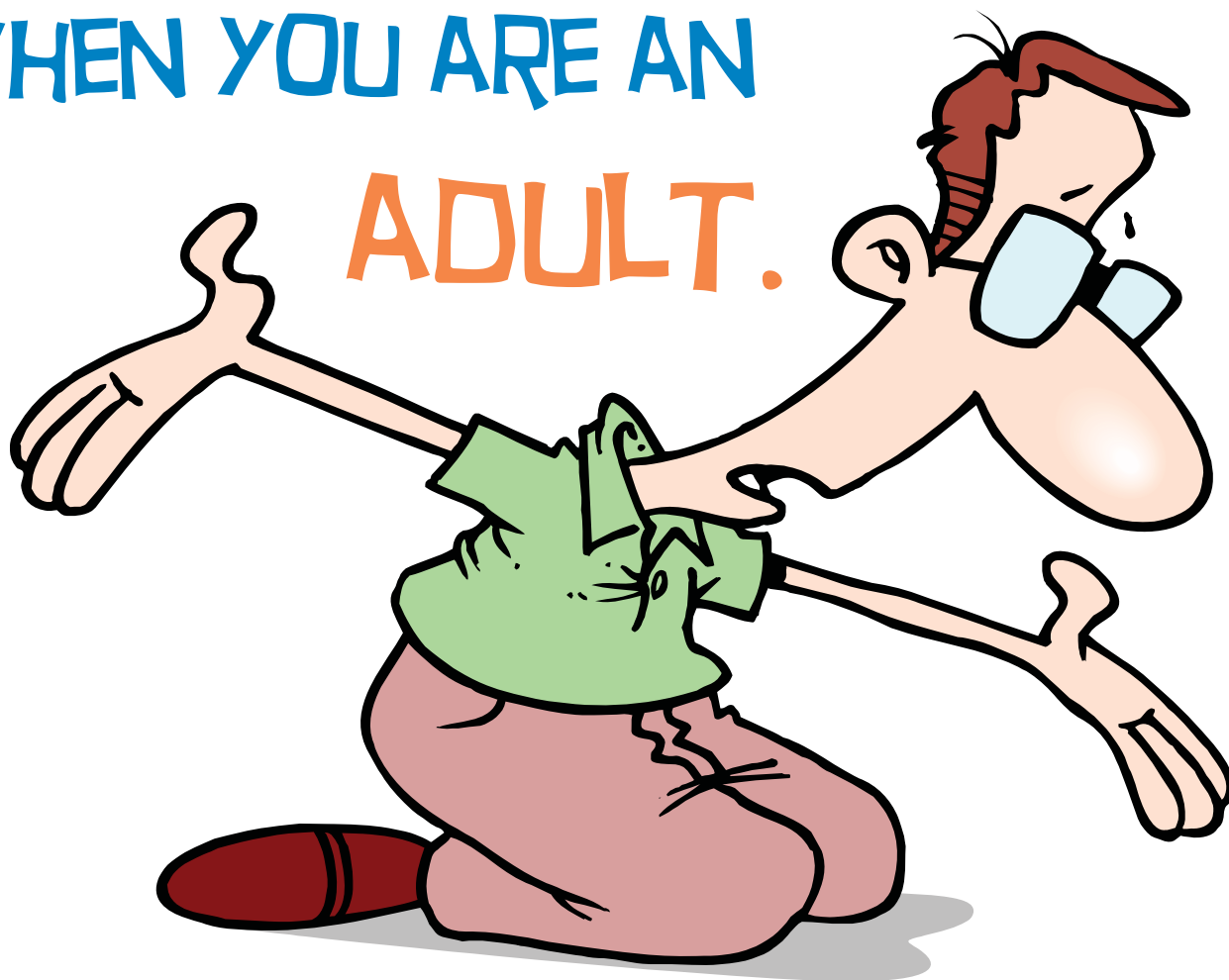


## IN THE RING

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."

It will be much harder to  
knock-out these sins...

WHEN YOU ARE AN  
ADULT.



DO IT RIGHT, WHILE IT IS EASY.

*"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 Medium  
English



20121

[www.ChildrenAreImportant.com](http://www.ChildrenAreImportant.com)  
[info@childrenareimportant.com](mailto:info@childrenareimportant.com)  
We are located in Mexico.  
DK Editorial Pro-Visión A.C.

