

UNIT 2

EASY



CHAMPIONS

by the Fruit of the Spirit



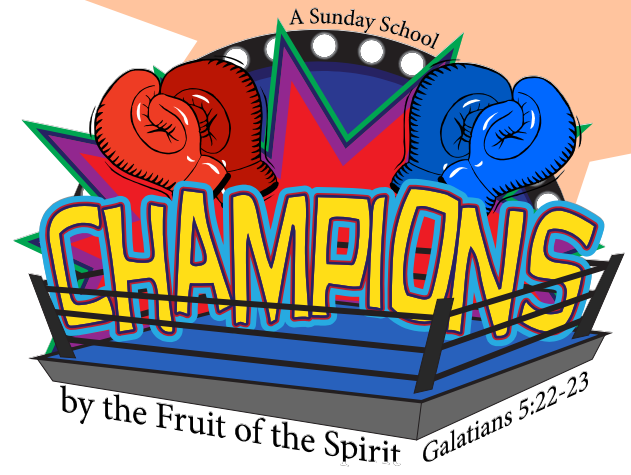
EASY

Student Book

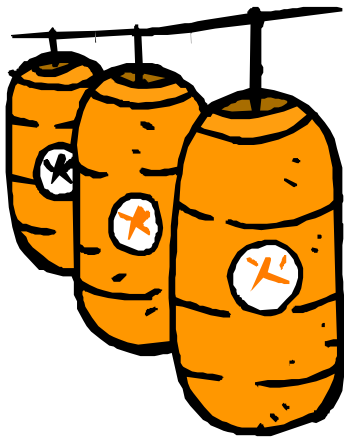
TO BECOME CHAMPIONS...

...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.

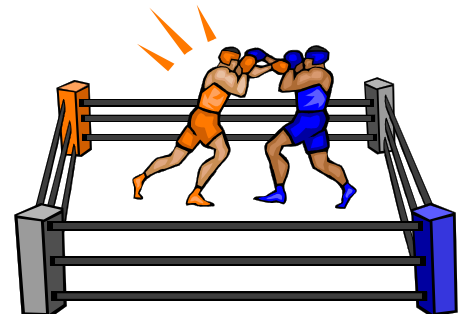


HOWEVER, TO BE A WINNER, YOU WILL NEED A COACH.

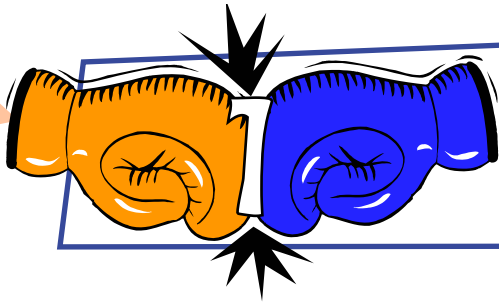


Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

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!

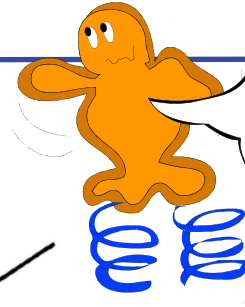


KEEP UP THE FIGHT, AND YOU CAN WIN COMPETITIONS AND BECOME A CHAMPION!

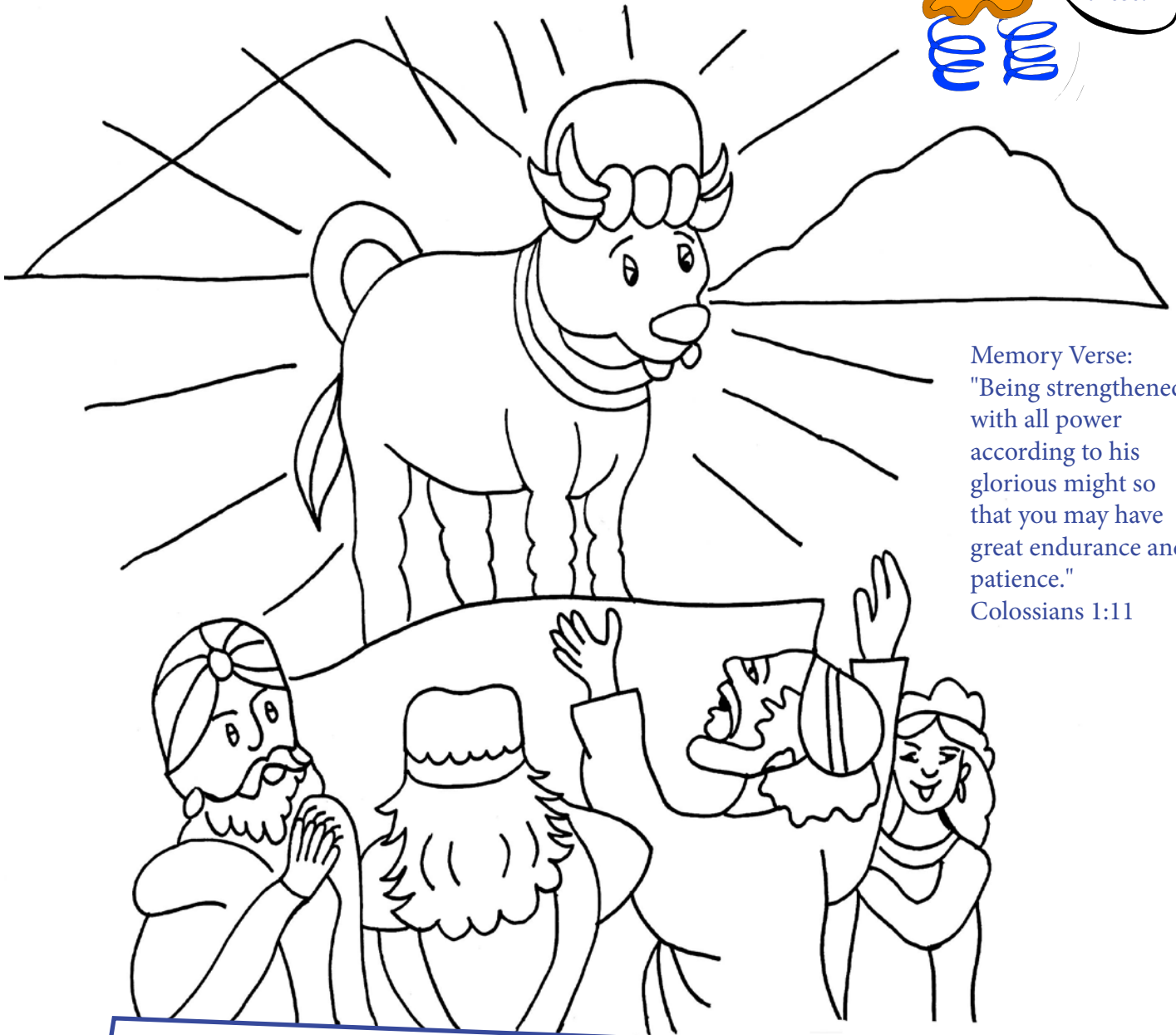


PATIENCE VS IMPATIENCE

Bible Story: The golden calf
Exodus 32



I think I
will get
there
faster
with
these.

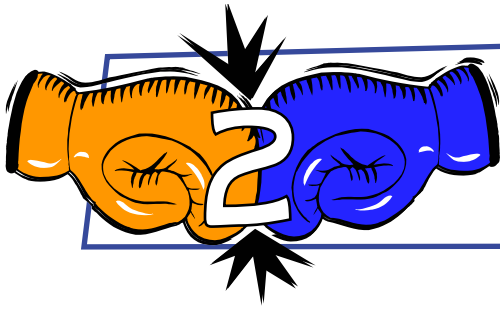


Memory Verse:
"Being strengthened
with all power
according to his
glorious might so
that you may have
great endurance and
patience."
Colossians 1:11



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.



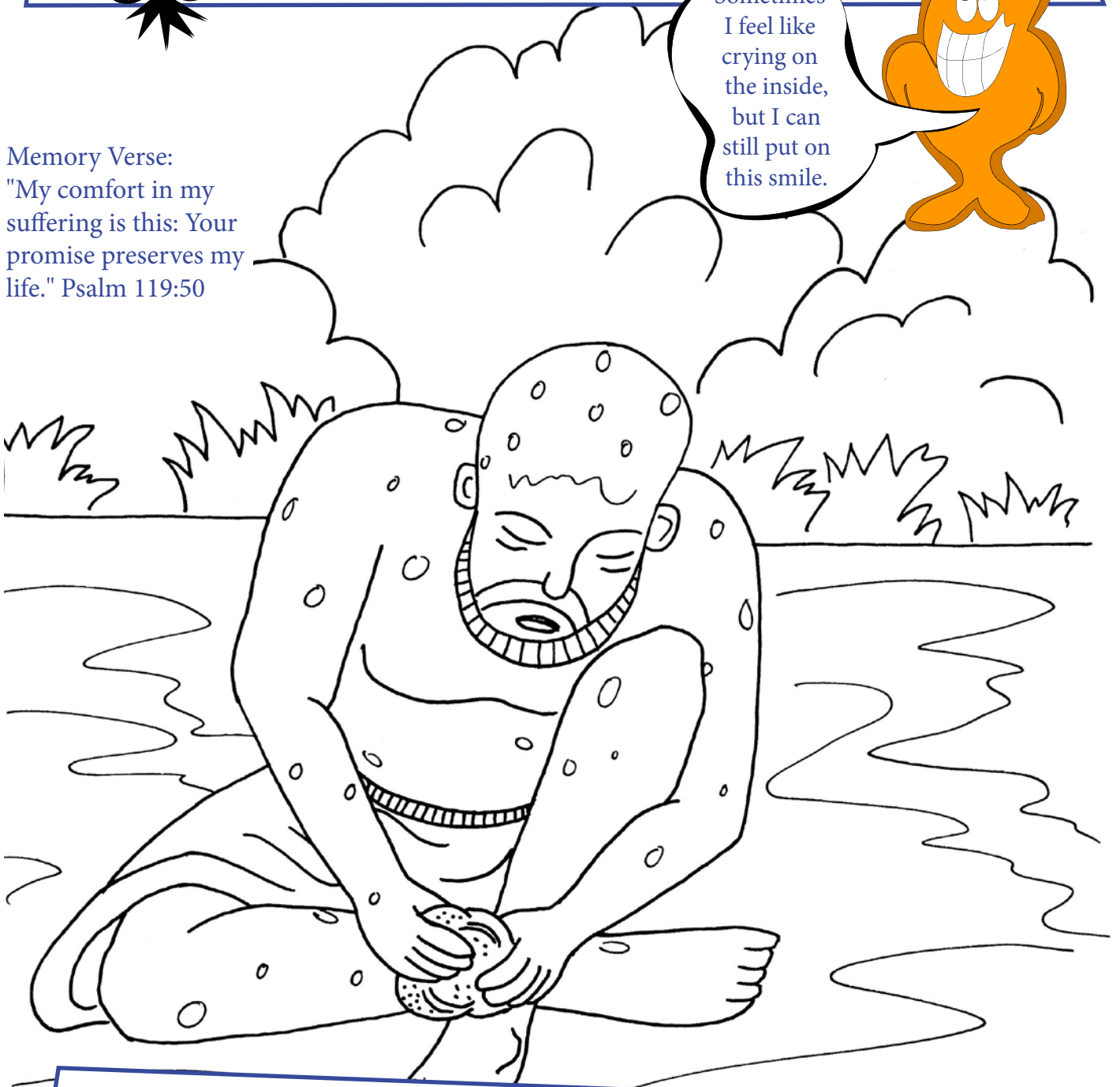
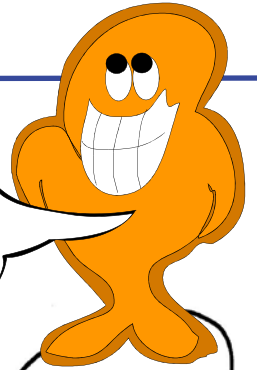
PATIENCE VS SORROW

Bible Story: Job suffers with patience
Job 1-2

Memory Verse:

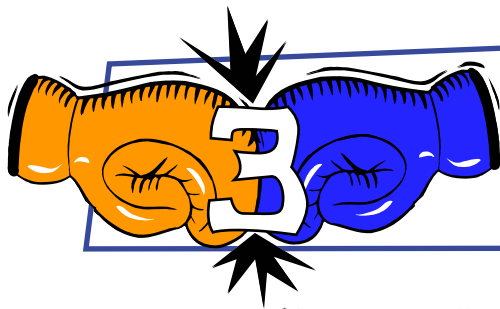
"My comfort in my
suffering is this: Your
promise preserves my
life." Psalm 119:50

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?



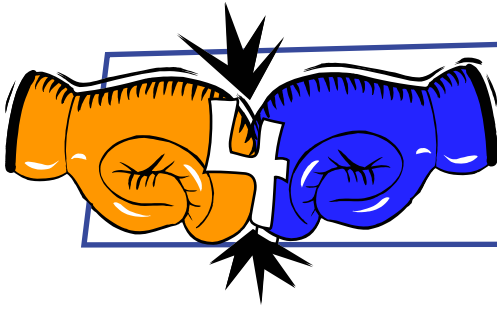
Memory Verse:

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



IN THE RING

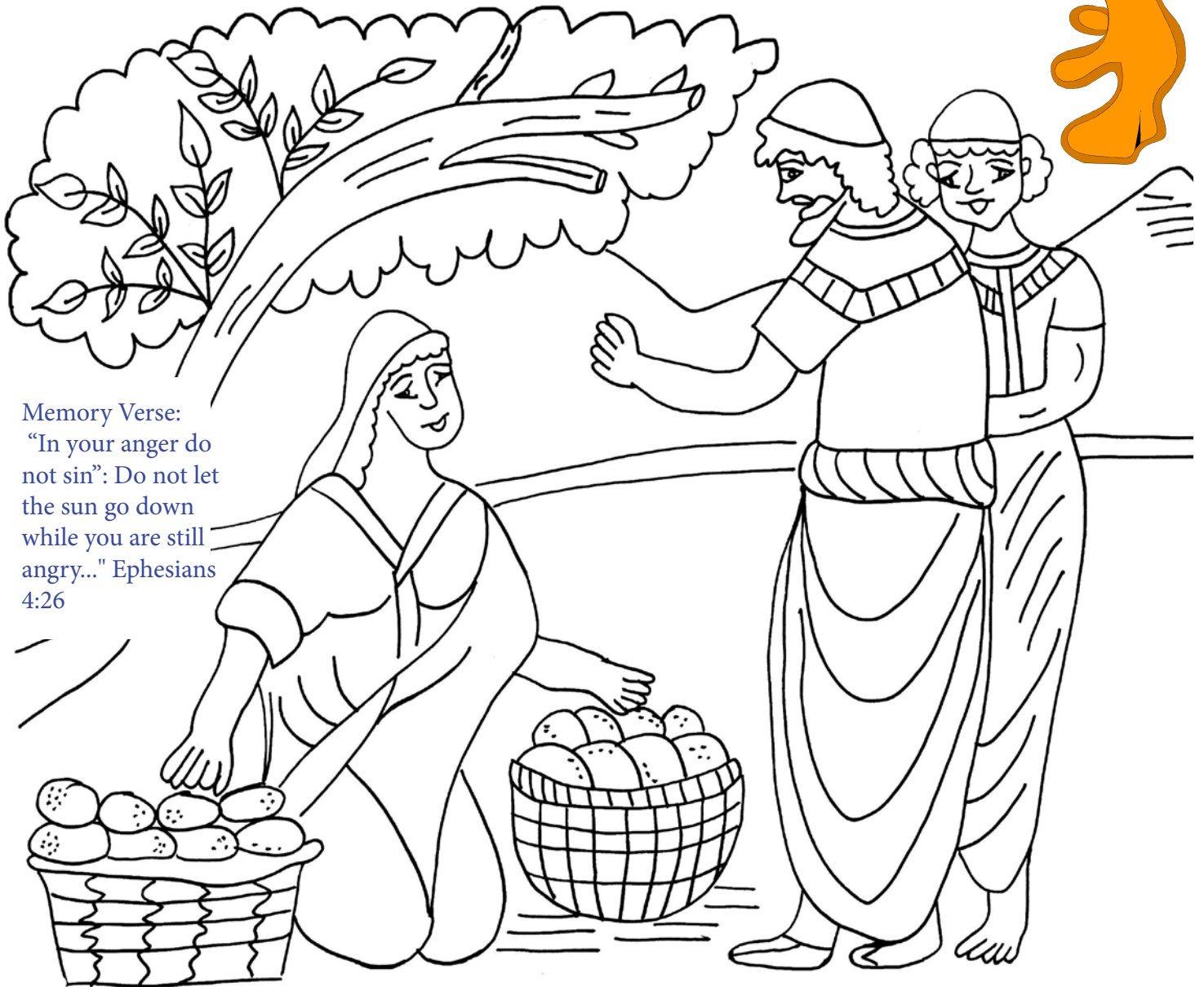
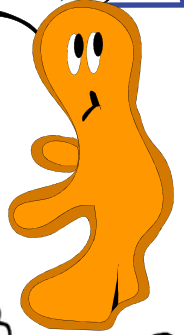
Do some activities to humble yourself. You could give someone your place in line, avoid watching a TV show where the characters are full of pride, give up your spot on stage or in front of others, or allow others to be correct.



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

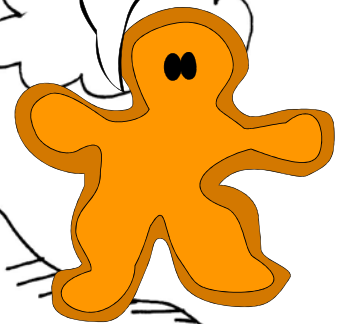
Purchase a few small items to give away as gifts. Whenever you become angry, give an item to the person you are angry with. Try to stomp out your anger by giving small gifts to people, and watch your patience grow.



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!



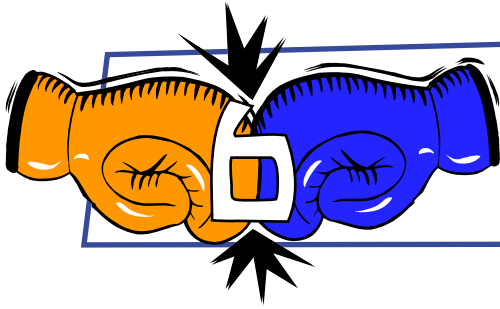
Memory Verse:

"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:

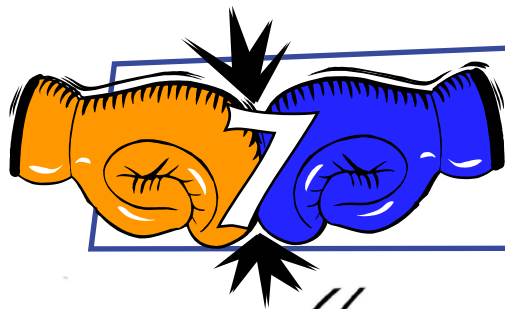
"Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else." Galatians 6:4

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



IN THE RING

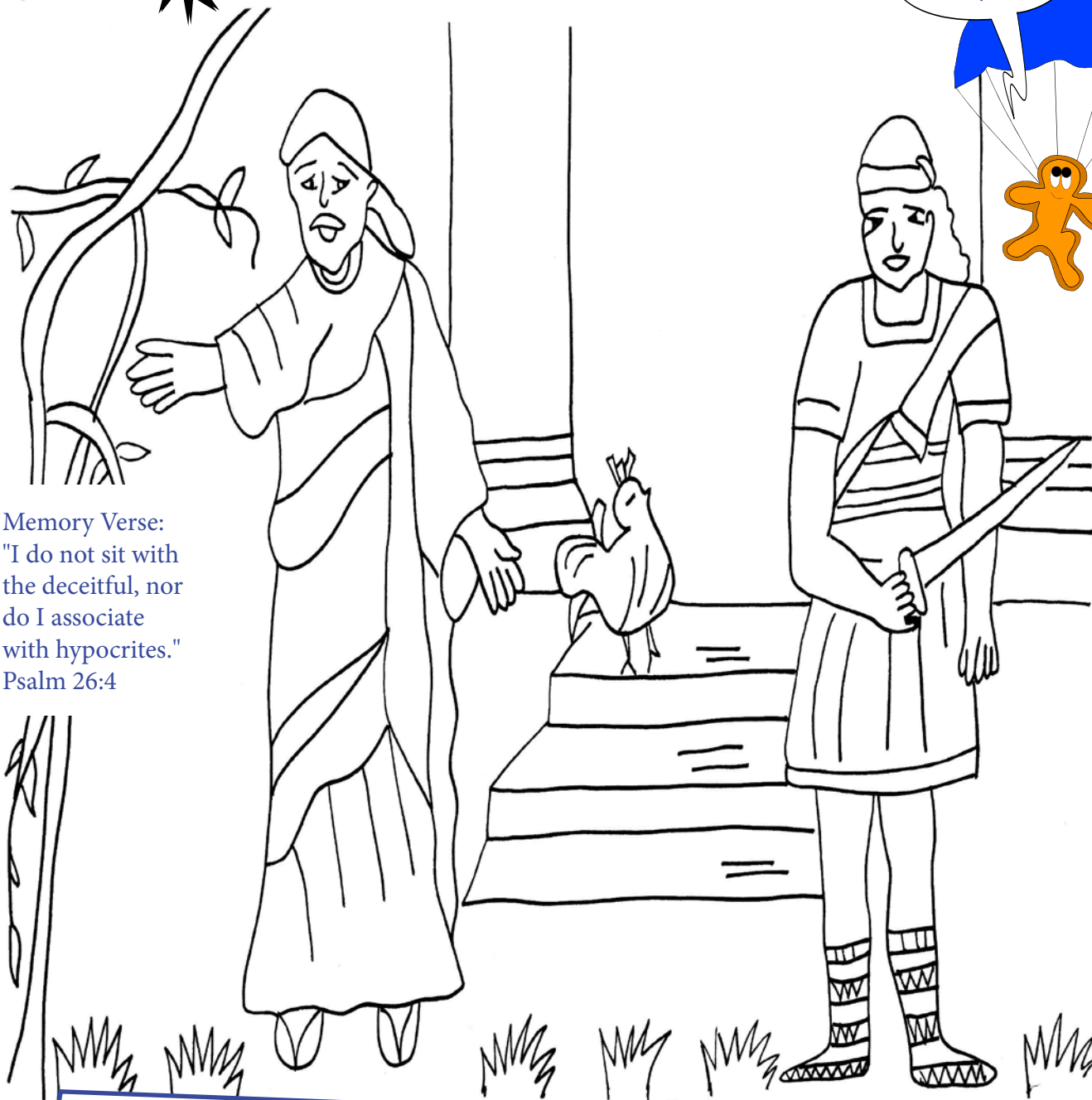
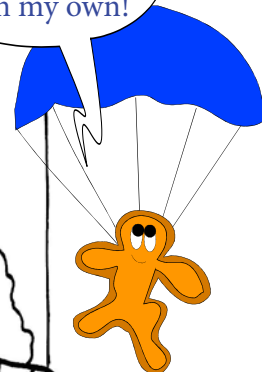
Give yourself 20 small balls at the beginning of the week. Each time you find yourself comparing yourself to others, take away one of the balls. This includes facebook or other online applications where we often compare ourselves to others. If you need to, go off facebook for the whole week.



KINDNESS VS DECEIT

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

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

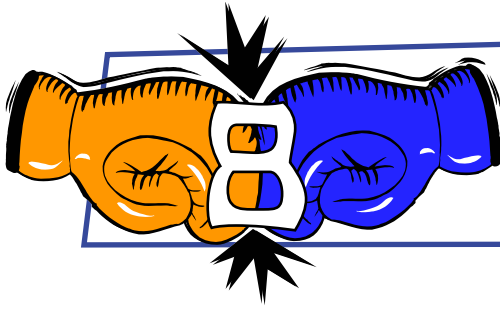


Memory Verse:
"I do not sit with
the deceitful, nor
do I associate
with hypocrites."
Psalm 26:4



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

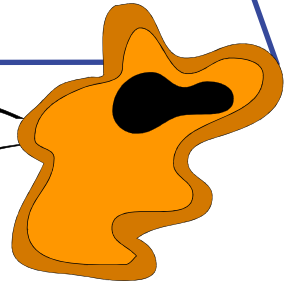
Memory Verse:

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

Proverbs 3:27

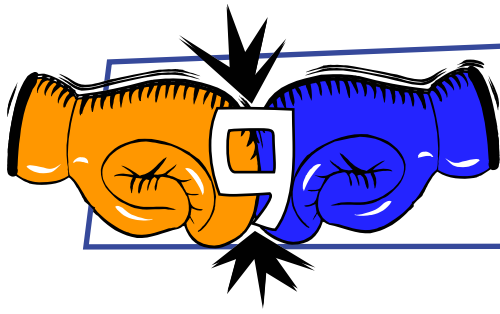


I do not need
to help anyone,
because LOOK!
I do not even
have a real shape!
I am just a blob!



IN THE RING

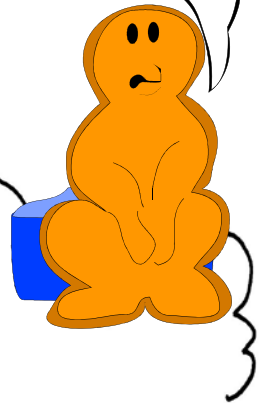
Find someone to help, especially if they are “not your problem.” Give to a homeless person on the street, or maybe a child at school needs a new pencil or eraser. Make sure they are not related to you, and that you have no responsibility or need to help them.



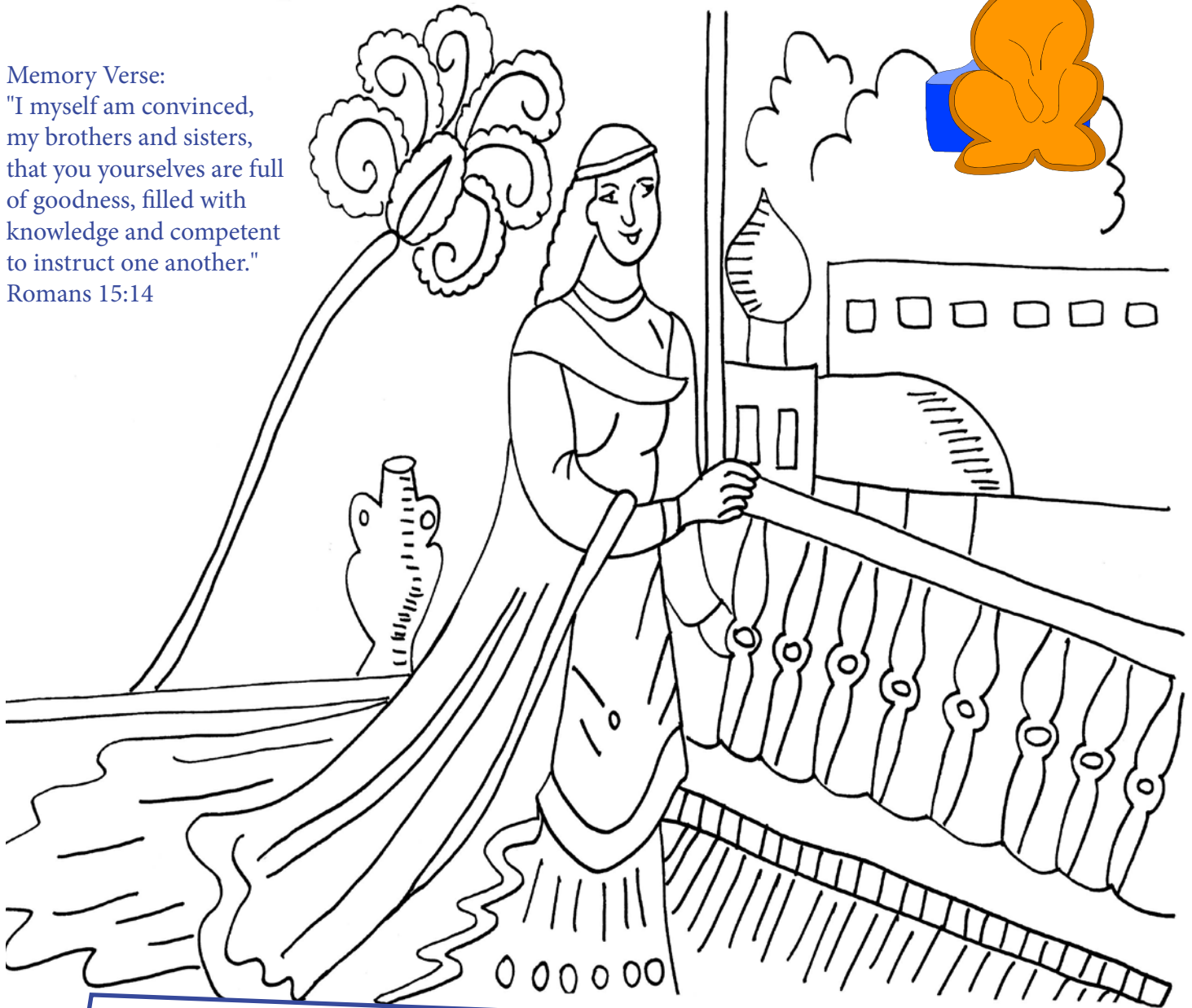
KINDNESS VS MALICE

Bible Story: Esther saves her people
Esther 3-5

Ouch! It hurts
when others are
mean to me.

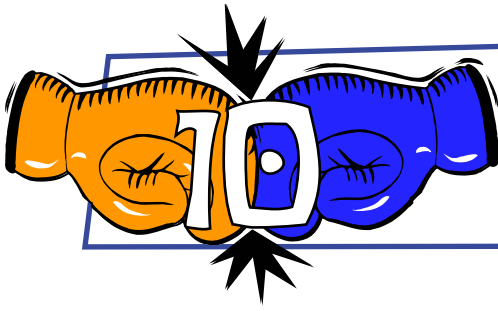


Memory Verse:
"I myself am convinced,
my brothers and sisters,
that you yourselves are full
of goodness, filled with
knowledge and competent
to instruct one another."
Romans 15:14



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

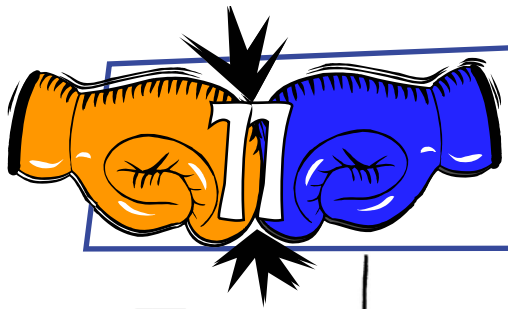
Memory Verse:

"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.



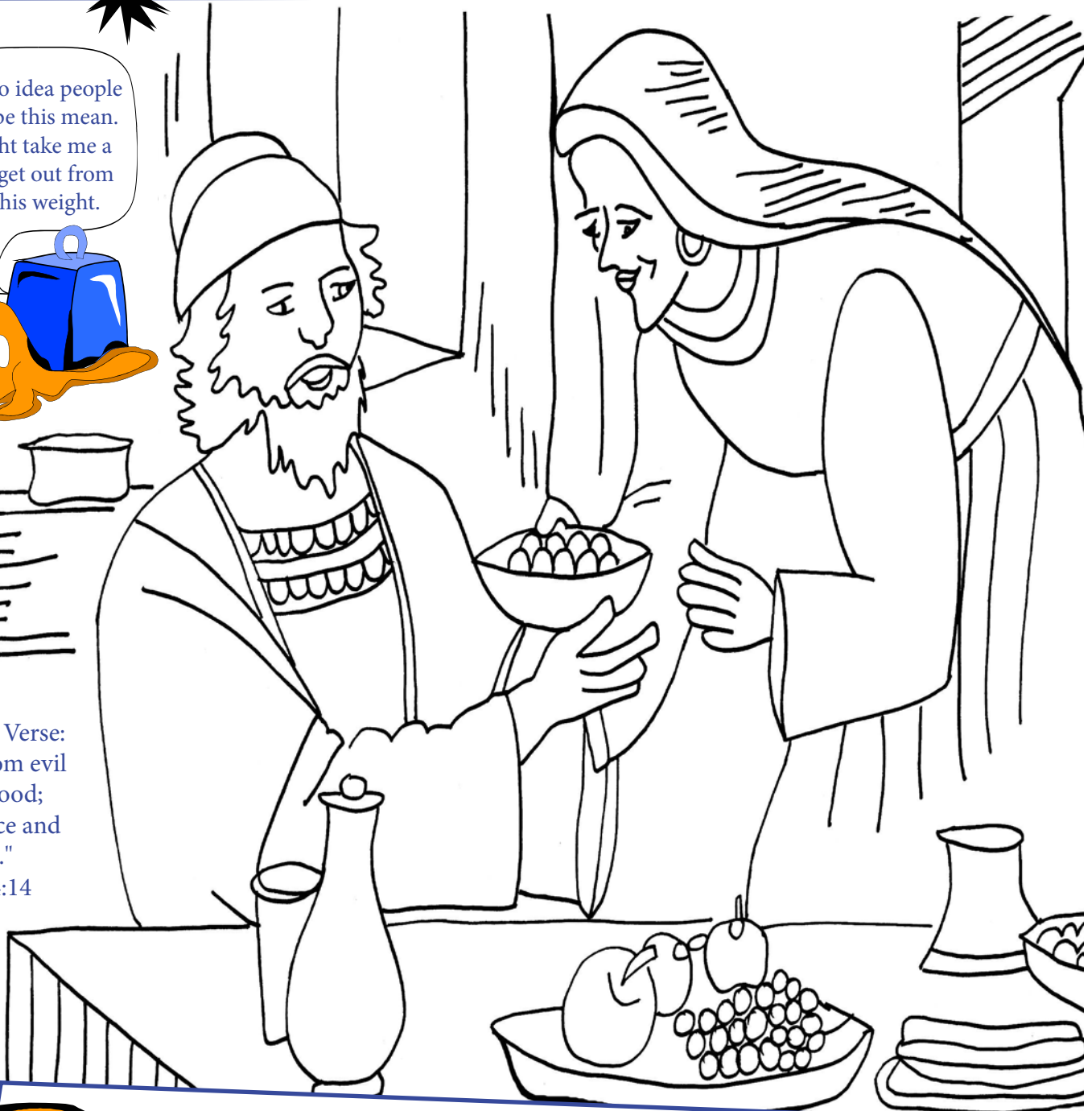
GOODNESS VS EVIL

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.

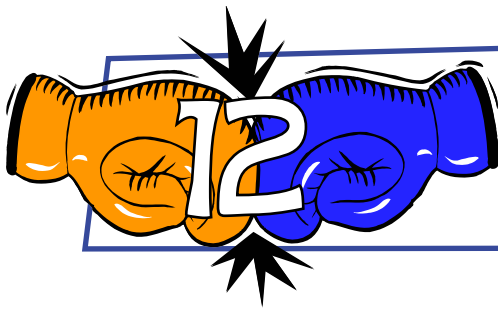


Memory Verse:
"Turn from evil
and do good;
seek peace and
pursue it."
Psalm 34:14



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.

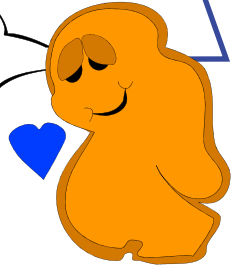


GOODNESS VS SELFISH AMBITION

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

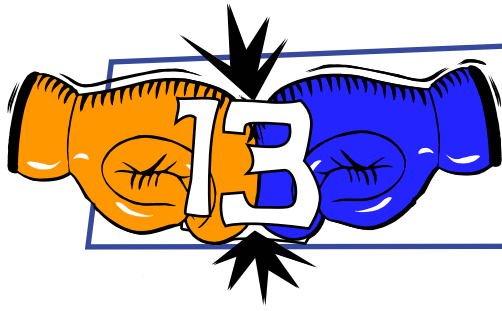
Memory Verse:
"Do nothing out of selfish ambition or
vain conceit. Rather, in humility value
others above yourselves." Philippians 2:3

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



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.



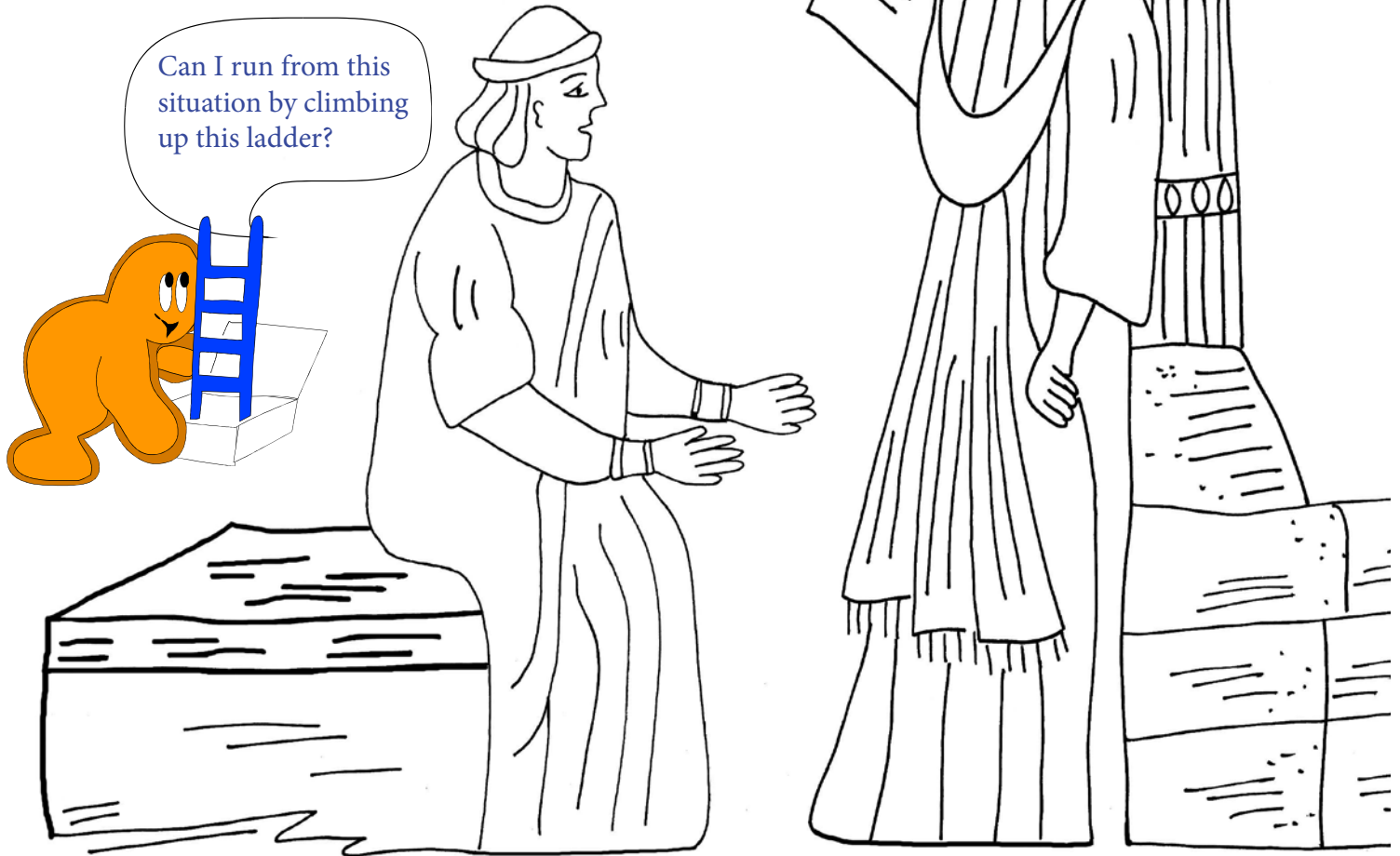
GOODNESS VS IMPURITY

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."

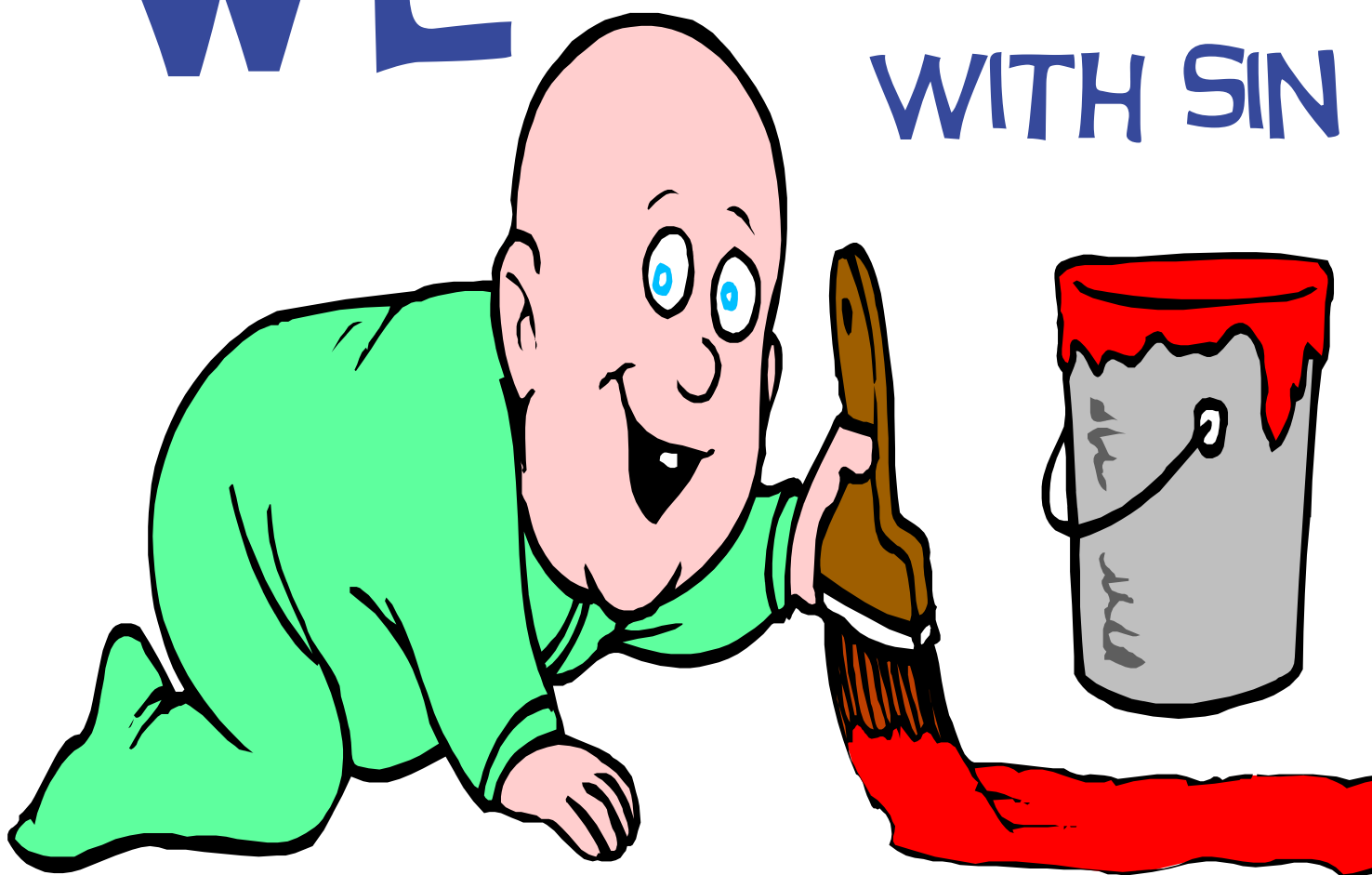
2 Thessalonians 1:11



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."

WE WERE BORN WITH SIN



IN OUR HEARTS.

However, we can win against it!

"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 Easy
English



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