

UNIT 1

CHAMPIONS

MEDIUM

by the
Fruit of
the Spirit



MEDIUM
Student Book

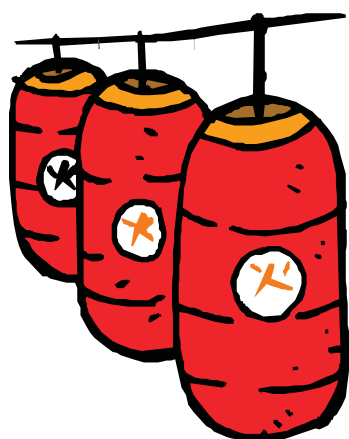
TO BECOME CHAMPIONS...

...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.

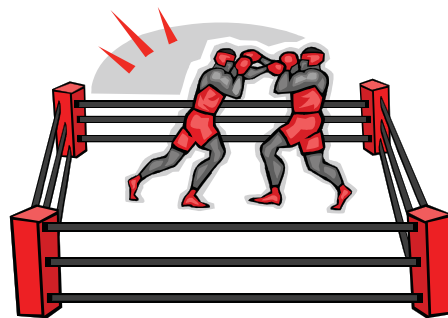


HOWEVER, TO BE A WINNER, YOU WILL NEED A COACH.

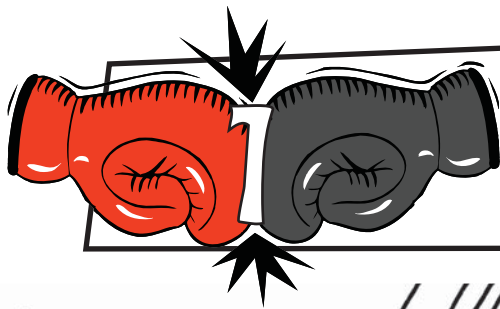


Come to this class each week for your workout and training and listen to your coach. Learn the memory verse, hear the Bible story, and get help with how to knockout the sin that wars within your heart.

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!



LOVE VS SELFISHNESS

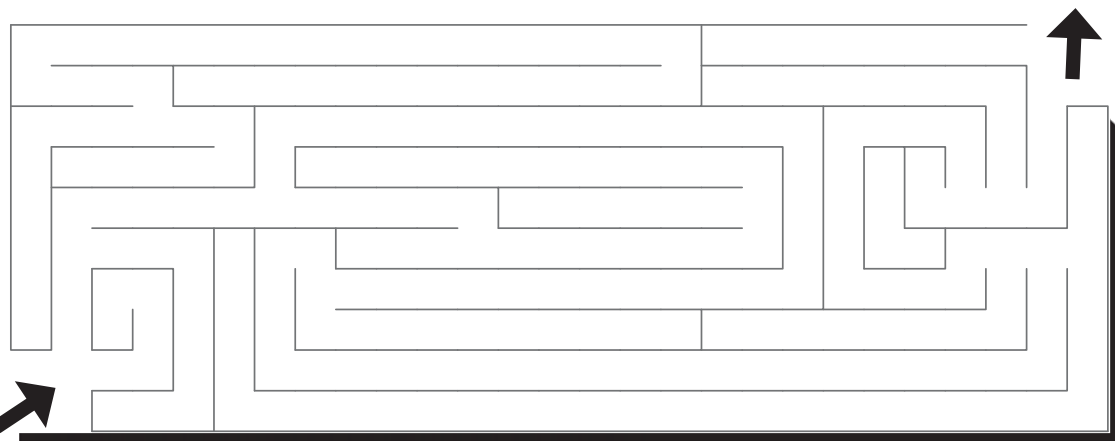
Bible Story: Jesus Dies on the Cross
Matthew 27:27-56



Memory Verse:

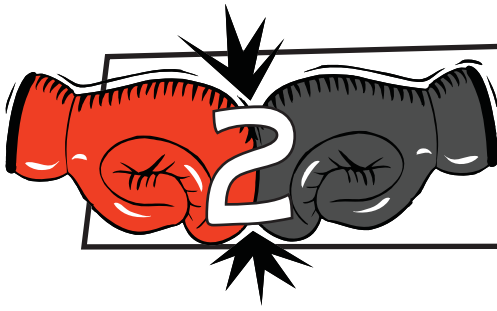
"This is how we know
what love is: Jesus Christ
laid down his life for us.
And we ought to lay down
our lives for our brothers
and sisters."

1 John 3:16



IN THE RING

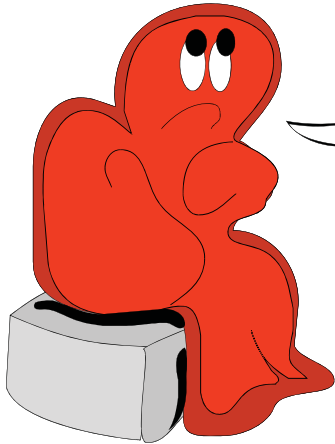
Play a game that your friends suggest, play at the time they want (if you have permission) and play it for as long as they want. Do not mention to them what you desire to play. This time, your desires do not matter, because you are showing real LOVE with no thought for yourself.



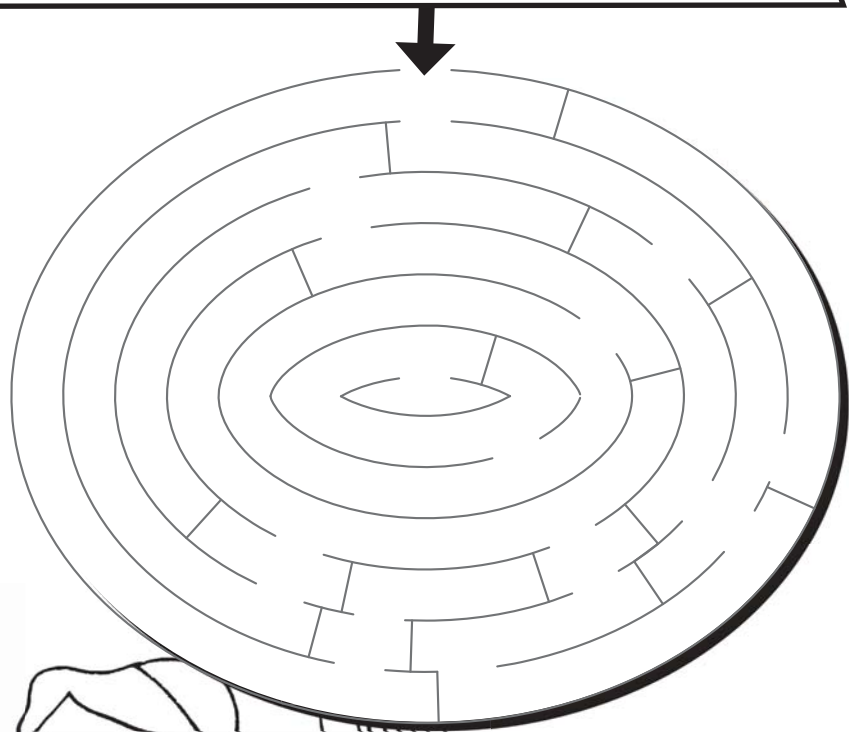
LOVE VS JUDGEMENTAL ATTITUDE

Bible Story: Speck of Dust and Plank

Matthew 7:1-5



It's not easy
to forgive
sometimes.
But I'm
working
on it.



Memory Verse:
"Do not judge,
or you too will
be judged. For in
the same way you
judge others, you
will be judged, and
with the measure
you use, it will be
measured to you."
Matthew 7:1-2



IN THE RING

Tell someone "Good job" and compliment them for something good that you see. Bring a small pocket mirror around with you all day. When you are tempted to judge someone, take out the pocket mirror and look at yourself. Remind yourself that you do not need to help others fix their faults today.



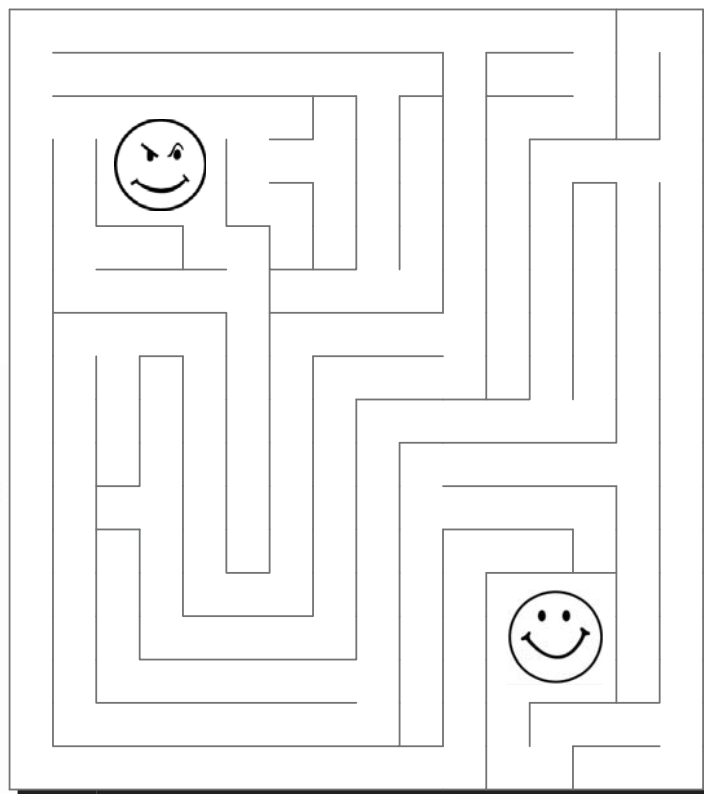
LOVE VS HATRED

Bible Story: Judas Betrays Jesus
Matthew 26:14-16

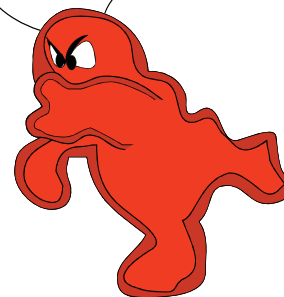
Memory Verse:

"Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen."

1 John 4:20

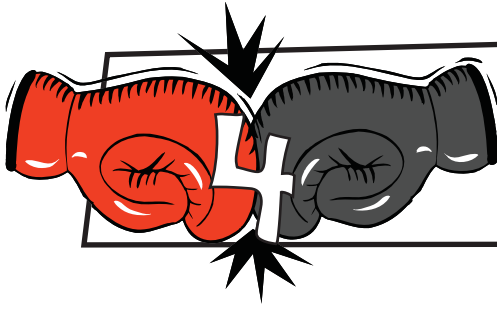


I get so mad at other people sometimes, I just take off running!



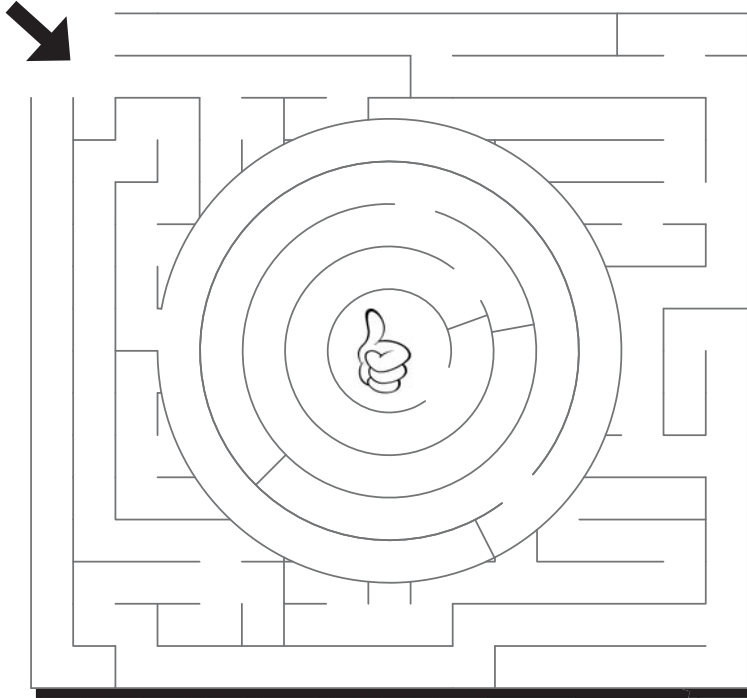
IN THE RING

Do something nice for someone you dislike. Hold your tongue when you see someone else cheating or about to mess up. Do not tell on them or get them in trouble.

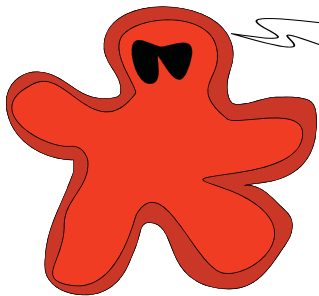


LOVE VS SELF-JUSTIFICATION

Bible Story: Parable of the Good Samaritan
Luke 10:25-37



Memory Verse:
"Love the Lord your God with all your heart and
with all your soul and with all your strength and
with all your mind"; and, 'Love your neighbor as
yourself.'" Luke 10:27

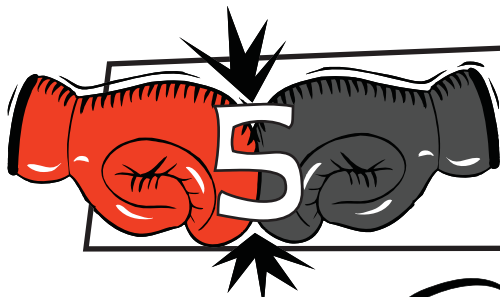


I'm just
a little
amoeba. It's
not my fault
I didn't do it
right!



IN THE RING

Stop to help someone in need this week, ignoring all the excuses you may have for not doing it. Do something special for someone who is not in your level of society.

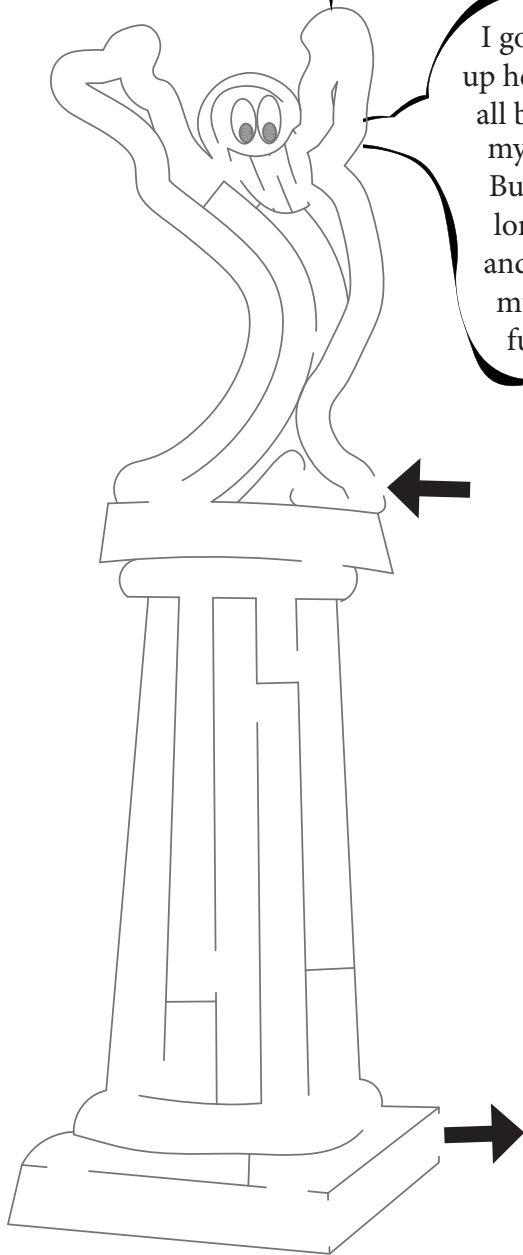


LOVE VS SPIRITUAL VANITY

Bible Story: David Chosen as King
1 Samuel 16:1-13

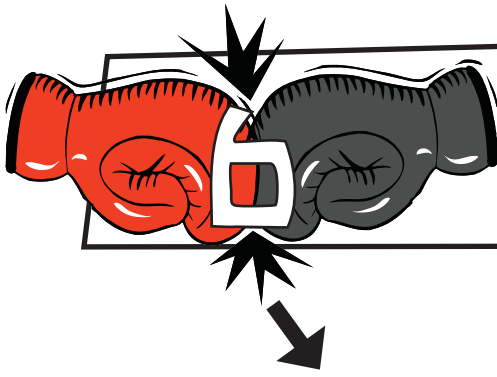
I got
up here
all by
myself.
But it's
lonely
and not
much
fun.

Memory Verse:
"Love is patient, love is kind.
It does not envy, it does not
boast, it is not proud."
1 Corinthians 13:4



IN THE RING

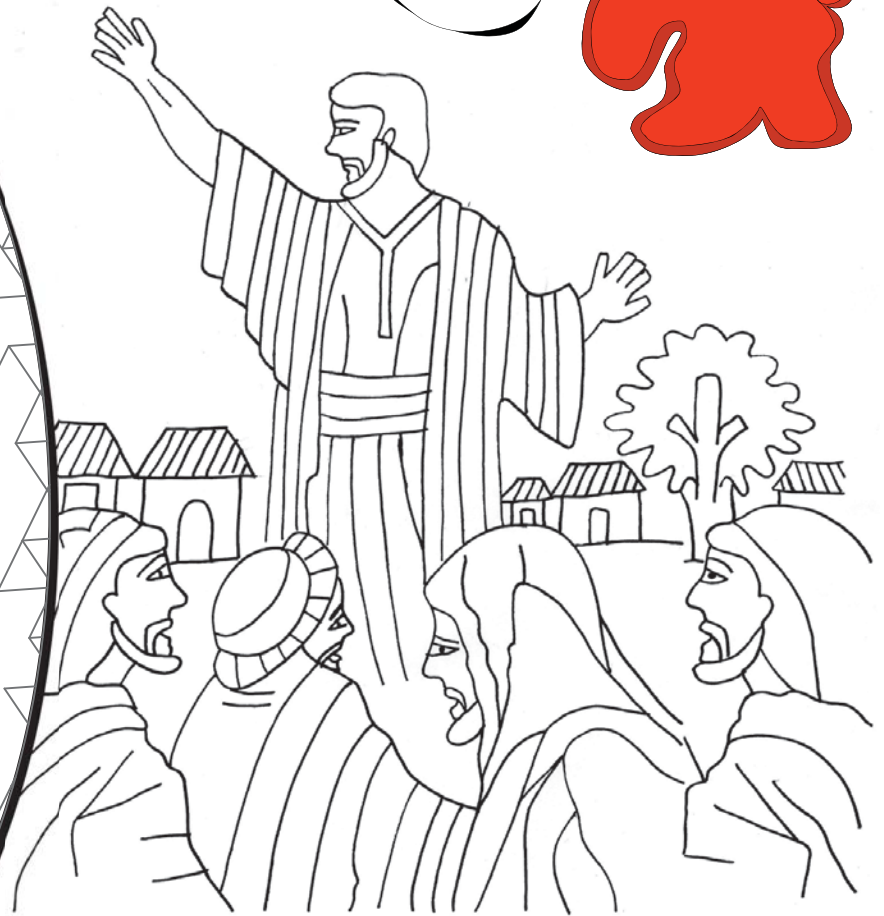
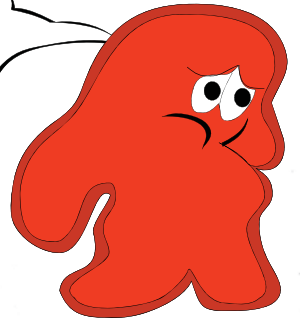
Ask God if there is a spiritual practice you should stop, as you move your focus onto LOVE. Do more actions this week to show love: do not boast, do what is best for others and not yourself, and do not hold people accountable for the wrongs they do.



JOY VS JEALOUSY

Bible Story: Religious Leaders are Jealous
Acts 5:12-33

If I had a cool box like he has I would be happy.



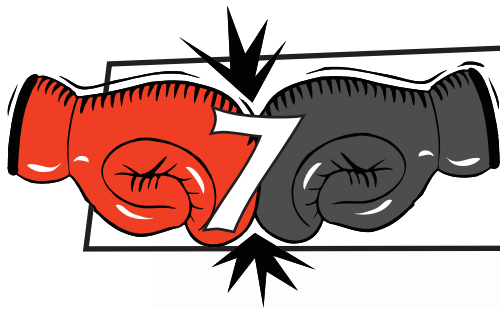
Memory Verse:

"You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?" 1 Corinthians 3:3



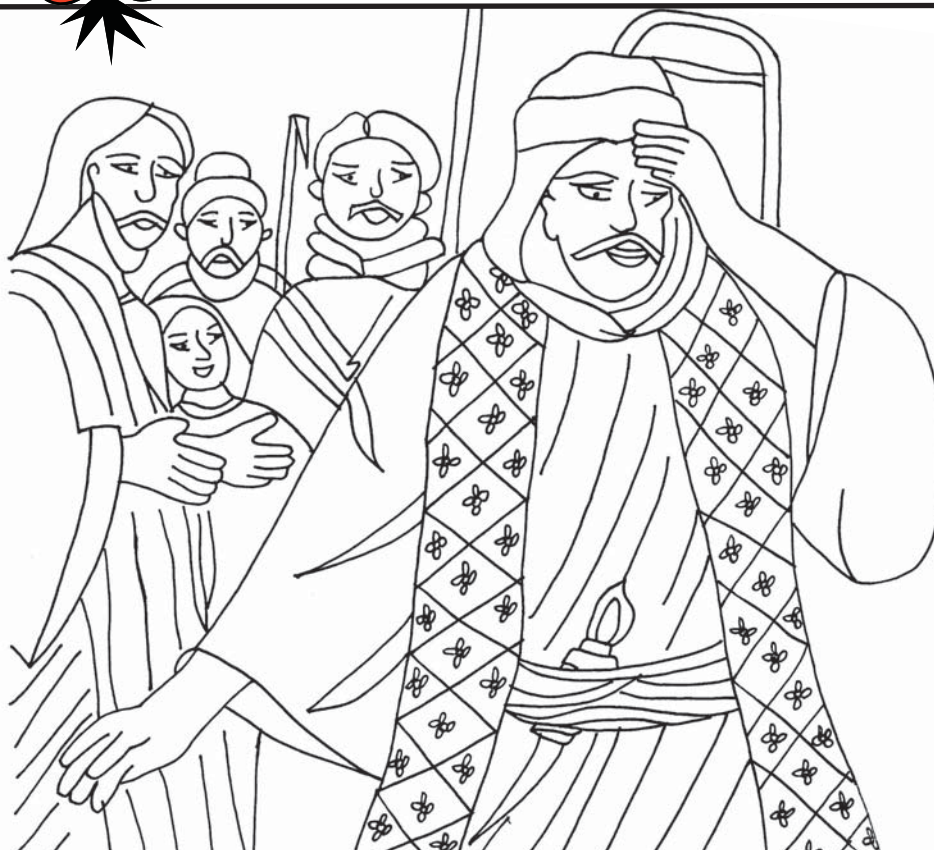
IN THE RING

Thank God for the spiritual gifts, physical appearance, possessions, and family that you have. Ask God to give you joy and contentment for what you have. Choose someone you may have been jealous of in the past, and give them a small gift. (Do not tell them of your past jealousy.)

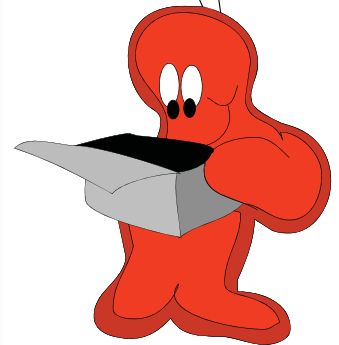


JOY VS GREED

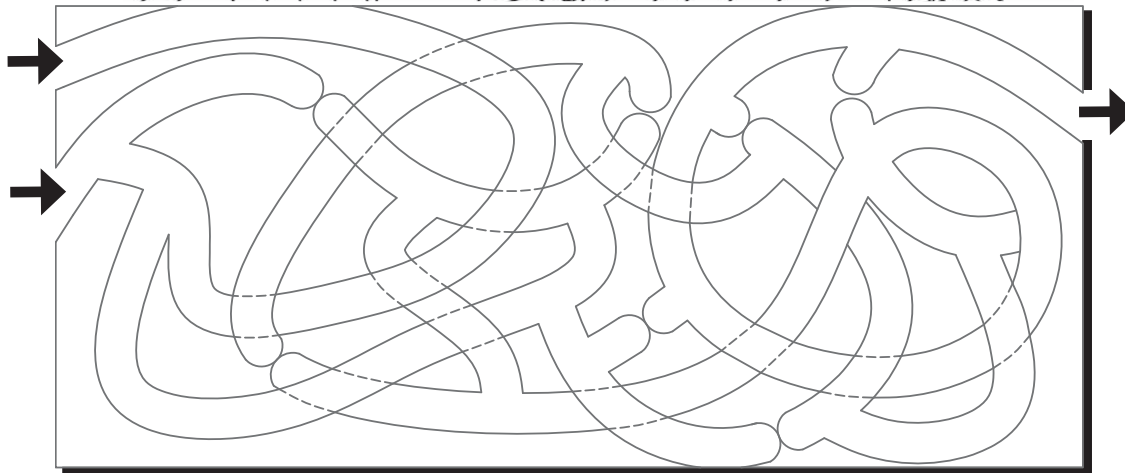
Bible Story: The Rich Young Man
Matthew 19:16-30



I wish there
was more stuff
in my box.

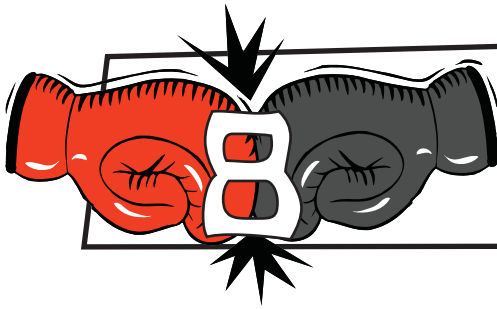


Memory Verse:
"Watch out! Be on your
guard against all kinds
of greed; life does not
consist in an abundance of
possessions." Luke 12:15



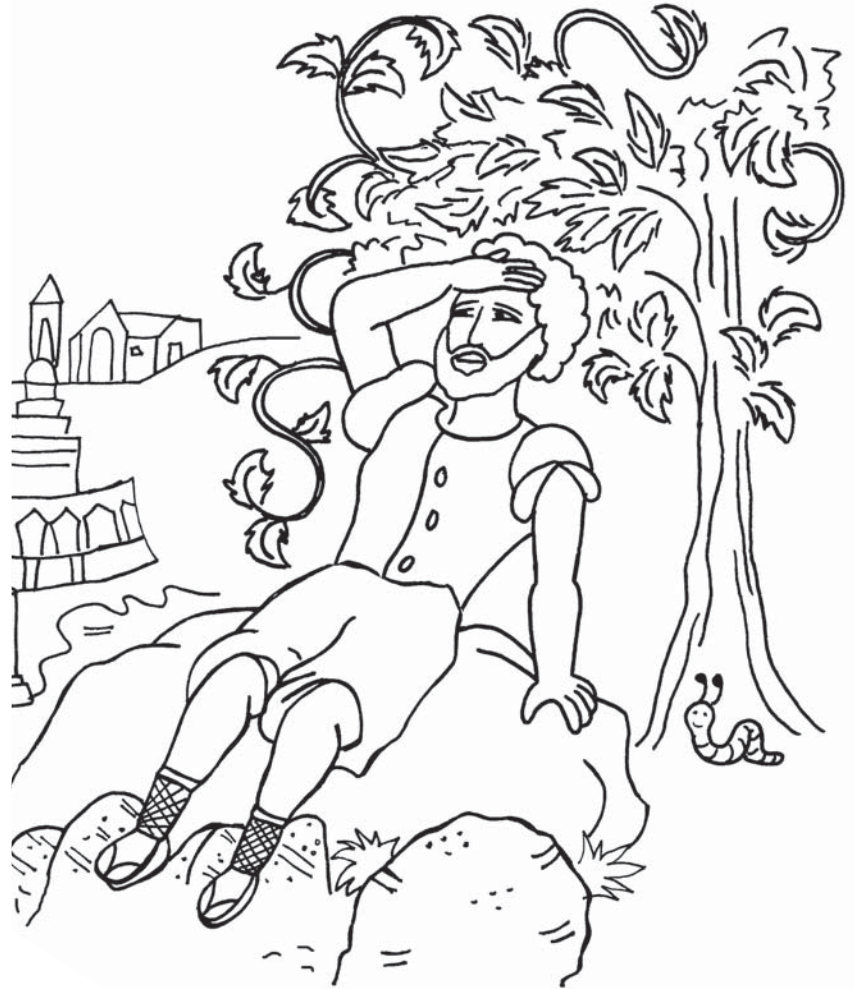
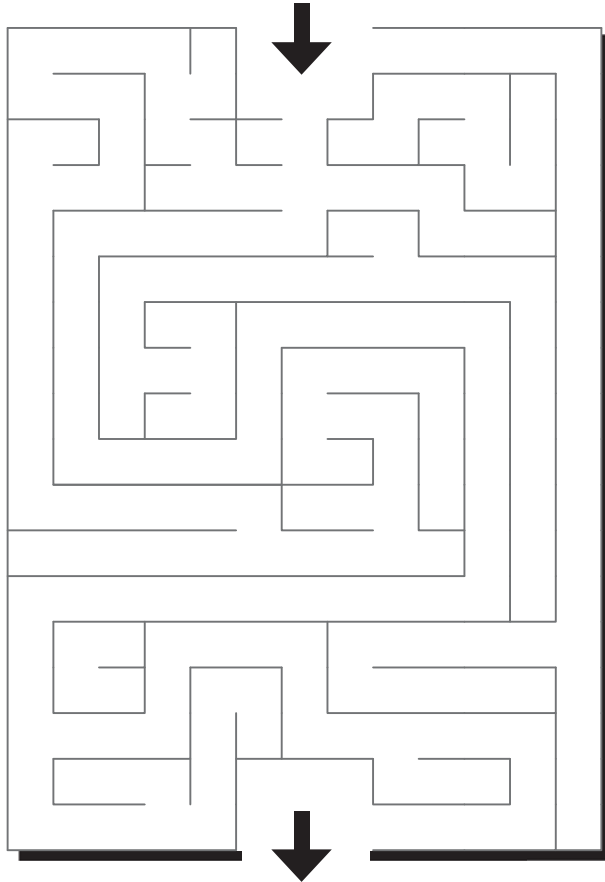
IN THE RING

Give some of your own personal money to God in the offering plate at church, not knowing to whom it will go. Use some of your money to serve someone else. If you do not have any money, take a possession you have and give it away.

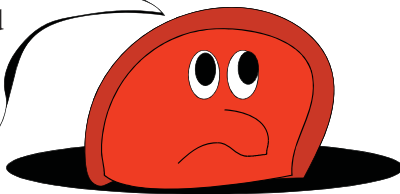


JOY VS SELF-PITY

Bible Story: Jonah and the Worm
Jonah 4:1-10



How come
he gets all
the luck, and
I have to
stay in this
hole?



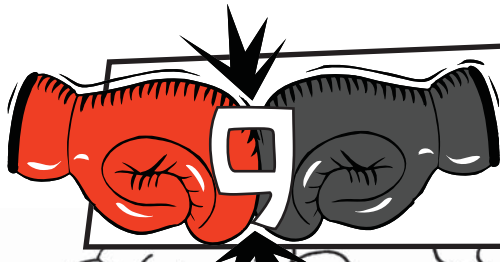
Memory Verse:

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." 2 Corinthians 4:17-18



IN THE RING

Help at a homeless shelter, or a ministry that feeds the poor. Alternatively, visit the sick in a hospital. Pray and ask God to open your eyes to the bigger picture, and help you take your eyes off yourself.



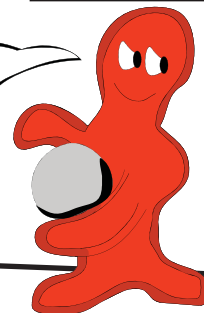
JOY VS UNGRATEFULNESS

Bible Story: Jesus Heals 10 Lepers
Luke 17:11-19



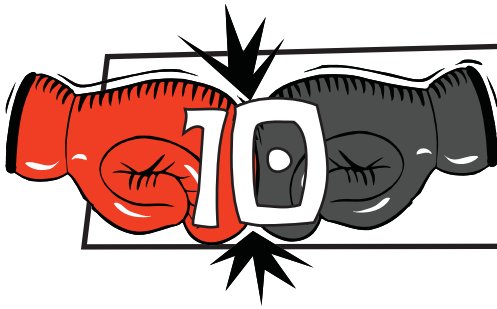
Memory Verse:
"Enter his gates with thanksgiving and his
courts with praise; give thanks to him and
praise his name."
Psalm 100:4

I'm
grateful
that I
have this
neat rock!



IN THE RING

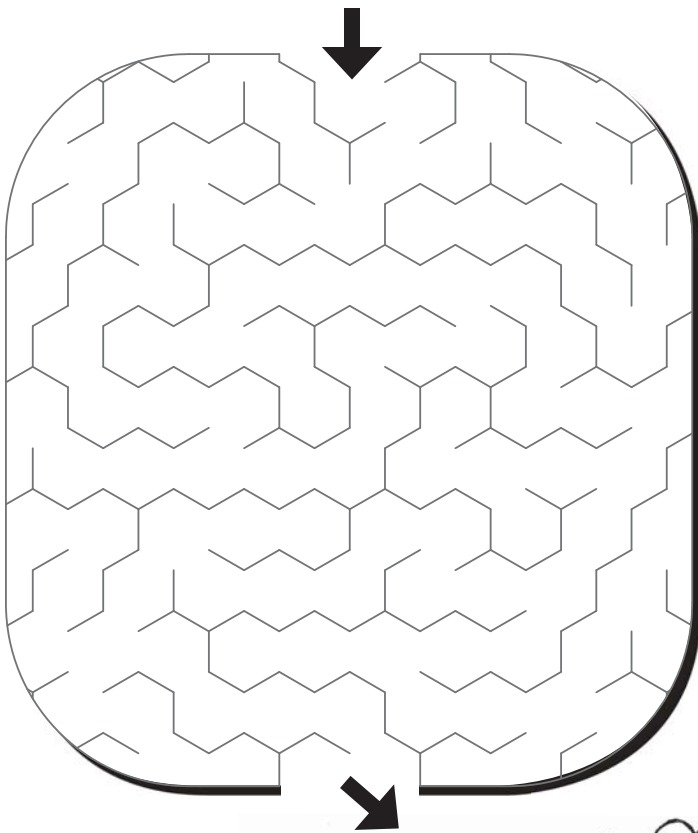
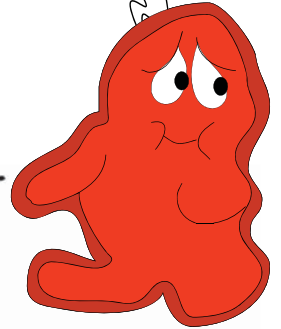
Thank your parents (or someone else) for something they give you every day. Choose something to go without for a while, as a reminder that you may not always have it.



PEACE VS WORRY

Bible Story: Elijah Fed by Ravens
1 Kings 17:1-6

How can I do well in school? I can't even hold a pencil!

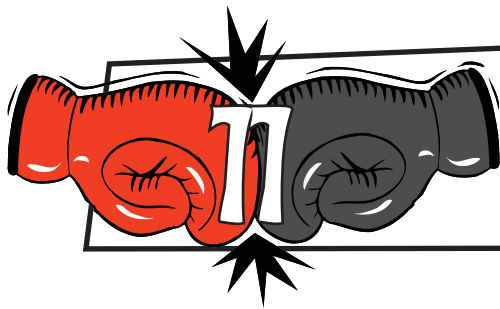


Memory Verse:
"But seek first his kingdom and his
righteousness, and all these things will
be given to you as well."
Matthew 6:33



IN THE RING

Share something you have with someone else, even if it means you will have to go without. Either food, clothing, bus fare, or something else that costs you money. Ask God to meet your needs.



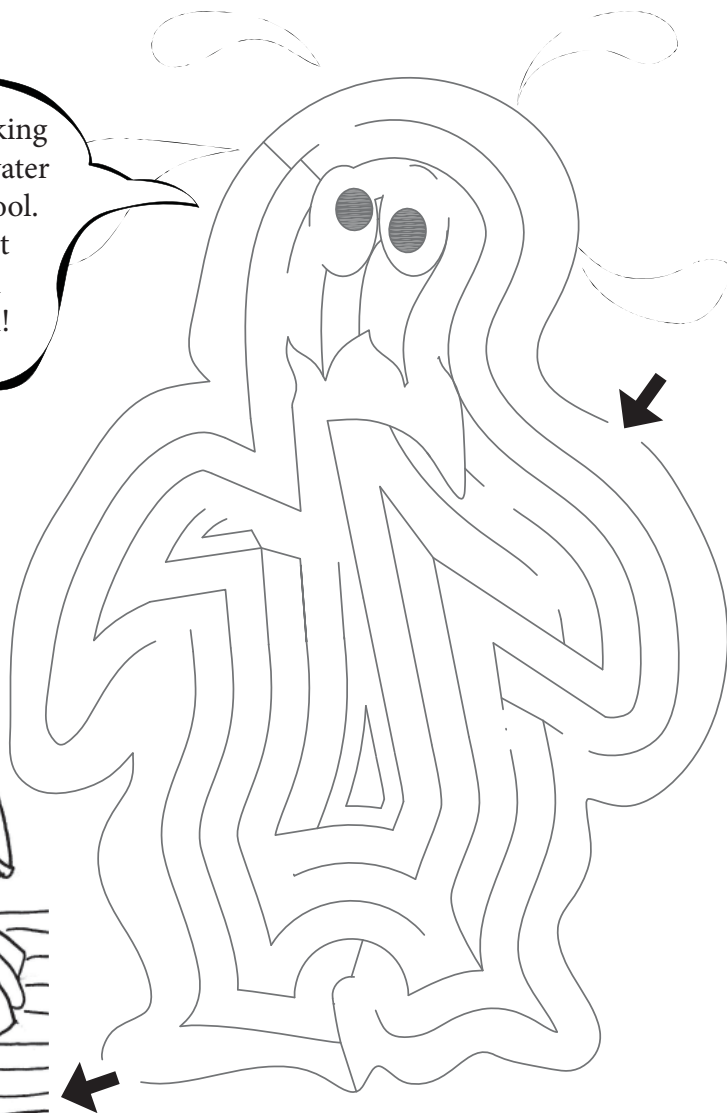
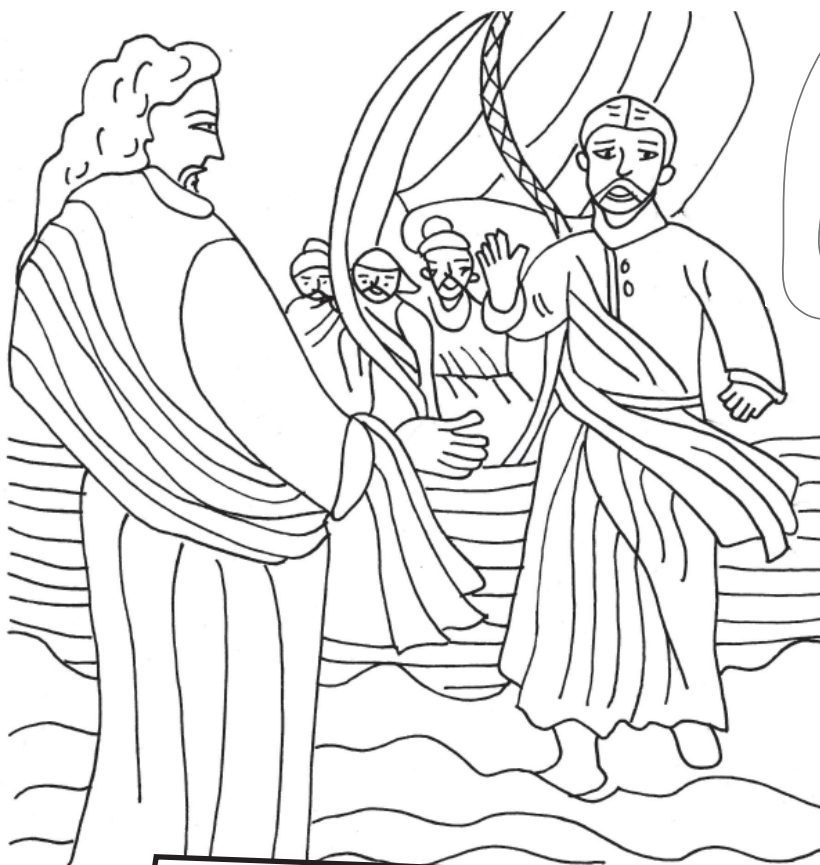
PEACE VS FEAR

Bible Story: Peter Walks on Water
Matthew 14:22-33

Memory Verse:

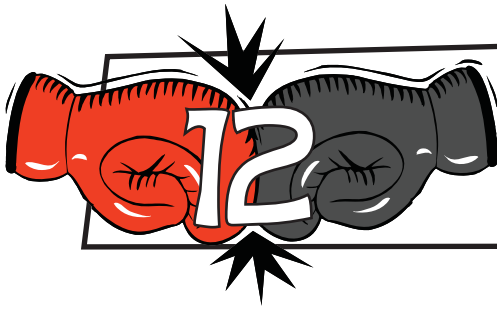
"Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." Matthew 17:20-21

Walking on water is cool. I can't even swim!



IN THE RING

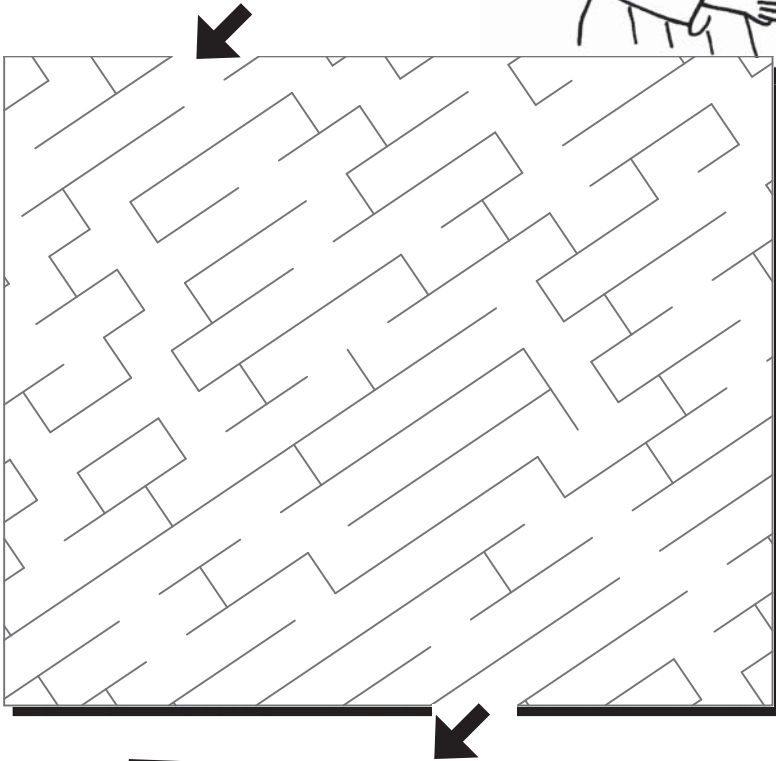
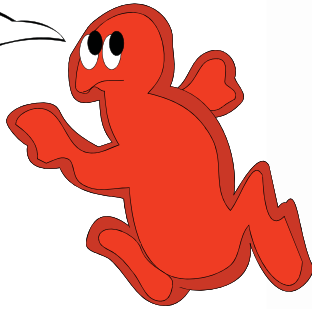
Choose something that feels impossible to do, and set aside your fear. Ask Jesus to help you do it. Then start taking steps into it. (It is a success for you to start, even if you sink as Peter did. The task is to choose something that feels impossible and try it.)



PEACE VS DISCORD

Bible Story: Turn the Other Cheek
Matthew 5:38-42

Woops!
I should
not have
said that!

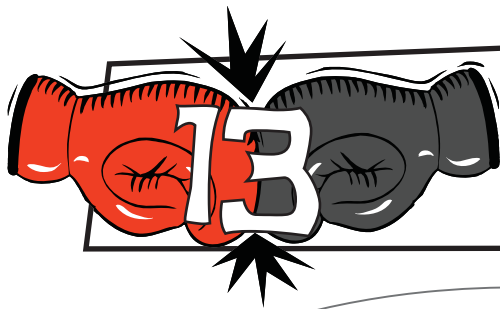


Memory Verse:
"If it is possible, as far as it
depends on you, live at peace with
everyone."
Romans 12:18



IN THE RING

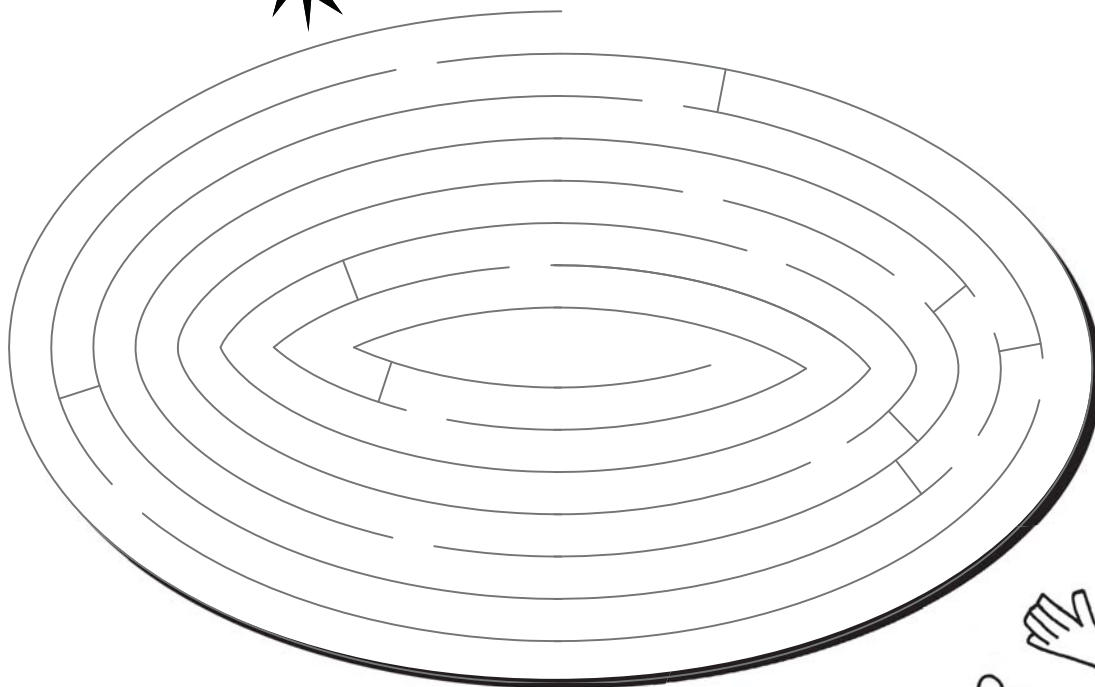
Allow yourself to be wronged once this week. (It will most likely happen on its own.) Your assignment is to do nothing.



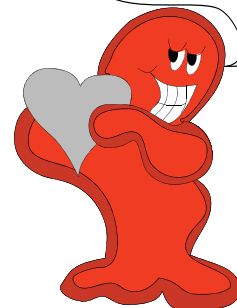
PEACE VS SELF-TRUST

Bible Story: Jesus Feeds the 5000

Luke 9:10-17



I am awesome!
I bet I can
handle this on
my own.



Memory Verse:

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

2 Corinthians 12:9



IN THE RING

Ask God for an opportunity to serve Him in an area where you are weak. Sign up in your church to serve in that area. If you are quiet, speak out more this week. If you are loud, be quiet more this week.

We are all the same in God's eyes.

"See what great
love the Father
has lavished
on us, that we
should be called
children of God!"
1 John 3:1a



Champions Medium
English



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