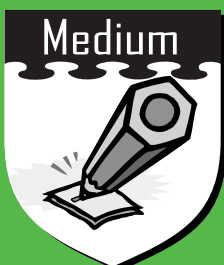


# UNIT 3

# CHAMPIONS

MEDIUM

by the  
Fruit of  
the Spirit



**MEDIUM**  
Student Book

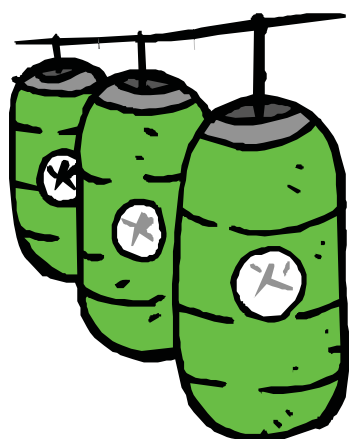
# TO BECOME CHAMPIONS...

...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.

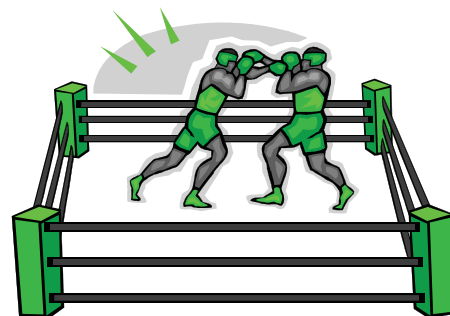


## HOWEVER, TO BE A WINNER, YOU WILL NEED A COACH.

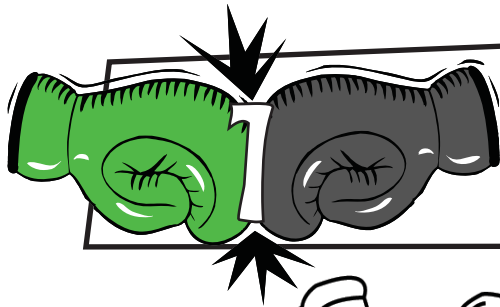


Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

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!

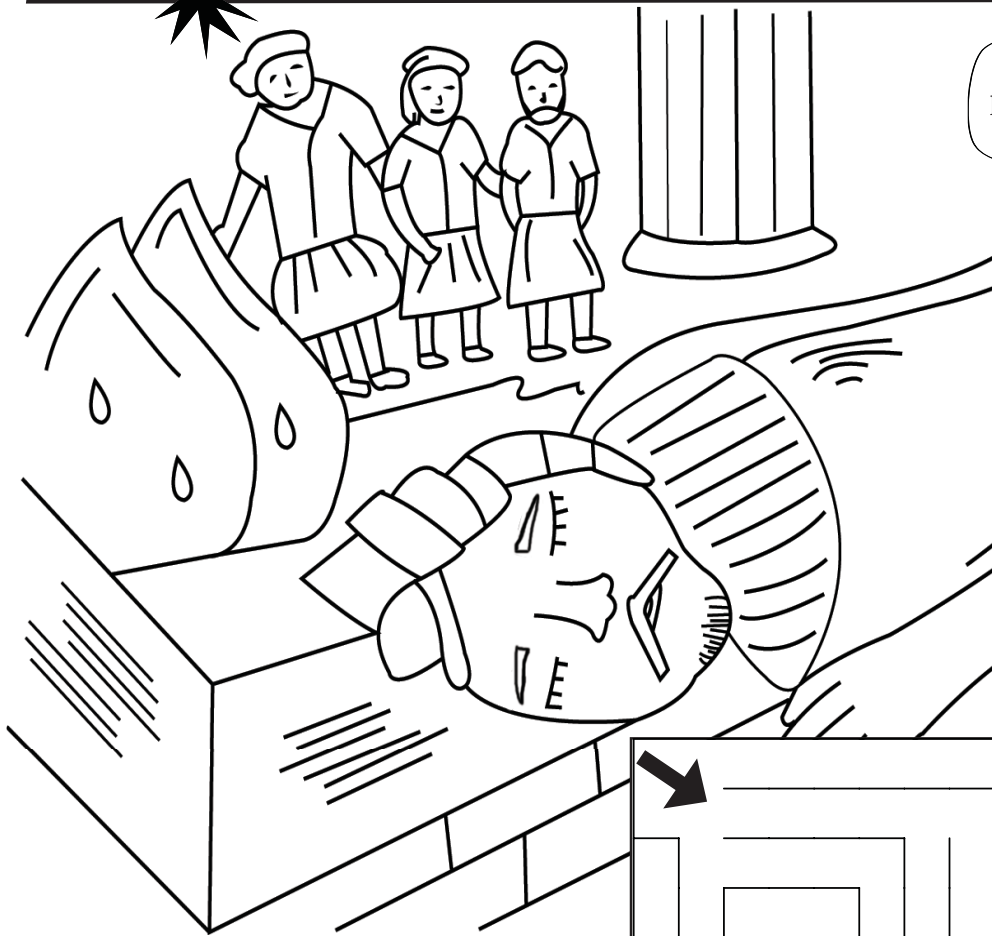


## KEEP UP THE FIGHT, AND YOU CAN WIN COMPETITIONS AND BECOME A CHAMPION!

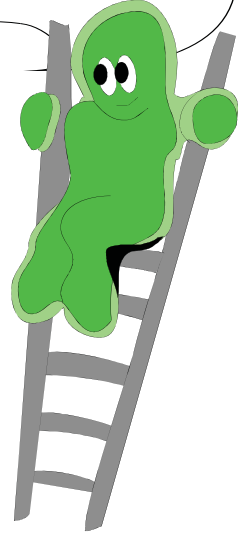


# FAITHFULNESS VS IDOLATRY

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



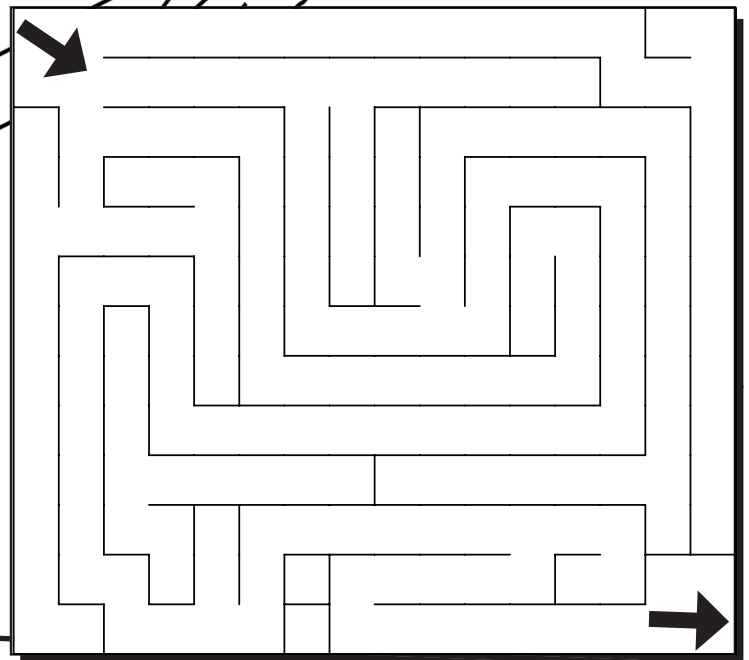
I think I can escape from participating in this festival by climbing this ladder!



Memory Verse:

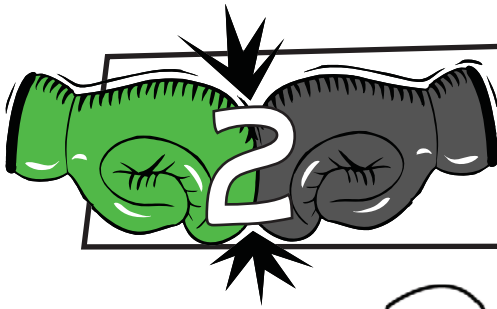
“You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.”

Exodus 20:4



## IN THE RING

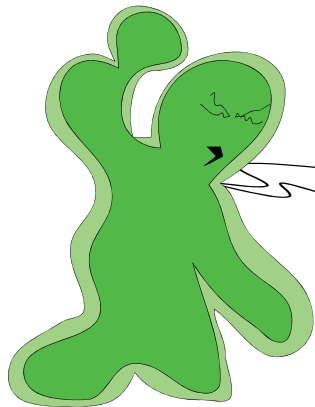
Choose an activity to NOT participate in because it may have idolatry. It may be a custom to remove your shoes, a parade to not participate in, a sports game you choose not to attend, or not buying flowers when others do.



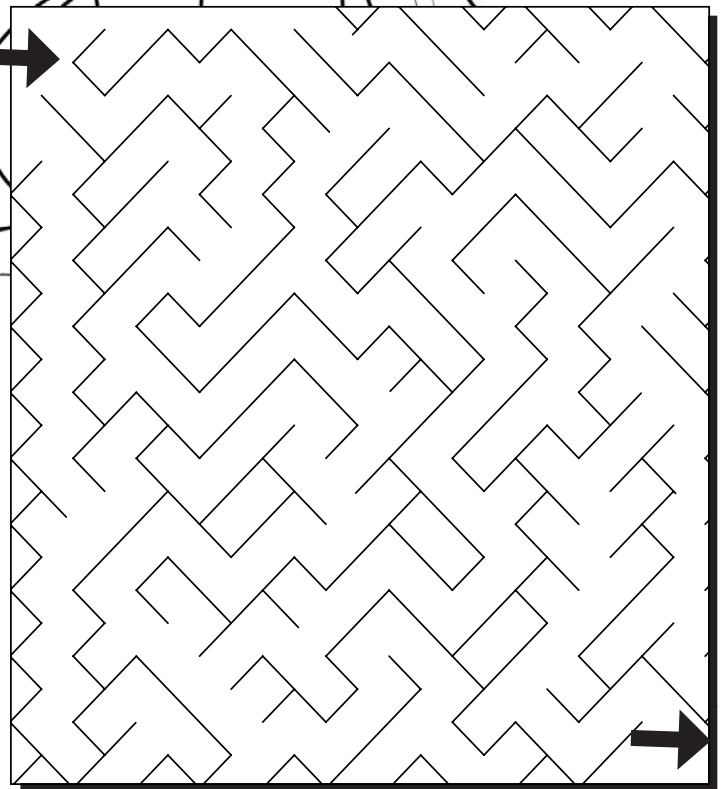
## FAITHFULNESS VS DISLOYALTY

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

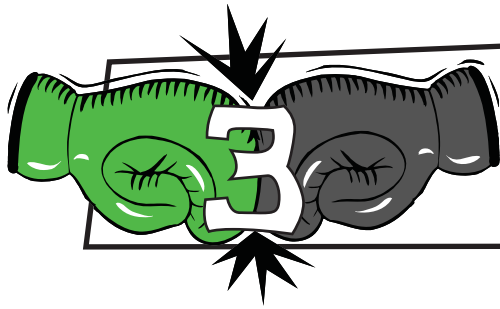


I hate peer  
pressure!!! I do  
not want to be  
embarrassed  
about being a  
Christian!



## 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.



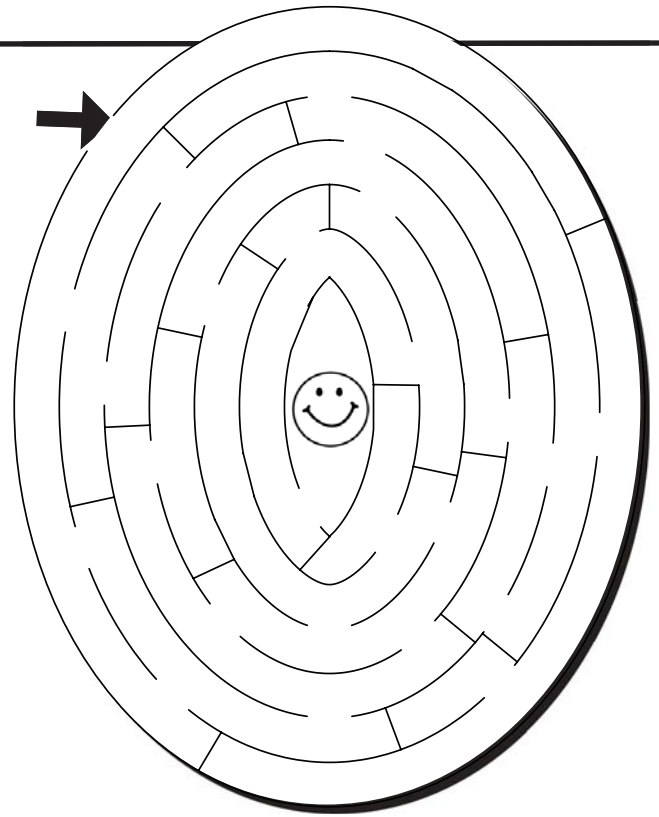
## FAITHFULNESS VS HESITATION

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

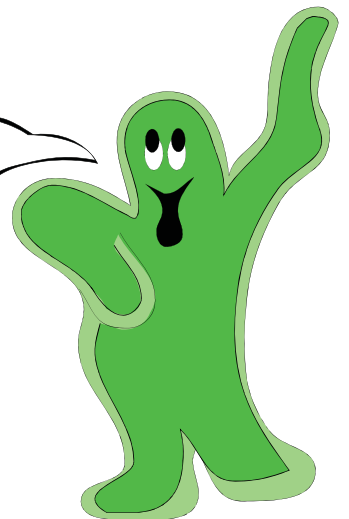
Memory Verse:

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

Hebrews 11:1

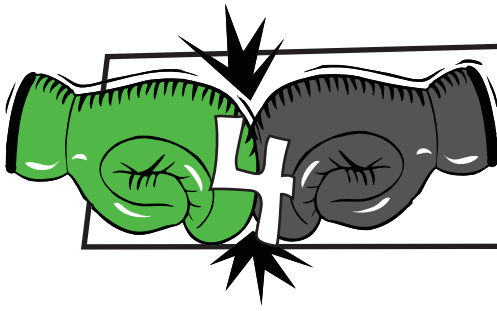


Can I wait  
until the  
end to  
see what  
everyone  
else is  
doing?



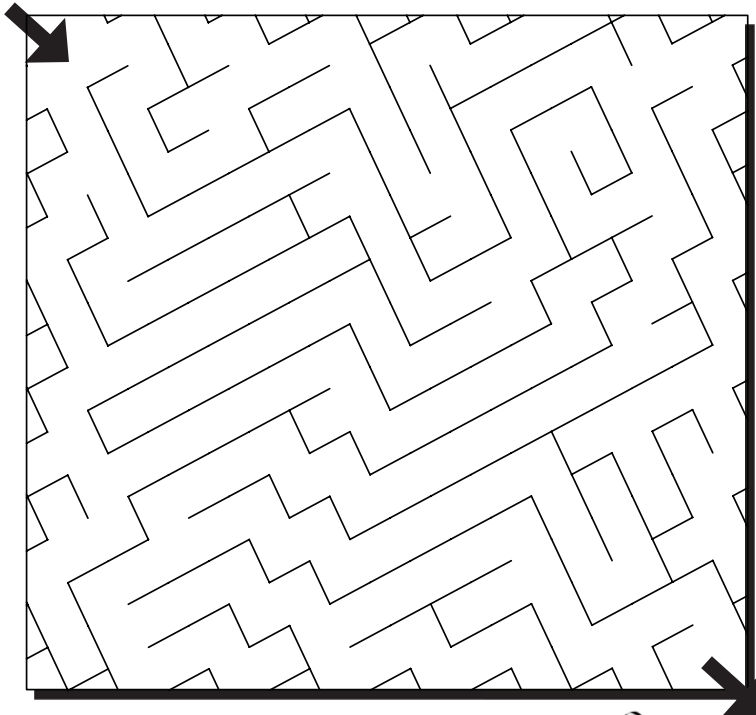
## IN THE RING

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.



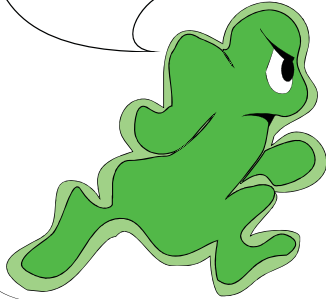
# FAITHFULNESS VS DISOBEDIENCE

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



Memory Verse:  
"But Moses said,  
'Why are you  
disobeying the  
Lord's command?  
This will not  
succeed!'"  
Numbers 14:41

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



## IN THE RING

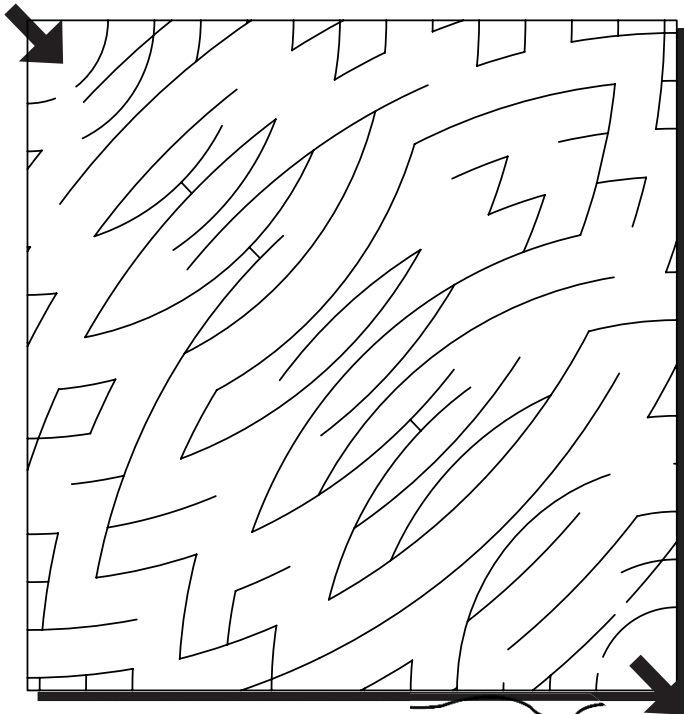
Choose 2 assignments from God to do this week. The first being something God asked you NOT to do, and the other something God asked you to do. Obey God in both items to win against disobedience.





# FAITHFULNESS VS WITHHOLDING

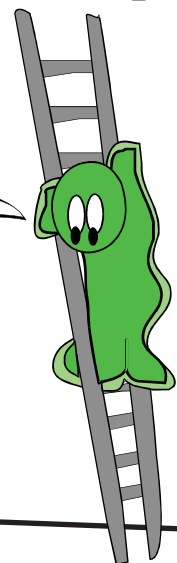
Bible Story: Abraham and Isaac  
Genesis 22:1-18



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

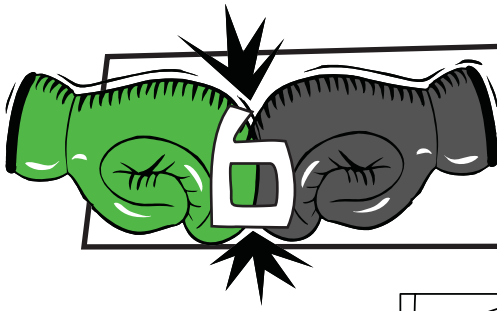


But I do  
not want  
to come  
down and  
participate!  
Do I have  
to?



## 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.



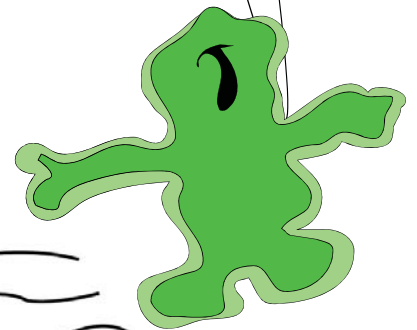
## FAITHFULNESS VS UNRELIABILITY

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

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



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



## 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.



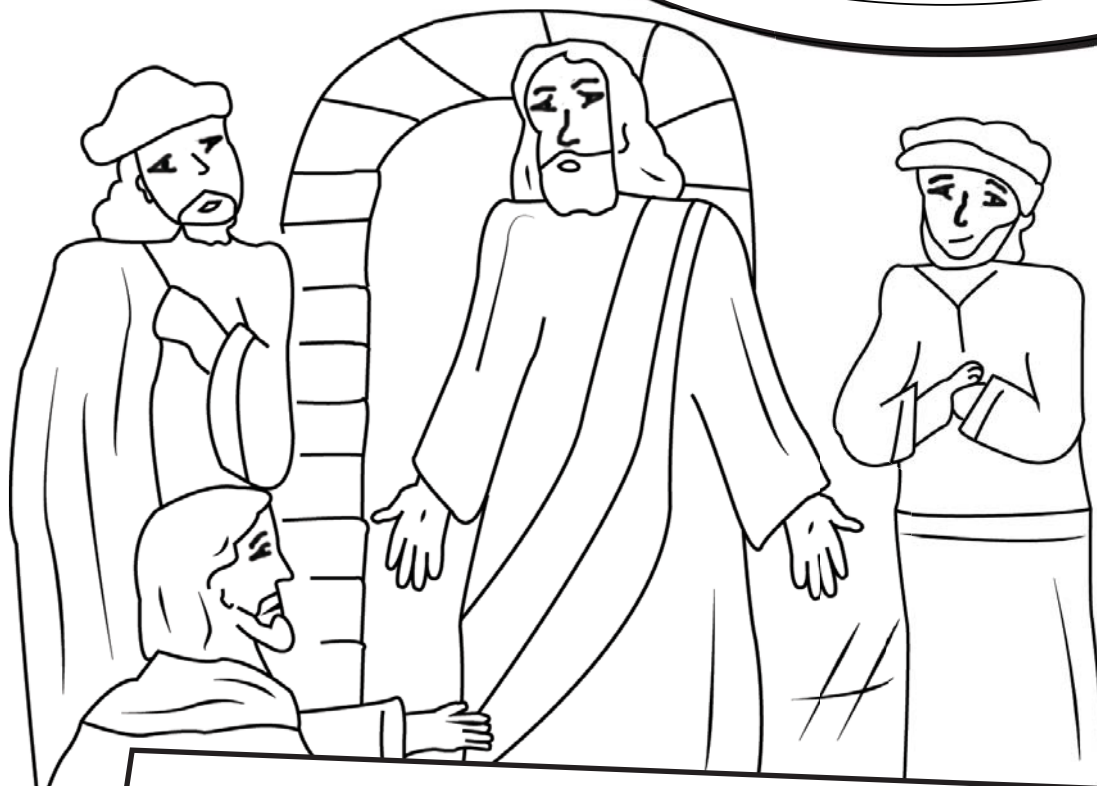
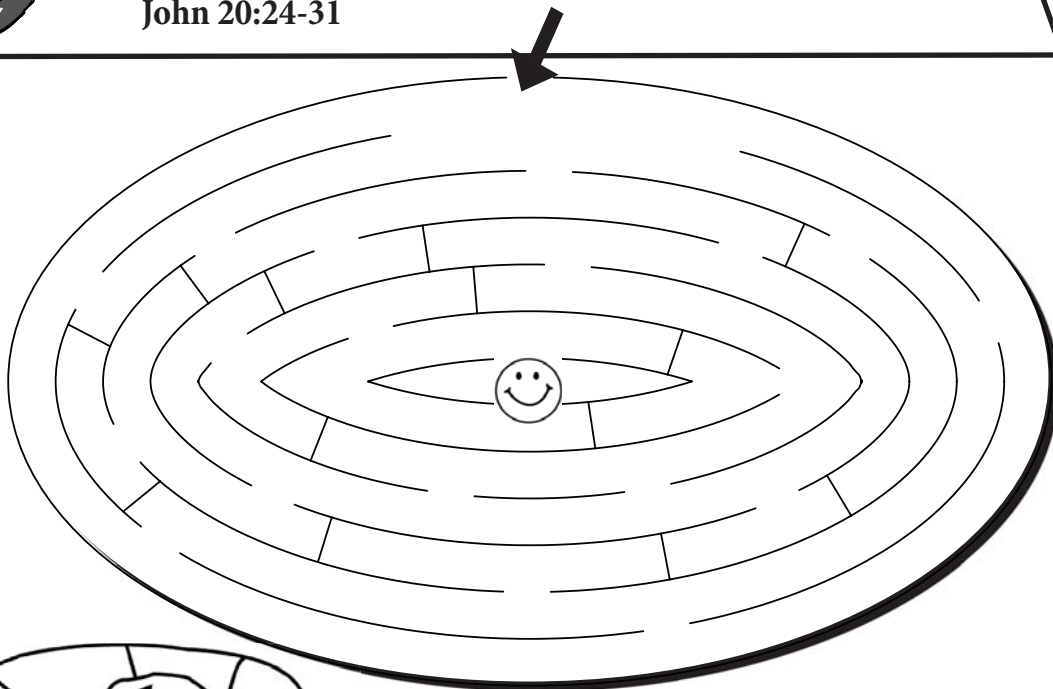


# FAITHFULNESS VS DOUBT

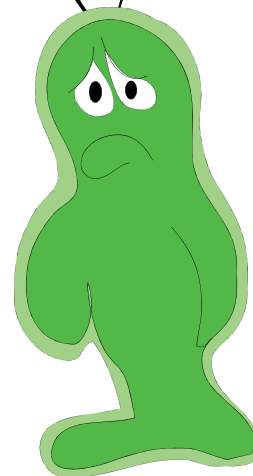
Bible Story: Jesus appears to Thomas

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



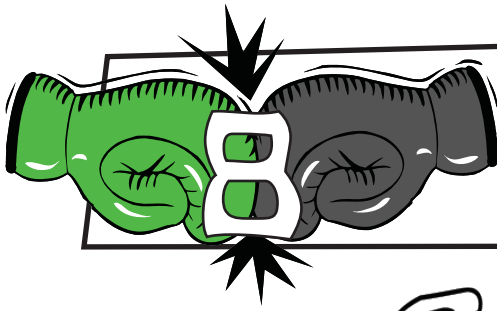
I am scared on the inside. I  
do not know if I believe in  
God or not.



## 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.

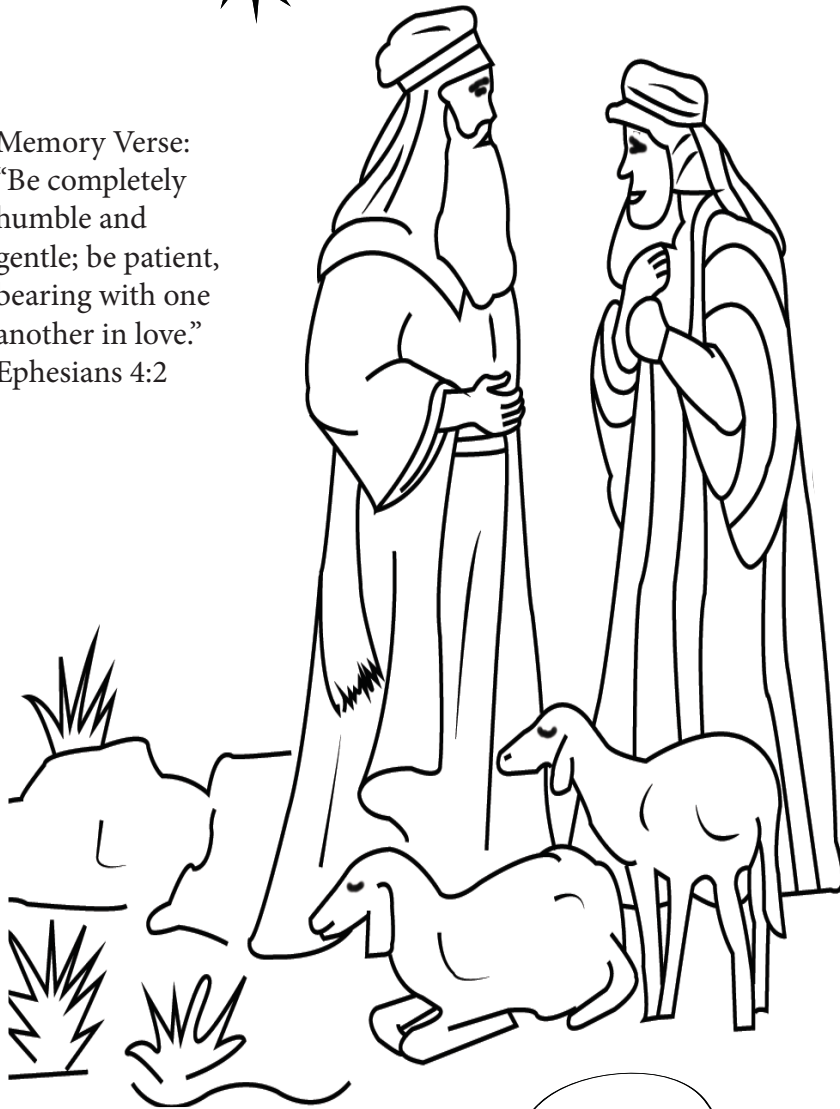




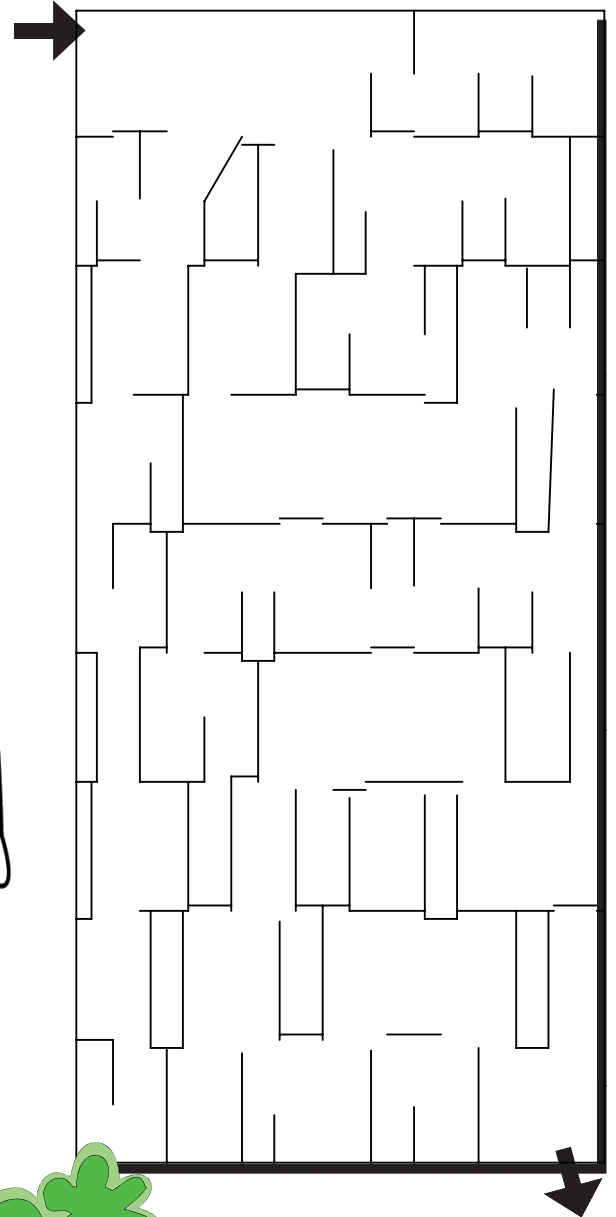
# GENTLENESS VS DISSENSION

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

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

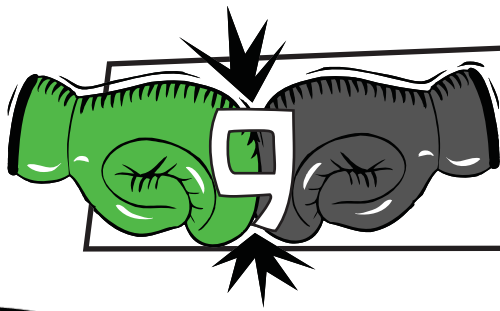


I am better  
than you are!!  
Ha ha ha!!



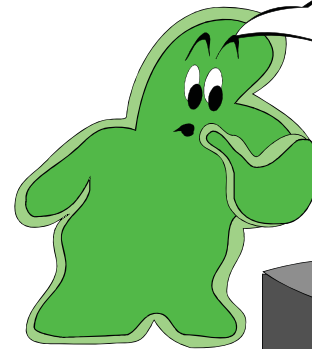
## IN THE RING

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.

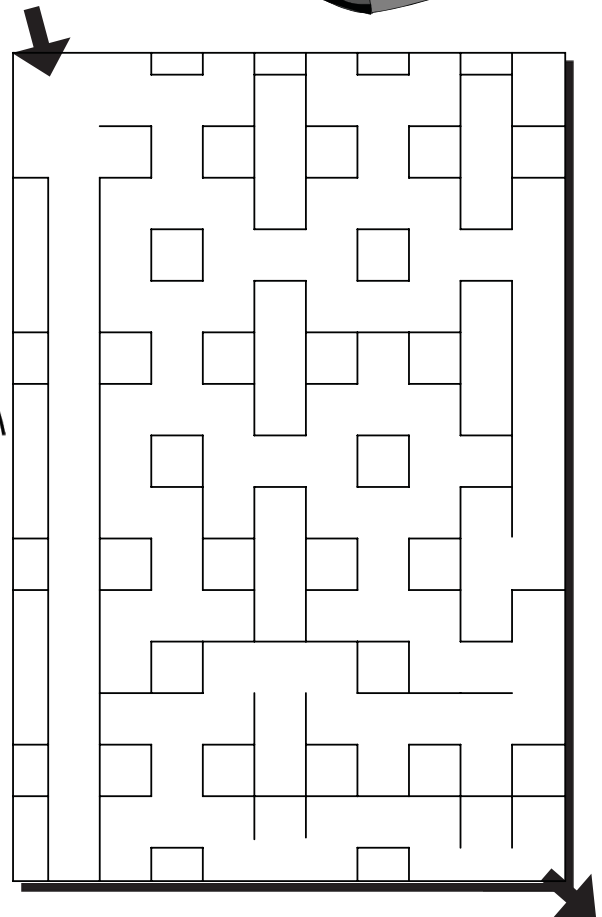
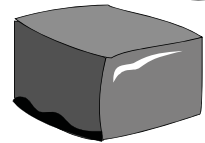


## GENTLENESS VS TRADITIONS

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



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



Memory Verse:

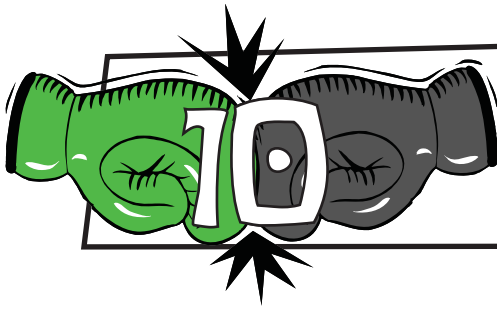
“Do not cause anyone to stumble, whether Jews, Greeks or the church of God— even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.”

1 Corinthians 10:32-33



## 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.



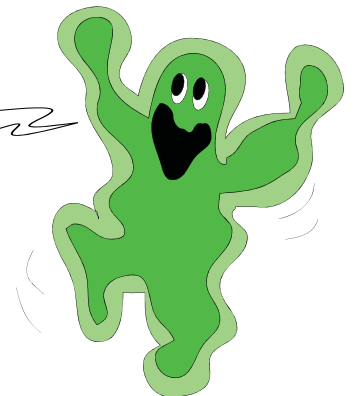
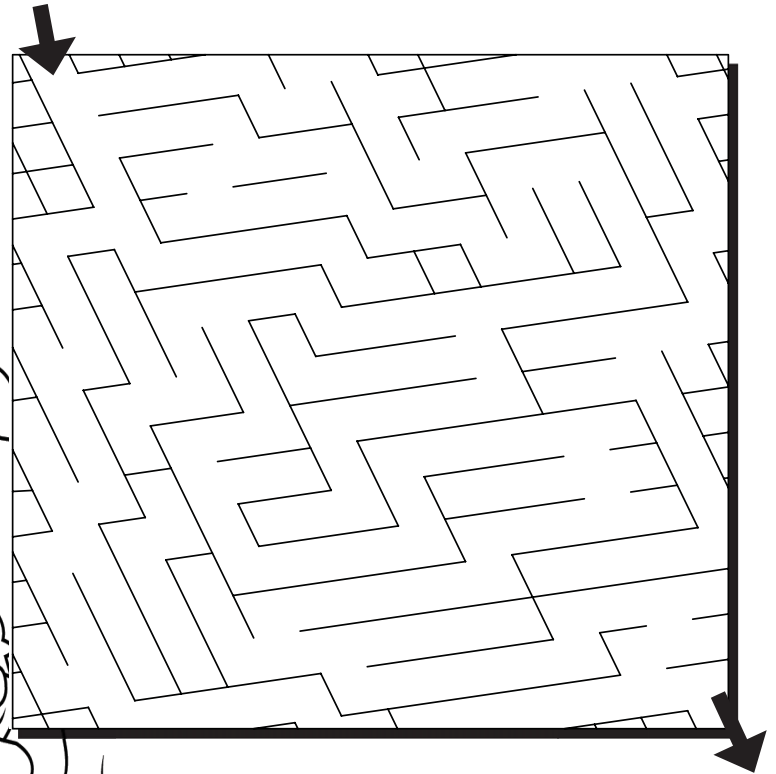
## GENTLENESS VS BITTERNESS

Bible Story: Cain and Abel

Genesis 4:1-16

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



## 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.



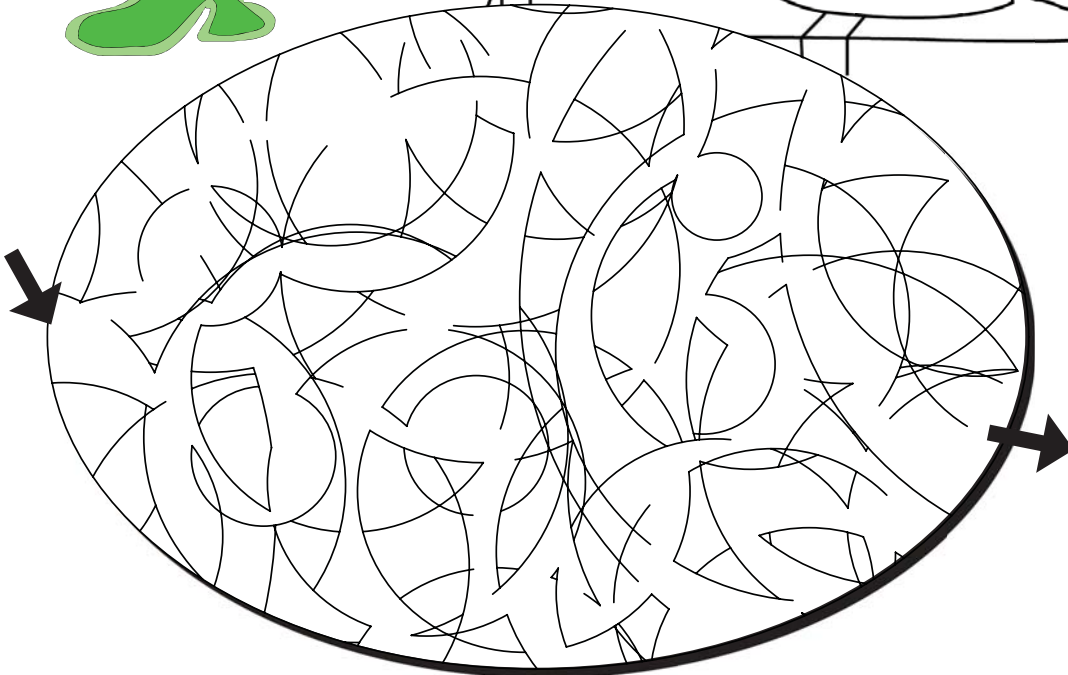


## SELF-CONTROL VS LYING

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



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



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



## 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.



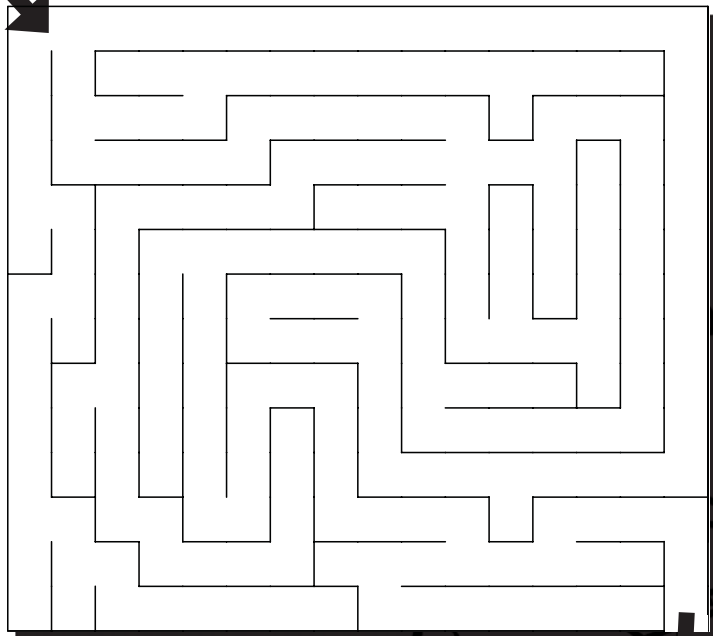
## SELF-CONTROL VS LAZINESS

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

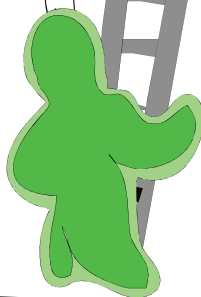
Memory Verse:

"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

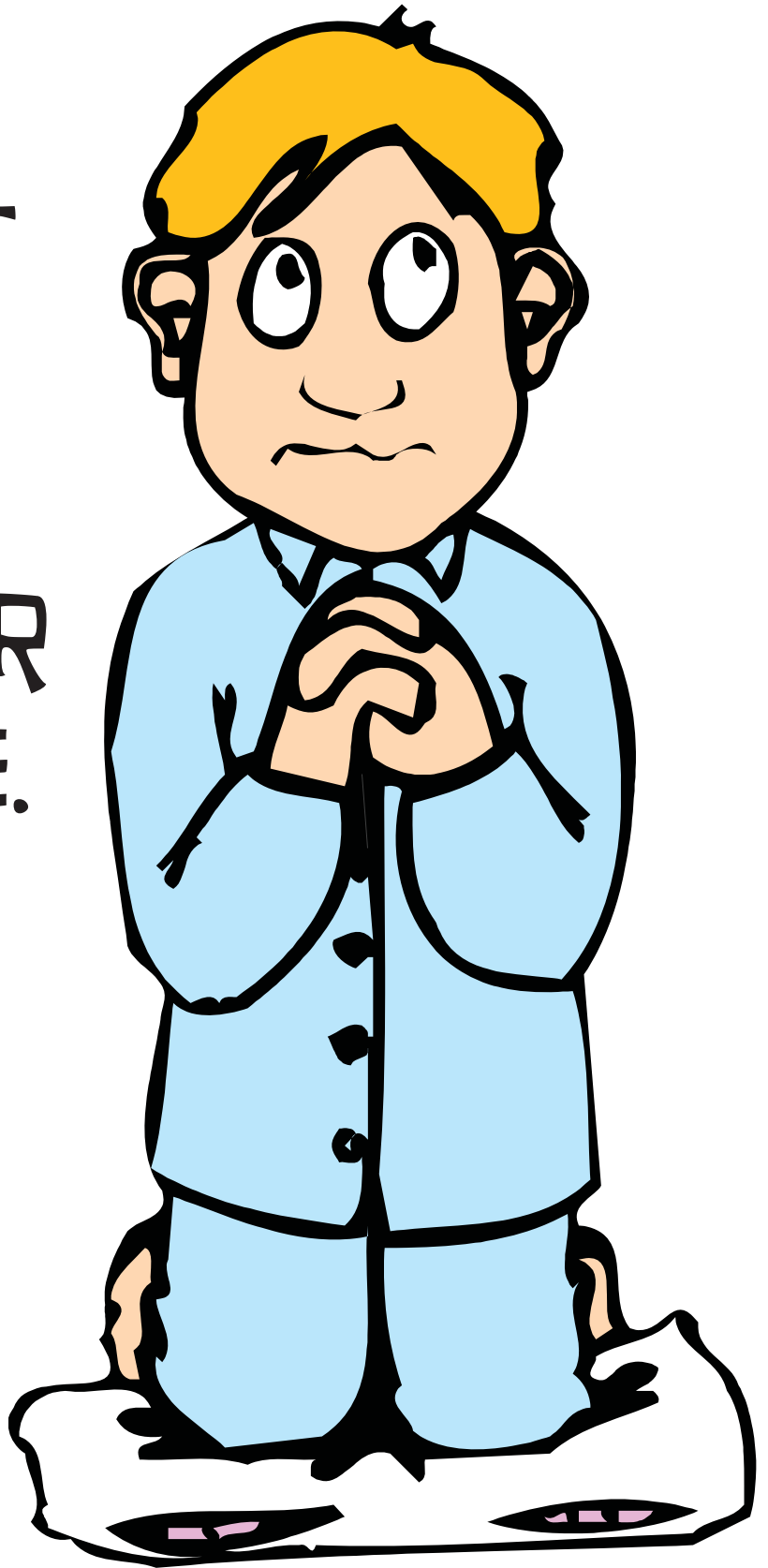
Fight against your laziness this week, by choosing something to do that you do not want to do. Make sure to complete it, and share your testimony with a friend.

DO NOT  
PRAY ABOUT  
CLEANING  
YOUR  
BEDROOM OR  
YOUR HOUSE.

JUST  
DO IT.

*"Do not merely listen to the  
word, and so deceive yourselves.  
Do what it says."*

*James 1:22*



Champions Medium  
English



20021

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