



Essentials



THEME VERSE: "Jesus told him, I am the way, the truth, and the life. No one can come to the Father except through me." John 14:6

Purpose

Study essential doctrines of the Christian faith.

Study Breakdown:

Lessons:

Lesson 1: God	(Various)
Lesson 2: Jesus	(Various)
Lesson 3: Holy Spirit	(Various)
Lesson 4: The Bible	(Various)
Lesson 5: Sin & Salvation	(Ephesians 2:1-10)
Lesson 6: Prayer	(Matthew 6:5-15)
Lesson 7: The Greatest Commandments	(Matthew 22:37-39)
Lesson 8: Armor of God	(Ephesians 6:10-18)
Lesson 9: The Fruit of the Spirit	(Various)
Lesson 10: Walking With Jesus	(Various)

Benefits:

Deeper understanding of the essentials of your faith.
Help personalize your faith.
Greater ownership of your spiritual growth.



Introduction

Essentials

Welcome to the INTRUTH Bible Study on the Essentials of the Faith!

We believe that studying the Word of God transforms lives!

The Bible is God's message of redemption, as well as our instruction book for life. God wants us to search the Bible so we can understand the TRUTH of His character and His desire for us.

This study includes 10 lessons, a cover sheet and a dictionary. Each lesson has a memory verse, 16-20 questions, a Believe the Truth and a Prayer. They are written with the New Living Translation (NLT), but any translation will add to your experience.

These lessons are beneficial to anyone but are geared toward 10-15 year olds. This age group is experiencing major changes developmentally - physically, emotionally, socially and spiritually. It is a time of having questions about God, about self and about where they fit in the world. These lessons were created to help students think critically and wrestle through who they are and what they believe.

Essentials of the Faith was created to provide students with lessons to help them have a clearer understanding of their faith; to help them personalize their faith; and to help them cultivate a greater ownership of their spiritual growth.

Lessons:

Lesson 1: God	(Various)
Lesson 2: Jesus	(Various)
Lesson 3: Holy Spirit	(Various)
Lesson 4: The Bible	(Various)
Lesson 5: Sin & Salvation	(Ephesians 2:1-10)
Lesson 6: Prayer	(Matthew 6:5-15)
Lesson 7: The Greatest Commandments	(Matthew 22:37-39)
Lesson 8: The Armor of God	(Ephesians 6:10-18)
Lesson 9: The Fruit of the Spirit	(Various)
Lesson 10: Walking With Jesus	(Various)

May the Lord use these lessons to help you develop a personal, life-long love for God's Word and encourage you to connect in a community that prays, supports and shares life together!

Enjoy!



Dictionary Essentials

attitude	what someone feels inside about a person or thing; typically reflected in a person's behavior.
authority	right to exercise power over someone else; Jesus is the ultimate authority in any Christian's life.
believe	to accept as true or real; trust; have confidence in; have faith in; make a commitment to. Faith.
Bible	God's message of redemption, as well as our instruction book for life.
Church	groups of believers; people are the church. When we become Christians we're born into the church family
Christ	Jesus Christ; anointed Son of God; the Savior of the world. Paid the complete penalty for sin for the whole world.
Christian life	a living, daily relationship with God through Christ.
compassion	sharing the hurts of another and wanting to help.
confess	openly admit wrongdoing to God; ask for forgiveness; commit to not let it happen again.
conform	agree, follow, act according to socially acceptable standards; become similar in character.
darkness	absence of light; symbol of all that is evil, wrong, or opposed to God; characteristic of sin.
deceive	to mislead; lie; cause someone to believe something that is not true.
disciple	"student"; a learner. Disciples of Jesus Christ want to think and live like Him.
envy	feelings of discontent and resentment over the desire for possessions or qualities of another.
eternal life	life that begins when a person turns from sin in commitment to Jesus. Supreme quality of life on earth as well as unending life with God.
faith	trust, loyalty, belief; accepting God's Word as fact; deciding to surrender and live your life to follow Jesus.
faithful	people who put faith in Christ; set apart; alive spiritually. Loyal to Christ.
fear of the Lord	to respect who God is, what He says, and what He does; a respect that leads to obedience and love of God; profound reverence and awe toward God; true honor, devotion, obedience and love of God.
flesh	sinful condition of humans; anything worldly in contrast to anything Biblical or godly.
freedom	from sin, through Christ; He sets believers free from the power of sin, death, guilt, shame, all accusations and condemnations.

glorify	public display of the infinite beauty and worth of God; our praise and worship; our lives living for Him, His way.
glory	splendor, beauty and radiance of God's presence.
God	The One who is all-powerful; all-knowing; present everywhere at once; unchanging; above the bounds of time; absolutely right to govern His creation; Holy.
God's will	the design and desire of God for all of His creation; way believers are to live.
Good News/ gospel	"good news"; story of Jesus' birth, life, death, and resurrection. The message that God sent His Son Jesus to take away our sins by dying on the cross and resurrecting to life again to save all who trust in Him.
grace	God's free and undeserved love toward sinful humans that never quits. God's favor. Gift to believers.
heart	inner thoughts and feelings; the real me living inside that thinks, feels, and decides; my character or personality.
heaven	God's home and where those who have believed in Jesus as their Savior go when they die. heavenly realm as real as the natural realm; determines what takes places in the natural realm; invisible but visible through faith.
hell	a place of punishment for those who die without believing in Jesus Christ as their personal Savior. Eternal separation from God by rejecting Him.
holy/holiness	set apart for use by God; a continual work by the HS in the lives of Christians. A life like God wants you to live.
Holy Spirit (HS)	Holy Spirit (HS) God's Spirit. Lives within all Christians to help them, communicate God's truth to them, convict them of sin, convince them that God's ways are right, empower them to obey Jesus and comfort them when sad.
hope	believe with confidence that God will accomplish what He has promised; that God will be faithful to do what He said He would do; that we trust God even if we never find out why something happens.
humility	having a realistic view of self in relation to God. Choosing to be modest instead of prideful,
Israelites	God's chosen people; Jews; God promised the land of Israel to these people.
Jesus	The Christ; anointed Son of God; true Messiah; Savior of the world. Paid the complete penalty for sin for the whole world.
Jews	refers to all descendants of Abraham; Israelites; Hebrews.
judgment	act or process of condemning - only God's to eternally decide and carry out.
Kingdom of God	Jesus' reign now and a future time when Jesus will rule over all humanity. Jesus has come but He will come again.
Law, Old Testament (OT)	regulated almost every aspect of Jewish life. God gave the Law to help His people survive and to keep a relationship with Him. Jews created and added many man-made laws. People thought they were living holy lives by just obeying all these rules.
law	word used to describe God's rules for living; commandments; makes people aware of sin and their sinfulness. With Jesus, the way we approach God and understand the law changed from the Law Old Testament.

light	opposite of darkness; makes things visible and clear to see; represents what is good, pure, true, and holy.
love	more than just a feeling. Love wants what is best for the other person and acts in a kind way toward them.
mercy	deep caring, loving, forgiveness, and kindness when it is not deserved.
Messiah	Jesus Christ. Messiah is a Hebrew word for the One chosen by God to die for our sins.
obey/obedience	believing and doing what God says; living like Him; pleasing Him; serving Him; getting to know Him better through His Word. Obeying God shows our trust in Him and His will.
Paul	originally Saul, a Pharisee and leader of anti-Christian movement. Met Jesus and became Paul, the apostle to the gentiles. Acts 20.
peace	God-given contentment resulting from having total confidence in God for everything.
persecution	treating someone in a cruel way because of faith in Christ, race, religion.
power	strength; authority. God revealed His power through history, acts of nature, individual lives, and the Holy Spirit.
prophet	a person who speaks for God to His people; one who gives God's message to the people.
reconciled	restored relationship; bring back together again.
redeem/ redemption	buy back; to rescue with a ransom; Jesus paid the price for our release from sin - He redeemed us by His blood.
repent	regret something you have done; ask God to forgive you; and want to change your ways; turn away from sin.
resurrection	to come back to life after being dead.
righteous/ righteousness	being in a right relationship with God; without guilt or sin. God declares believers not guilty/ righteous because of their faith in Jesus.
saint	a person who is saved by the blood of Christ.
salvation/saved	rescued or delivered from the penalty and power of sin in your life because you believe that Jesus, God's Son, came to earth and died on the cross to pay the penalty for your sins. He resurrected to life again to save all who trust in Him. Saved.
sanctify	God's cleansing process to make a person whole and like Jesus in both character and conduct.
Satan	God's enemy; powerful angel who rebelled against God and was cast out of heaven; tempts people to sin. Father of lies. Deceiver.
Savior	Jesus Christ is "The Savior" because He died in our place on the cross, delivers us from eternal death.
servant	one who belongs to another; serves another; also called slave in the Bible.
sin	any action or attitude that falls short of God's perfect standard; separates us from the holy and perfect God. Sin shows contempt for God and keeps the world from working as God originally intended it to.
sovereign	having complete power and authority.

Spirit	see Holy Spirit (HS).
submit	to submit to others means respecting a person's authority; to submit to God means surrendering our own will to His; submitting is ongoing with every choice.
temptation	anything that attracts a person to do something unwise, wrong, or opposed to God's will.
transformation	God's promise and His work through the power of the Holy Spirit in believers' lives - radical and thorough change, both outward and inward to be more like Jesus.
Truth	God's Word is truth. It comes from God and can be trusted; genuine; honest; reliable; Jesus is called the Truth.
unity	harmony; in agreement; together with like purposes.
wisdom	God-given understanding; the ability to distinguish between right and wrong; comes from God.
worship	giving reverence and honor to God; expressing our love and praise to Him.
world/ worldliness	the values and ways of life found in the world that oppose the ways of God. People who live as though there is no God

GOD



MEMORY VERSE: "Great is the Lord! He is most worthy of praise! No one can measure his greatness." Psalm 145:3

DAY 1 Who Is God?

Every culture in the history of the world has had some concept of what God is like. He has revealed everything we need to know about Him in the Bible. In this lesson we will cover a few things about God.

1. What do the first three bible verses tell us about who God is?
2. What does 1 Timothy 1:17 tell us?
3. What does Numbers 23:19 say that God is NOT? What does this mean and why does it matter?
4. Read Malachi 3:6 and review Numbers 23:19. Why is this so important for us to know?

DAY 2 God as Creator

5. Who created the earth and everything in it? Genesis 1:1
6. Read Psalm 33:6-7. God organized everything perfectly when He created the heavens and the earth. What does this tell you about God?

7. Psalm 19:1-2 says, “The heavens proclaim the glory of God. The skies display his craftsmanship. Day after day they continue to speak; night after night they make him known.” Do you have any doubts that God is the creator? Why/Why not?
8. What does God tell us in Isaiah 46:10 about the future?

DAY 3 Attributes of God

9. Read Psalm 18:30. Do you believe that God’s way is perfect? Do you believe that God speaks to us through the Bible and His words are true/Truth? What does this mean in your life?
10. What do we learn about God from Psalm 147:5 and Isaiah 40:28?
11. What does Romans 11:36 tell us about God?
10. How does learning about God’s character impact you? How should we respond?

DAY 4 God is Our Hope

11. Read Psalm 139:13-14. What do these verses tell you about God creating you?
12. Read Romans 8:38-39. How do you understand God’s love for us?

13. God is always there for us and is able to perfectly meet our every need.
What does Isaiah 41:10 tell us?

15. Read Psalm 33:20-22. What should we put our hope in? Why?

DAY 5 Wrap Up

15. After reading these verses, what are some words you would use to describe God? Has learning about God changed the way you viewed Him before? How so?

16. A.W. Tozer once said, "What comes into our minds when we think about God is the most important thing about us." Do you think this statement is true? Why or why not?

TAKE AWAY

It is hard to wrap our minds around who God is, but the Bible makes a few things very clear. First, God is the one and only true God. He is creator of the universe. He is all powerful, never changes, and is in control. And lastly, this almighty God created YOU and He loves you!

BLESSING

Lord, we praise You for who You are! I know that you are the creator and Lord over all. Your ways are perfect. You watch over us, protect us, and give us hope. Please remind me of your holiness. We stand in awe of You! Amen.

Various References (NLT)

DAY 1

Isaiah 46:9b: "For I alone am God! I am God, and there is none like me."

Isaiah 44:6: "This is what the Lord says—Israel's King and Redeemer, the Lord of Heaven's Armies:
"I am the First and the Last; there is no other God."

Psalms 83:18: "Then they will learn that you alone are called the Lord, that you alone are the Most High, supreme over all the earth."

1 Tim 1:17: "All honor and glory to God forever and ever! He is the eternal King, the unseen one who never dies; he alone is God. Amen."

Numbers 23:19: "God is not a man, so he does not lie. He is not human, so he does not change his mind."

Malachi 3:6: "I am the Lord, and I do not change."

DAY 2

Genesis 1:1: "In the beginning God created the heavens and the earth."

Psalms 33:6-7: "The Lord merely spoke, and the heavens were created. He breathed the word, and all the stars were born. He assigned the sea its boundaries and locked the oceans in vast reservoirs."

Psalms 139:13-14: "You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it."

Isaiah 46:10: "Only I can tell you the future before it even happens. Everything I plan will come to pass, for I do whatever I wish."

DAY 3

Psalms 18:30: "God's way is perfect. All the Lord's promises prove true. He is a shield for all who look to him for protection."

Psalms 147:5: "How great is our Lord! His power is absolute! His understanding is beyond comprehension!"

Isaiah 40:28: "Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding."

Romans 11:36: "For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen."

DAY 4

Psalms 139:13-14: "You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it."

Romans 8:38-39: 38 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons,[p] neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

Isaiah 41:10: "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Psalms 33:20-22: "We put our hope in the Lord. He is our help and our shield. In him our hearts rejoice, for we trust in his holy name. Let your unfailing love surround us, Lord, for our hope is in you alone."

JESUS



MEMORY VERSE: “Jesus told him, I am the way, the truth, and the life. No one can come to the Father except through me.” John 14:6

DAY 1 Who is Jesus?

The first four books of the New Testament, are called the gospels which means “good news.” They tell about Jesus’ birth, early life, and His teachings, miracles, ministry, death, and resurrection (rise from death).

1. What did the Bible foretell about Jesus before He came to earth? Isaiah 9:6
2. Read John 1:18, John 10:30 and John 1:14. Jesus is both completely God and completely human. How do we know that from these verses? What do you think this means?
3. Read John 3:16-17. Who sent Jesus to earth and why?
4. What does John 1:29 and Revelation 17:14 tell us who Jesus is?

DAY 2 Jesus’ Life on Earth

5. According to Matthew 15:31 and Mark 10:45, what did Jesus do during His time on earth and what was His purpose?

6. What was Jesus' main teaching? Matthew 22:37-39

We cannot keep these commandments on our own, so we need a Savior - Jesus.

7. What did Jesus tell his disciples would happen to Him? Luke 18:31-33

DAY 3 Jesus' Death and Resurrection

8. Read 1 Peter 3:18. Why did He have to die? Why is it important that Jesus never sinned?

9. According to Romans 6:9, what is the result of Jesus being raised from the dead?
What does this mean?

These three words—Christ conquered death—define the most important difference between Christianity and all other religions. Because of Jesus' death and resurrection, we are invited into a relationship with Him. Lesson 6 will cover how we can have this relationship.

DAY 4 Jesus Today

10. "Christ is risen." Where is Jesus today? 1 Peter 3:22

11. What does Hebrews 1:2-3 tell you about Jesus?

12. What He is doing right now, today, in this very moment?

Hebrews 7: 25

John 14:1-3

14. Jesus is going to return to earth as a conquering King.

Philippians 2:9-11 says, "God made His name greater than every other name so that every knee will bow to the name of Jesus, everyone in heaven, on earth, and under the earth. And everyone will confess that Jesus Christ is Lord and bring glory to God the Father." NCV

What do these verses say will happen when Jesus returns?

DAY 5

Wrap Up

14. Reread the memory verse and share what this verse means to you.

15. After reading these verses, what are some words you would use to describe Jesus? Has learning about Jesus changed the way you viewed Him before? How so?

BELIEVE

Jesus Christ is a real person recorded in history. The Bible tells us exactly who He was: the Son of God sent to earth in human form to die for our sins. He rose from the dead, beating sin and death and offers us a new life in Him. Can you believe that God would do this for YOU?!

PRAY

Jesus, I believe You are Son of God. Thank you for coming to show us what God is like and to show us the one and only way to the Father. Thank you for showing us what is Truth. Thank you for dying on the cross for all sinners. Please help me to see all that You did for me and my need for You. All praise and glory to You. Amen.

Various References (NLT)

DAY 1

Isaiah 9:6: "For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

John 1:18: "No one has ever seen God. But the unique One (Jesus), who is himself God, is near to the Father's heart. He has revealed God to us."

John 10:30: "The Father and I are one."

John 1:14: "So the Word (Jesus) became human and made his home among us. He was full of unfailing love and faithfulness."

John 3:16-17: "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him."

John 1:29: "The next day John saw Jesus coming toward him and said, 'Look! The Lamb of God who takes away the sin of the world!'"

Revelation 17:14: "Together they will go to war against the Lamb, but the Lamb will defeat them because he is Lord of all lords and King of all kings. And his called and chosen and faithful ones will be with him."

DAY 2

Matthew 15:31: "The crowd was amazed! Those who hadn't been able to speak were talking, the crippled were made well, the lame were walking, and the blind could see again! And they praised the God of Israel."

Mark 10:45: "For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

Matthew 22:37-39: "Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'"

Luke 18:31-33: "Taking the twelve disciples aside, Jesus said, 'Listen, we're going up to Jerusalem, where all the predictions of the prophets concerning the Son of Man will come true. He will be handed over to the Romans, and he will be mocked, treated shamefully, and spit upon. They will flog him with a whip and kill him, but on the third day he will rise again.'"

DAY 3

1 Peter 3:18: "Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit."

Romans 6:9: "We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him."

DAY 4

1 Peter 3:22: "Now Christ has gone to heaven. He is seated in the place of honor next to God, and all the angels and authorities and powers accept his authority."

Hebrews 1:2-3 NCV: "God has spoken to us through his Son. God has chosen his Son to own all things, and through him He made the world. The Son reflects the glory of God and shows exactly what God is like. He holds everything together with his powerful word."

John 14:1-3: "Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare

Hebrews 7:25: "Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf."

John 14:1-3:

"Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? When everything is ready, I will come and get you, so that you will always be with me where I am."

HOLY SPIRIT



MEMORY VERSE: “For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.” Romans 5:5

DAY 1 Who is the Holy Spirit?

1. The Bible teaches us that the Holy Spirit is God. There is only one God but He eternally exists as three persons—God the Father, God the Son (Jesus), and God the Holy Spirit. Define Holy Spirit.
2. Why does Jesus ask the Father to send the Holy Spirit to believers? John 14:16-17a
3. What does John 15:26b and 1 Corinthians 2:10b tell us about the Holy Spirit?

DAY 2 Receiving the Holy Spirit

4. How do we receive the Holy Spirit? Acts 2:38
5. Why does God give us the Holy Spirit? Ephesians 1:13-14

6. What happens when we receive the Holy Spirit? Ezekiel 36:26-27

7. What can believers do because of the Holy Spirit? 2 Corinthians 3:18

DAY 3 Work of the Holy Spirit

8. What kind of impact does having the Holy Spirit have on someone? John 14:26

9. The receiving/indwelling of the Spirit occurs at the moment of salvation. The filling of the Spirit is an ongoing process in the Christian life. Why should we let the Holy Spirit guide our lives? Why are the Spirit and our sinful nature in conflict with each other? Galatians 5:16-17

10. What does Romans 8:26-27 tell us about the Holy Spirit? How do these verses impact you?

11. Share a time when the Holy Spirit counseled you, taught you, or reminded you of something.

DAY 4 Living by the Holy Spirit

12. Read 1 Corinthians 6:19a. Stop for a minute and think about the fact that if you are a believer, the Holy Spirit is IN YOU. How does this affect you?

13. How does the Holy Spirit want us to live? Galatians 5:25 How can you follow the Spirit's leading?

14. What does the Holy Spirit want to produce in our lives instead? Galatians 5:22-23

15. 2 Timothy 1:7 says, "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." What does this verse tell you that the Holy Spirit wants for us?

DAY 5

Wrap Up

16. The Bible describes the Holy Spirit in lots of pictures: fire, wind, dove, river, fountain, etc. What picture of the Holy Spirit helps you understand Him and how He works?

17. All believers have the power of the Holy Spirit available to them. The more you open up to the Holy Spirit, the more He will fill you with power and love and life. In what ways will you start this week asking the Holy Spirit to help you?

BELIEVE

The Holy Spirit is God in Spirit form. God gives us Himself - the Holy Spirit - to be our Teacher, Helper, Counselor, Comforter, Guide, and Friend. The Holy Spirit is the bridge between us sinful humans and a glorious, perfect, sinless God. Praise God that by giving us His Spirit, we can have a relationship with God and have the power and help to overcome sin. May you accept this gift, and may your heart of stone be changed to a heart after Christ!

PRAY

Dear God, thank you for giving Your Spirit to live in all believers! May the Holy Spirit help me to follow You more closely. I pray that You would produce in me love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Amen.

Various References (NLT)

Holy Spirit: God's Spirit. Called Advocate. Lives within all Christians as our helper, teacher, comforter, and our friend. Holy Spirit wants to lead us and guide us every day.

Truth: God's Word is truth. It comes from God and can be trusted; genuine; honest; reliable.

DAY 1

John 14:16-17a: "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth."

John 15:26b: "He will come to you from the Father and will testify all about me (Jesus)."

1 Corinthians 2:10b: "For his Spirit searches out everything and shows us God's deep secrets."

DAY 2

Acts 2:38: Peter replied, "Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit."

Ephesians 1:13-14: "And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him."

Ezekiel 36:26-27: "And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations."

2 Corinthians 3:18: "So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

DAY 3

John 14:26: "But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you."

Galatians 5:16-17a: "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires."

Romans 8:26-27: "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will."

DAY 4

1 Corinthians 6:19a: "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?"

Galatians 5:25: "Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives."

Galatians 5:22-23: "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"

THE BIBLE

MEMORY VERSE: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." 2 Timothy 3:16-17

DAY 1 What is the Bible?

1. Read the 1st overview of the Bible. Why did God give us the Bible?
2. Read the 2nd overview of the Bible. What is the Old Testament about? What is the New Testament about?
3. The Bible was written by many different authors - each one of them inspired by God. Read 2 Peter 1:20-21. How did the prophets write the Scripture?

DAY 2 The Bible Reveals

4. Reading the Bible is how we learn who God is and how to have a relationship with Him. What does God tell us we get from reading and studying His Word? Proverbs 4:20-22 What do you think this means?
5. Why is the Bible critical for us to know? 2 Timothy 3:16

6. What does Hebrews 4:12-13 say about the Word of God? What does it expose? How does scripture expose your deepest thoughts and feelings of your heart?

7. Read Romans 10:17. What comes from hearing God's Word? How has God's Word activated your faith?

DAY 3 The Bible Teaches

8. How does the Bible have the power to make your life better? Psalm 119:105; Luke 11:28

9. What do these verses tell us about obeying God's Word? Jeremiah 7:23; John 14:15

10. How is the Bible a measuring stick to tell truth from lies? How can you stand firm and trust what the Bible says? Review the memory verse and 1 John 5:4.

11. Learning to trust God is a lifelong process. What does Proverbs 3:5-6 tell us?

DAY 4 The Bible's Impact on Our Lives

12. Read Matthew 7:24-27. What happens to those that follow His teachings?

13. The Bible has the power to make a direct impact on your life today and every day. There are questions that all of us want the answers to - Who am I? Do I matter? Where do I fit in? And other big questions about life. How do the following verses help believers to understand their identity and purpose in life?

Ephesians 2:10

Psalms 32:8

2 Timothy 3:17

14. Read Psalm 19:8. The Bible has the answer to every question you have! What keeps you from spending time reading and studying God's Word?

DAY 5

WRAP UP

15. Has learning about the Bible changed the way you view it? How so?

16. How will you start making the Bible a priority in your life?

BELIEVE

The amazing thing about the Bible is that it's not just a history book. It does contain history, but it is a Holy book that also contains prophecies, promises, and direction from God himself. The Bible is Truth! God loves us so much that He gave us the Bible to help us know Him, the world He created, and how to live. Praise God!

PRAY

Father, thank You for Your Word. Help me to fall in love with reading and studying it. May Your word be "a lamp to guide my feet and a light for my path". Help me to be faithful in believing the Bible and "putting it into practice." Amen.

Various References (NLT)

DAY 1

The Bible is God's message to us. God made sure that everything we need to know is in His Word. This book gives us the opportunity to see and know God and His plan and purposes for man and the world. It helps us know how to live our lives and to honor God.

The Bible contains 66 books and was written by more than 40 authors over a period of roughly 1,500 years. It has two sections all with one message - all inspired by God. The Old Testament begins with the creation of the universe and the creation of man. Throughout the Old Testament, God asks His people to obey His laws, but His people disobey him. Despite this disobedience, God promised to make a way for all things to be right again. The New Testament tells us how this promise that God made came true. The New Testament is all about the birth, life, teachings, death and resurrection of Jesus Christ - our Savior. God who is holy and righteous shows grace toward sinners by sending Jesus to save us!

2 Peter 1:20-21: "Above all, you must realize that no prophecy in Scripture ever came from the prophet's own understanding, or from human initiative. No, those prophets were moved by the Holy Spirit, and they spoke from God."

DAY 2

2 Timothy 3:16: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right."

Hebrews 4:12-13: "For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable."

Romans 8:17: "So faith comes from hearing, that is, hearing the Good News about Christ."

Proverbs 4:20-22: "My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body."

DAY 3

Psalm 119:105: "Your word is a lamp to guide my feet and a light for my path."

Luke 11:28: Jesus replied, "But even more blessed are all who hear the word of God and put it into practice."

Jeremiah 7:23: "This is what I told them: 'Obey me, and I will be your God, and you will be my people. Do everything as I say, and all will be well!'"

John 14:15: "If you love me, obey my commandments."

1 John 5:4: "For every child of God defeats this evil world, and we achieve this victory through our faith."

Proverbs 3:5-6: "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

DAY 4

Matthew 7:24-27: "Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash."

Ephesians 2:10: "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

Psalm 32:8: "The Lord says, 'I will guide you along the best pathway for your life. I will advise you and watch over you.'"

2 Timothy 3:17: "God uses it (Bible) to prepare and equip his people to do every good work."

Psalm 19:8: "The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living."

SIN & SALVATION



MEMORY VERSE: "God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God." Ephesians 2:8

DAY 1 EPHESIANS 2:1-3 — Us Without Jesus

The Apostle Paul wrote a letter to the Christians in Ephesus. In this passage, Paul reminds the people what they were like before they became followers of Christ.

1. How does Paul describe the condition of the Ephesians without Jesus? v. 1
Describe sin in your own words.
2. How does Paul describe his own actions, and other people's, before following Jesus Christ? vv. 2-3
3. What do you think it means to follow the world?
4. How do you struggle with following the world instead of Jesus?

DAY 2 EPHESIANS 2:2-3 Satan and Our Sinful Nature

5. According to verse 2, who is the Devil (Satan) and what does he do?
6. How do you see Satan working now? Give examples of how he uses media to influence people today.

7. “So humble yourselves before God. Resist the devil, and he will flee from you.” James 4:7
What does James tell us to do to get Satan to flee from us? How do we “humble/submit” ourselves before God?
8. We don’t lose our sin nature once we receive Christ. What do you learn from 1 John 1:8-9?
1 John 1:8-9 says, “If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”

DAY 3 EPHESIANS 2:4-5 — The Grace of God

9. What did God do for us and WHY? vv. 4-5
10. Review the definition of grace. What do you think “It is only by God’s grace that you have been saved!” means?
11. John 14:6: “Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. Is there any other way a person can be made alive (saved) apart from Jesus? Why?
12. God sent His Son to save us sinners BEFORE we started following Him. That’s how much He loves us! Do you ever feel like you don’t deserve God’s love? How does this passage encourage you?

DAY 4 EPHESIANS 2:6-10 — Salvation

13. Read the definition of salvation and verse 8. Whom must our belief/faith be in? Why?
Why can’t we “take credit” for our salvation?

14. Read verse 9. Saving is all God's idea and all His work. It's God's gift from start finish! Do you think a person can do enough good things to get to heaven? Why?
15. Even though salvation is entirely by the grace of God and "not a reward for the good things we have done," how do our actions and the way we live matter? v. 10
16. "A final word – Be strong in the Lord and in his mighty power." Ephesians 6:10
How can this verse help you in your relationship with Jesus?

DAY 5 EPHESIANS 2:1-10 — Wrap Up

17. God loves you just the way you are. But He loves you too much to leave you just the way you are! What is God revealing to you through this lesson?
18. Ask God to show you the sin in your life. Then ask the Holy Spirit to help.

BELIEVE

The Bible tells us that we ALL sin and fall short of the Glory of God. No one is perfect and we all need Jesus. But praise God, He sent His Son to earth to live a sinless life, die on the cross for OUR SINS, and be raised from the dead. Jesus conquered sin and death so that we may have life! And all we have to do is believe! THAT is called amazing grace! What a merciful, loving God! Do you believe?

PRAY

Prayer if God leads you...

Dear God, I recognize that I am a sinner and I need You. Thank you for the free gift of salvation through your Son Jesus Christ. Thank you for dying on the cross for me. I give my life to you. I accept this amazing grace. Thank you for "raising me from the dead alongside Christ" and for making me "anew in Christ." I want to do all the good things you have planned for me! Amen

Ephesians 2:1-10 (NLT)

1 Once you were dead because of your disobedience and your many sins.

2 You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. 3 All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else.

4 But God is so rich in mercy, and he loved us so much, 5 that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!)

6 For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. 7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

8 God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. 9 Salvation is not a reward for the good things we have done, so none of us can boast about it. 10 For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Sin: any action or attitude that falls short of God’s perfect standard; separates us from a holy God. When we sin we show contempt for God. Sin keeps the world from working as God originally intended it to.

Humility: a modest view of one’s own importance or seeing ourselves as God sees us; recognizing that all we have and can do comes from God.

Submit: to submit to God means surrendering our own will to His; submitting is ongoing with every choice.

Grace: God’s free and undeserved love toward sinful humans that never ends. A gift that not only forgets our sins but also makes us whole.

Salvation: rescued or delivered from the penalty and power of sin in your life because you believe that Jesus, God’s Son, came to earth and died on the cross to pay the penalty for your sins. He was resurrected to life to save all who trust in Him.

PRAYER



MEMORY VERSE: "I am praying to you because I know you will answer, O God.
Bend down and listen as I pray." Psalm 17:6

DAY 1 MATTHEW 6:9-10 — Praying to Our Father in Heaven

Through the gift of prayer we are able to talk to God. God is with us and ready to listen. We can pray, at any time and in any place, but there are some areas of prayer and attitudes towards prayer that are important to know. Jesus gives us this example for how to pray.

1. Read verse 9. Why is this the first line of the prayer? How are our prayers affected by who we think God is and what He is like? How can we keep His Name Holy?
2. Read verse 10. Jesus has come but He will come again. What do you think God wants us to be doing until that time comes?
3. When you pray for God's will to be done in the world and in your life do you know what that means? What do you think it looks like for God's will to be done in your life?

DAY 2 MATTHEW 6:11-12 — Praying for Our Needs and Forgiveness

4. Read verse 11. This line is praying for what we need. What kinds of things do you regularly ask God for? Why does the Lord's Prayer only focus on asking for "daily" bread?

5. Read verse 12. Why do we need to ask God for forgiveness on a regular basis? Is confession a part of your prayers?
6. Why does the Lord's Prayer connect our experience of forgiveness by God with our own forgiving of other people?

DAY 3 MATTHEW 6:13 — Praying for Protection and Help

7. Read verse 13. What particular trials/temptations/tests are you going through at the moment? What help do we need to overcome them?
8. Jesus' death on the cross defeated Satan, but until Jesus returns there are still some battles to be fought. How do you think prayer impacts evil and the evil one (Satan)?
9. Do your prayers reflect the model that Jesus gave us? What have you learned about prayer by studying the Lord's Prayer? How can you put that into practice into the future?

DAY 4 Blessings of Prayer

10. Read James 5:16b What do you think this verse means?
11. Read Philippians 4:6-7. How does prayer help with worrying? What will we experience if we pray that way?

12. Read 1 Thessalonians 5:16-18. What is God's will for us? Why do you think this is His will for us?

13. What should we remember when prayers seem to go unanswered? See Isaiah 55:8-9.

DAY 5 Wrap Up

14. Do you believe that the Creator of the world wants to listen to you? How do you feel about talking to God in prayer?

15. How has this study encouraged or challenged your prayer life?

BELIEVE

Psalm 17:6 tells us that we have a God that hears our prayers! That is incredible! The Lord's Prayer not only teaches us how to pray like Jesus by giving us words to say, but it also leads us into a rich and meaningful way of talking to and hearing from the Lord. May you use prayer to draw closer to God.

PRAY

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation but rescue us from the evil one. Amen.

Matthew 6:9-13 (NLT)

Matthew 6:9-13

9 Pray like this:

Our Father in heaven,
may your name be kept holy.
10 May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.

11 Give us today the food we need,
12 and forgive us our sins,
as we have forgiven those who sin against
us.

13 And don't let us yield to temptation,
but rescue us from the evil one.

Holy: treated with reverence, honor, and respect. It's a reminder that our God is a perfect, good, just, and holy God who deserves to be praised, not for what He's done, but simply because of who He is.

Other Scripture References

James 5:16b:

"The earnest prayer of a righteous person has great power and produces wonderful results."

Philippians 4:6-7:

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

1 Thessalonians 5:16-18:

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

Isaiah 55:8-9:

"My thoughts are nothing like your thoughts," says the Lord. "And my ways are far beyond anything you could imagine. 9 For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."

THE GREATEST COMMANDMENTS

MEMORY VERSE: “Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’” Matthew 22:37-39

DAY 1 MATTHEW 22:37-38 — The Greatest Commandment

1. We can make it really complicated when we think of all the things we need to be doing for God. What do these verses tell us?
2. In order to truly love God, we must know that we are loved by God. What does Romans 8:38-39 tell us? Do you know and believe that God loves you?
3. Why is verse 37 the most important commandment?
4. What do you think happens when you love God above everything else?

DAY 2 MATTHEW 22:39 — The Second Greatest Commandment

5. Read verse 29. How should we love our neighbor?
6. How important is the second greatest commandment compared to the first?

7. Who is our neighbor? What do you think it looks like to love them?

8. What do you think happens when you love your neighbor as yourself?

DAY 3 MATTHEW 22:37-38 — Loving God

9. Are there any differences between loving God with your heart, soul, and mind?

10. When Jesus says, “love the Lord your God” it means a personal relationship. What would it look like to you to love God with all your heart, soul, and mind?

11. What next steps could you take in loving God with everything you have?

DAY 4 MATTHEW 22:39 — Loving Your Neighbor

12. How does loving God and being loved by God naturally flow into loving your neighbor?

13. Where do you need to step up love for others?

14. This verse brings a whole bunch of rules of do's and don'ts and narrows it down to 2 things. Love God and love people. These two things are more valuable in life than anything else. If someone looked at your life, what would they say are the most important things to you?

DAY 5 MATTHEW 22:37-39 — Wrap Up

15. What is one way you can love God more this week?
16. Who is God convicting you to love this week, and how can you do so?

BELIEVE

God IS love. Without God, we cannot know what true love is. Without God loving us first, we cannot know how to truly love Him back or how to love and see ourselves the way He does or how to love our neighbor. Praise the Lord for His true and perfect love!

PRAY

Dear God, First of all, thank You for loving me first and loving me perfectly. Help me to love You with all of my heart, all of my soul, and all of my mind. Show me where I need to love You more fully. Lord, I also ask that you would help me to love others like myself. Remind me of Your love when this is hard. Amen.

Matthew 22:37–39 (NLT)

Matthew 22:37-39

37 Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ 38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’

Other Scripture References

Romans 8:38--39:

38 And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

John 14:15:

“If you love me, obey my commandments.”

THE ARMOR OF GOD



MEMORY VERSE: “Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.”
Ephesians 6:10-11

DAY 1

EPHESIANS 6:10-13 — Standing Firm Against Evil

When Jesus returns, He will completely destroy Satan and deliver us completely from the presence of sin for all eternity. But for now the battle still rages.

1. Read verses 10-11. What does verse 10 tell us to do? How do we do that? v. 11
2. Why do we need the armor of God? Who are we fighting against? vv. 11-12
What does verse 13 tell us will happen if we put on every piece of God’s armor?
3. Until Christ returns and conquers all evil, we have to continue to fight the battle against sin and evil here on earth. How does it feel to “go into battle” knowing we have the armor of God?
4. Why is it so important that we are “strong in the Lord and in His mighty power?”

DAY 2

EPHESIANS 6:14-15 — Armor of God

5. Paul uses items a Roman soldier would wear/carry. Read verse 14a - belt of truth. The belt was what much of the armor was held on by. For Christians, God’s Word is truth. Why do we need to know God’s truth when fighting spiritual battles?

6. Read verse 14b - body armor of God's righteousness. Righteousness means right standing with God. How do we become in right standing with God? Romans 3:22
7. How can Satan take advantage of us if we are not in right standing with God? How can Satan take advantage of us if we are in right standing, but not in alignment with God?
8. Read verse 15 - shoes of the Gospel of peace. Why do you think anxiety and worry make us more susceptible to Satan's attacks?

DAY 3 EPHESIANS 6:16-17 — Armor of God

9. Read verse 16 - shield of faith. Satan launches fiery arrows so we won't believe truths about God and that makes us question our faith. What lies do you believe?
10. Read verse 17a - helmet of salvation. What does God want us to think about?
See Philippians 4:8. What should we do with thoughts or words that come from Satan?
11. Read verse 17b - sword of the Spirit. The sword of the Spirit is the Bible. How can we use the Bible to fight Satan and evil?

DAY 4 EPHESIANS 6:18 — Armor of God

12. What does verse 18 tell us about prayer?

13. There is a strong and powerful relationship between putting on the armor of God and praying. What do you think praying “in the Spirit” looks like?

14. Sometimes our prayers can be shallow and superficial. How can we talk with God in a real and relevant way?

DAY 5 EPHESIANS 6:10-18 — Wrap Up

15. Armor is meant to protect every part of us, and enable us to fight. How does the armor of God as a whole, protect and equip you to fight against the evils of this world? Do you feel safer and more prepared for this calling after reading these verses?

16. What do you think putting the armor of God looks like in today’s world?

BELIEVE

As Christians, we are all in a spiritual war of Good and Evil until Christ returns. But God has given us armor to protect us, and to fight this spiritual battle. Thank the Lord! May you put on the armor of God daily and be strong in His mighty power! Through Him you can stand firm against the devil!

PRAY

Thank you, Lord Jesus for giving us everything we need to fight the evils of this world. Please help me to remember to put on the armor of God every single day! And to be alert and to pray to You always for strength for both myself and other believers fighting alongside me. Amen!

Ephesians 6:10-18 (NLT)

The Whole Armor of God

10 A final word: Be strong in the Lord and in his mighty power. 11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. 12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

13 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. 14 Stand your ground, putting on the belt of truth and the body armor of God's righteousness. 15 For shoes, put on the peace that comes from the Good News so that you will be fully prepared. 16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. 17 Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

18 Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Other Scripture References

Romans 3:22:

"We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are."

Philippians 4:8:

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

Satan: God's enemy; powerful angel who rebelled against God and was cast out of heaven; tempts people to sin.

Righteousness: being in a right relationship with God, without guilt or sin. God declares believers not guilty/righteous because of their faith in Jesus.

THE FRUIT OF THE SPIRIT



MEMORY VERSE: “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”
Galatians 5:22-23

DAY 1

GALATIANS 5:16-23 — Sinful Nature vs. Fruit of the Spirit

1. As humans we all have a sinful nature. But when we become Christians we have the gift of the Holy Spirit. What does Paul tell us we are supposed to let the Holy Spirit do and why? v. 16
2. Can you think of a time when you WANT to be good, but it feels really hard? According to verse 17, why is it hard to do the good things that we want to do? What does this tell us about how the Holy Spirit works?
3. Verses 19-21 list some of the results of following our sinful nature. Why doesn't God want us to live this way?
4. What does it mean when it says 'The Holy Spirit produces fruit?' List the nine fruit of the Spirit.

DAY 2

GALATIANS 5:22-23 — Love. Joy. Peace.

5. LOVE. See 1 Corinthians 13:4-7. This unselfish kind of love moves us to respond to other's needs without expectations. Share an example of what this love looks like. Are you loving this way?

6. JOY. See Romans 15:13. This joy is not dependent on our circumstances, but rather on our relationship with God. Do you experience this joy - a deep feeling of contentment - even when life is tough? How do you think this joy affects our decision-making?
7. PEACE. See Isaiah 26:3. Do you believe that God is ultimately in control and that we can rest in His love and care for us? What would this peace - a supernatural calm - be like when life is hard or in chaos? When you are afraid or worried?

DAY 3 GALATIANS 5:22-23 — Patience. Kindness. Goodness.

8. PATIENCE. See Psalm 37:7. How would this patience - quiet willingness to accept situations - help when things go wrong or people irritate you? Do you think it is possible to be angry without letting it control you? Why? Why not?
9. KINDNESS. See Ephesians 4:32. Where do you need the Holy Spirit to give you the power to stop saying unkind words or act unkindly? Who needs your kindness?
10. GOODNESS. See Galatians 6:10. Goodness is an inner desire to do what is right, even when it is not easy. What does it mean to have goodness in our thoughts, words and actions?

DAY 4 GALATIANS 5:22-23 — Faithfulness. Gentleness. Self-control.

11. FAITHFULNESS. See 1 Corinthians 1:9. Faithfulness is to have faith in God, even when we cannot see Him or understand His ways. Do you believe that God is Who He says He is? Are you faithful to Him?

12. GENTLENESS. See Philippians 4:5. When the Spirit gives us gentleness, He enables us to control our actions with difficult people and situations. What do you think this gentleness looks like every day through actions?
13. SELF-CONTROL. See 1 Corinthians 9:25. Self-control is the ability to control one's thoughts, emotions, and actions. Where do you need more self-control with God and others?

DAY 5 Wrap Up

14. How do the sinful traits (Galatians 5:19-21) compare to the Godly traits (Galatians 5:22-23)?
15. How does the fruit of the Spirit affect all areas of a believer's life?

BELIEVE

We are given an incredible gift when we choose to give our life to Jesus and follow Him: The Holy Spirit. And through the Spirit we have the power and strength of God Himself! We can have all the fruit of the Spirit because they are products of the Holy Spirit working in us. Jesus lived out these traits in His life on earth, and we are to strive to do the same as we grow spiritually. May you follow the Spirit in your life to turn away from sin and be more like Christ.

PRAY

Father, I know that I cannot develop the fruit of Your Holy Spirit through my own effort or will, but only as I follow Jesus. I pray that Your love, peace and joy shine in me. Teach me to be patient and kind with others. May I have the goodness that only comes from You. Help me to be gentle and self-controlled in my actions and attitudes. May I be a good and faithful servant. Amen.

Galatians 5:16–23 (NLT)

Galatians 5:16-23:

16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. 18 But when you are directed by the Spirit, you are not under obligation to the law of Moses. 19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, 20 idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, 21 envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

Other Scripture References

1 Corinthians 13:4-7:

"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 6 It does not rejoice about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."

Romans 15:13:

"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."

Isaiah 26:3:

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Psalms 37:7:

"Be still in the presence of the Lord, and wait patiently for him to act."

Ephesians 4:32:

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Galatians 6:10:

"Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith."

1 Corinthians 1:9:

"God will do this, for he is faithful to do what he says, and he has invited you into partnership with his Son, Jesus Christ our Lord."

Philippians 4:5:

"Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon."

1 Corinthians 9:25:

"All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize."

WALKING WITH JESUS



MEMORY VERSE: “Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” John 8:12

Jesus called His disciples to walk through life with Him, and their lives were transformed. This lesson is how to walk through life with Jesus as Christians.

DAY 1 Colossians 3:12-13 — How Jesus Wants Us to Live

1. What does the apostle Paul tell us about believers? v. 12a What does “holy people” mean? See definition of holy people.

2. What characteristics and attitudes should be seen in a Christian’s life? vv. 12-13

3. What does verse 13b tell us to do? Why? Do you ever find it difficult to forgive others?

DAY 2 Colossians 3:14-17 — Living as Representatives of Lord Jesus

4. Read verse 14. Why does love “bind us all together in perfect harmony?” How might your life look different if you loved more?

5. Read verse 15. How do we let Christ’s peace rule in our hearts? Why is being thankful an important part of holy living?

6. Read verse 16. What does this mean? How do we do this?

7. Read verses 17. What does it mean to be a representative of Lord Jesus? Why is it so important to live this way?

DAY 3 ROMANS 12:1-2 — Being Transformed by God

8. What do you think it means to “give your body to God” and be a “living sacrifice?”

9. What does God not want you to do? v. 2a Can you think of a few examples of how the Bible might change the way you think that the world says is normal or good?

10. Who transforms us into new people? How does He do it? How does God describe His will for us?
v. 2

DAY 4 PSALM 145:18-21 — Praising God for Who He Is

11. Who is the Lord close to? Who does He fulfill desires for? Who does He protect? vv. 18-20

12. Review the definition of truth. How do you call on the Lord “in truth”? Are you calling upon the Lord and doing it in truth?

13. Read verse 21. Why should we praise God? What should we praise God for?

DAY 5 WRAP UP

14. Again and again the Bible tells us to walk with God. After studying this lesson, what does walking with Jesus mean to you?

15. How does walking with Jesus give us confidence in His presence and power?

BELIEVE

As Christ followers, we are holy people chosen by Jesus to be continually transformed to be more like Him to bring Him honor and glory. As we continue to live out the good news of Jesus we will then be more loving, forgiving, and grateful. May you give your life as a sacrifice to God and see His good, perfect, and pleasing will at work in your life!

PRAY

Heavenly Father, Thank You for the promise to walk daily with me. Please guide and teach me, as I let Your Word and truth transform my mind and heart so I will know Your will for my life. May all my words actions be honoring to You as I thank You every step of the way. Amen.

Various References (NLT)

DAY 1

Colossians 3:12-13: 12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Holy people: set apart for use by God; a continual work by the Holy Spirit in the lives of Christians. A life like God wants you to live.

DAY 2

Colossians 3:14-17:

14 Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. 16 Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. 17 And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

DAY 3

Romans 12:1-2: 1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

DAY 4

Psalms 145:18-21: 18 "The Lord is close to all who call on him, yes, to all who call on him in truth. 19 He grants the desires of those who fear him; he hears their cries for help and rescues them. 20 The Lord protects all those who love him, but he destroys the wicked. 21 I will praise the Lord, and may everyone on earth bless his holy name forever and ever."

Truth: God's Word is truth. It comes from God and can be trusted; genuine; honest; reliable.