

SEVENTH DAY CHURCH
OF GOD (REFORMED)

CHILDREN'S BIBLE STUDY

Exercising your faith

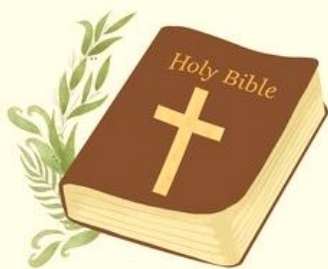


TABLE OF CONTENTS

EDITOR'S NOTES

LESSON # TOPIC

1	Love and Goodness
2	Longsuffering and Meekness
3	Peace and Joy / Review

EDITOR'S NOTES

Dear Children and Young People,

The Sabbath School Committee is pleased to present a series of lessons for your studying.

We pray that God will open your understanding of His holy words as you study and draw nearer to Him each day. Remember to seek His guidance and presence in prayer. Let His word be a lamp unto your feet and a light unto your path (Psalm 119:105).

Happy Studying 😊

LESSON 1

EXERCISING YOUR FAITH: LOVE AND GOODNESS

Scripture: Galatians 5:22-26; Luke 10:25-37

Memory verse: Galatians 5:22-23

****** The focus of this month is to learn about the Fruit of the Spirit and to understand how we can exercise our faith by applying some of these characteristics in our daily lives. Throughout the month you will be able to use your talents and grow in the Lord as you encourage yourself and others all to the glory of God.

Lesson Objectives:

- To identify the Fruit of the Spirit
- To understand the relevance and benefits of each fruit
- To learn a Bible story that demonstrates the Spirit of love and goodness

Introduction

What first comes to mind when we think of fruit? Maybe apples, strawberries, mangoes or other edible fruits that were created by God. These fruits have seeds that are planted and grown into something nutritious that we can benefit from. Similarly, the fruit of the Spirit are the seeds that God plants in us and they help us to grow into who the Lord wants us to be. As we know, the Fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance, and these heavenly attributes are guidelines for how we should walk in the Spirit and exercise our faith.

This week you will focus on exercising your faith with love and goodness. A person who demonstrates the Spirit of love is obedient to the Word of God and understands that it requires patience, kindness, humility, peace, trust and hope in the Lord (*1 Cor. 13:4-7*). The definition of goodness is 'the personal quality of being morally good'. What does this look like exactly? Well, some acts of goodness may include holding the door open for someone else, giving up your seat for those who are less able to stand, or donating old clothes and shoes to people in need.

In Luke 10:25 & 29, a lawyer asked Jesus two important questions; 'how can I inherit eternal life?' and 'who is my neighbour?'. Jesus responded to these questions with the parable of the good Samaritan, who exercised both goodness and love to an injured Jew (his neighbour). Two men of the same nationality saw the man but did not take on the task to assist him in his time of need. A Samaritan, however, displayed goodness and love when he nursed him to health, carried him to shelter, and paid for his stay at the inn. You would think that the priest and the Levite would have fulfilled their responsibility to their neighbour by showing goodness and love, as opposed to a stranger from a rival tribe. This suggests that we can exercise our faith by loving our neighbour and being kind to everyone (Matt. 22:39).

This is a crucial age for you as a child/young person to feed your spirit and starve your flesh. By learning how to exercise your faith and apply the word of God to your everyday life, you will grow stronger and closer to God and your light for him will shine brighter and brighter every day.

Questions (easy)

1. Find another story in the Bible that demonstrates the spirit of love.
2. Draw a picture of someone carrying out an act of goodness. Prepare to share and explain your drawing.

3. Why do you think the priest and the Levite did not help the wounded Jewish man even though they themselves were Jews? What does this teach you about being good and loving?
4. Over the course of this week, record two acts of goodness that you have carried out. Describe what you did, who was involved and how it made you feel.
5. How does the parable of the Good Samaritan encourage you to exercise the spirit of love?

Questions (harder)

1. How would you explain the parable of the Good Samaritan to a non-Christian friend who is struggling to show love to others?
2. After reading the parable of the Good Samaritan and seeing Jesus' response, how would you respond to the questions asked by the lawyer?
3. In those days, the Samaritans and the Jews did not interact with each other, but the Samaritan still helped someone who was of a different culture from him. Give an example of a time where you showed kindness and love to someone who was from a different cultural background. Explain why you did it and how it helped that person.
4. What are some benefits of displaying acts of goodness and love in your community?
5. Create a storyboard illustrating the parable of the Good Samaritan. Provide a brief description of each scene. (optional)
6. Find a song or chorus that reflects the spirit of love. Explain how you think the spirit of love is reflected. Play or sing this song or chorus. (optional)

LESSON 2

EXERCISING YOUR FAITH: LONGSUFFERING AND MEEKNESS

Scripture: Numbers 11:1-15; Numbers 12

Memory verse: Galatians 5:22-23

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Lesson Objectives:

- To identify the Fruit of the Spirit
- To understand the relevance and benefits of each fruit
- To know how to exercise the Spirit of longsuffering and the Spirit of meekness

Introduction

As you continue to learn how to exercise your faith with the fruit of the Spirit, the focus of this week's lesson will be on long suffering and meekness. Meekness is "the quality of being quiet, gentle, and always ready to do what other people want without expressing your own opinions". Sometimes a meek person can be described as 'overly submissive' or 'weak'. The main difference between a meek person and a weak person is that a weak person cannot do anything. A meek person, on the other hand, can do something but chooses not to. Similarly, long suffering is defined as "bearing problems or another person's unpleasant behaviour with patience". There is no better

example than Jesus who displayed both qualities in numerous encounters during His time on Earth and demonstrated their importance in our lives (Matt. 5:5, 11-12).

Moses is described in Numbers 12:3 as a very meek man, more than anyone else. He displayed these attitudes of meekness and long suffering on different occasions as he endured the discontentment of the children of Israel. Moses could have given a rude or bitter response when the people murmured, complained and were generally dissatisfied with God's work in the wilderness. Not only did Moses seek the Lord in this difficult time, he also let the Lord speak for him when even his siblings turned against him. Moses meek and patient actions teaches us that it is better to seek the Lord in unpleasant circumstances rather than take matters into our own hands. In doing so, he exercised his faith in God to address the people on his behalf and discipline them according to his righteous judgement.

Questions (easy)

1. Write a summary of Numbers 11:1-15 in your own words. Think about where the qualities of meekness and longsuffering appear in the scripture.
2. How are you currently exercising the spirit of longsuffering in your life? How can you grow in this area?
3. What is your understanding of Numbers 12:3?
4. Why was Moses displeased with the children of Israel?
5. Why was the Lord angry with Aaron and Miriam?
6. What was Moses' response to Aaron and Miriam's behaviour? Which fruit of the spirit did he display?

Questions (harder)

1. Why is it important to exercise the spirit of meekness? How was this demonstrated in Moses' encounter with the children of Israel in the wilderness? Use scriptural reference to support your answer.

2. Explain how Moses exercised an attitude of longsuffering toward the children of Israel in the wilderness. Include emotions that were expressed, what burdens he was bearing and his response to their behaviour.
3. What can you learn from Moses' response to the children of Israel's discontentment as it relates to exercising your faith with the fruit of the Spirit?
4. What fruit of the Spirit are evident in the key scriptures? What is the significance of each fruit identified in the scenarios?

LESSON 3

EXERCISING YOUR FAITH: PEACE AND JOY / REVIEW

Scripture: Genesis 45; Galatians 5:22-23

Memory verse: Luke 17:5-6

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Lesson Objectives:

- To identify the Fruit of the Spirit
- To learn about Bible stories that evidence the Fruit of the Spirit
- To know how to apply the Fruit of the Spirit in your life

Introduction

Out of the nine fruits of the Spirit listed in Galatians 5:22-23, peace and joy are typically easier to identify and display in our daily lives. Peace can be defined as the absence of war or chaos. In St. John 14:27, Jesus speaks of a special kind of peace that can only come from Him. Only Jesus can give peace and reassurance that everything will be okay when we may feel like all is going wrong, which is why we trust in Him.

The word 'joy' is an expression of great pleasure or happiness. The story of Joseph's reconciliation with his family illustrates both the Spirit of peace and joy. Joseph's brothers "seemingly" created chaos in his life, however, in the end they were able to reunite and live in

harmony. As demonstrated in this story, forgiveness is key in the peace-making process and an optimistic perspective influences the level of joy one expresses. It is important for you as a young person to seek after peace and joy as well as the other fruit of the Spirit in order to strengthen your relationship with the Lord and with others.

As we conclude this series on exercising your faith with the fruit of the Spirit, let's take a moment to think about your progress throughout the month as you would the growth of a seed. A seed needs an environment conducive for growth in order to reach its potential and have maximum nutritional benefits. In the same way, your heart should be ready to receive what God wants to plant in you so that you can shine for him in different areas of your life. Ask the Lord to increase your faith at times when you feel low and to teach you how to represent him with the fruit of the Spirit at home, at school and to those you meet in life.

Questions (easy)

1. Where was the spirit of joy evidenced in Genesis 45? Provide a minimum of 2 examples.
2. Give an example of a situation that required you to exercise the spirit of peace.
3. Sing a song that you think is fitting for the fruit of the Spirit or one specific fruit of the Spirit.
4. Ask three members of the church for advice on how to exercise your faith. Explain what you found most useful and how you will exercise your faith based on your personal beliefs and the advice you received.
5. Paint a picture of your interpretation of Joseph's reconciliation with his family where the spirit of peace was present. (optional)

Questions (harder)

1. How does the scripture in Genesis teach you to walk with God in faith and obedience?

2. Describe how Joseph's reaction in Genesis 45:14-15 demonstrates the spirit of peace.
3. Joseph's strong faith in God helped him to display qualities found in the fruit of the Spirit when dealing with his family. Write a letter to your future self, addressing how you will exercise your faith in your family, in your community and in your school life.
4. Explain how the memory verse relates to this month's theme. Give a brief word of encouragement to a young person based on what you have learnt from the lessons this month.
5. Using scriptural references and referring to at least 3 fruits of the Spirit, write a brief help guide for young teenage Christians on how they can exercise their faith.
6. Compose a poem expressing how you can exercise your faith with the fruit of the Spirit. (optional)