

### Teacher Preparation

Readings: Ruth 1:16; Psalm 86:15; 89:1; 100:5; 1 Samuel 12:24; Hebrews 11:1; Romans 3:3-4

Lesson Objective: The student will learn the importance of faith.

Materials: not needed

Memory Verse: "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5-6).

### Lesson Summary

What is faith? The Bible tells us that "faith is the substance of things hoped for, the evidence of things not seen" (He 11:1). Hebrew 11:6 reminds us that "without faith it is impossible to please" God. The story of Ruth is a perfect example of what being faithful means. Ruth was the daughter-in-law of Naomi. Tragedy struck Naomi's family, and she lost her husband and both of her sons. Ruth remained faithful to Naomi in the most difficult time of her and Naomi's life. Ruth could have returned home to her own family after her husband died, but she refused to abandon Naomi and chose to suffer with her. Because of her faithfulness, she and Naomi were blessed abundantly. God blessed Ruth with a husband, a son, a home, food, and someone to help take care of her and Naomi. God expects us to be faithful in all that we do for him – faithful in our prayers, in Bible reading, and in church attendance! As Christians, we may have to endure some difficult times in our lives, but if we remain faithful to God he will be faithful to us. Ruth's loyal devotion to her mother-in-law should inspire us to be faithful to God, to his truth, and to his church.

**Bible Point:  
Keep the Faith**



### *Ideas to Illuminate: Do you trust me?:*

Have the students to take turns falling into the arms of the Teacher. Before each child falls into your arms, ask him/her, "Do you trust me?" Once each child has had a turn, explain to them that you were faithful in catching them. All they had to do was trust you and be obedient.

### *Questions for Class Discussion:*

1. What does it mean to be faithful?
2. How was Ruth faithful to Naomi?
3. What can we learn from the story of Ruth?

### Teacher Preparation

Readings: Numbers 12:3; 1 Peter 5:5; Matthew 5:5; 11:28-30; John 13:4-5, 12-17; Philippians 2:3

Lesson Objective: The student will learn the meaning of meekness.

Materials: Straws, M&Ms (or any similar candy), and four bowls.

Memory Verse: "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matthew 11:28-29).

### Lesson Summary

Meekness is a fruit of the Spirit. It can be described as being mild, gentle, humble, tenderhearted, patient, slow to anger, controlled, moderate, not self-seeking, and self-less. The meek person is a gentle person. They do what is right before God in every situation. They do not have a dominating spirit but will often give up their rights for the good of another. Meekness prefers a brother. Meekness is being happy when others have things that you don't. A person who is not meek thinks highly of himself and isn't happy unless everyone is doing what he wants to do. When you are meek, God will make you strong. Often, people think of meekness as weakness! Numbers 12:3 tells us that "Moses was very meek, above all the men which were upon the face of the earth." This proves that meekness cannot mean weakness! The task given to Moses by God was not an easy task. He confronted Pharaoh at least a dozen times and led the largest group of grumblers through the wilderness for forty years while all along solving problem after problem for them. Moses thought of himself as a servant in relationship to God, so he quietly and gently submitted to God's will. He refused to elevate his own importance over that of God, exercising his authority in humility. He sought to glorify God in all that he did. Meekness is a part of God's character therefore we must make every effort to make meekness a part of our character.

**Bible Point:  
Be Gentle**



### Ideas to Illuminate:

Divide the class in to two groups. Have them to move the M&Ms from one bowl to another by sucking through the straw and getting the M&Ms to stick to the straw. The team that moves the most M&Ms at the end wins. Gentle movements are the key. If they move to abruptly the candy will fall off the straw.

### Questions for Class Discussion:

1. What is meekness?
2. Other than Jesus, who is a person in the Bible who was meek?

### Teacher Preparation

Readings: James 1:19-20; Mathew 4:1-11; Proverbs 16:32; 21:23; 25:28; 1 Peter 2:23; Romans 13:14

Lesson Objective: The student will learn why self-control is important.

Materials: bubble mixture, marshmallows or any type of candy

Memory Verse: "He that hath no rule over his own spirit is like a city that is broken down, and without walls" (Proverbs 25:28).

### Lesson Summary

Temperance or self-control is a fruit of the Spirit. Do you know what it means to have self-control? Self-control is being in charge of your feelings, your actions, and your thoughts. It's being nice to someone who hasn't been nice to you or waiting patiently for something you really want now! Jesus is our perfect model of self-control. In Matthew 4:1-11, Jesus was tempted three times by Satan. Each time he was able to resist Satan and remain obedient unto God. He resisted Satan through self-control and the Word of God. Self-control is crucial for spiritual growth. It helps us resist temptation and control our actions. Without self-control we become weak and sin will eventually destroy us. Lack of self-control is evident in the story of Cain and Abel. Cain's jealousy caused him to kill his brother. Eve's disobedience in the garden showed her lack of self-control as well. Having self-control allows us to live a righteous and selfless life that reflects Christ and brings glory to God. As Christians, we are able to display the fruit of self-control as we abide in the Spirit and trust in Christ. We are showing self-control by making wise choices and thinking before we act. So ask yourself, "What would Jesus do?"

**Bible Point:  
Show  
Self-control**



### Ideas to Illuminate:

1) Using the bubble mixture, blow bubbles and allow the children to pop them. After several minutes of bubble blowing, challenge them to not pop the bubbles even if it lands on them. 2.) At the beginning of class offer each child a marshmallow/candy that they can immediately eat or two marshmallows/candy if they choose to wait until the end of class.

### Questions for Class Discussion:

1. What would happen to a city if its walls were broken down?
2. If we didn't have self-control, what would happen to us?
3. What areas of your life lack self-control?

### Teacher Preparation

Readings: Romans 6:6; 8:3-8, 13-14; Galatians 5:16, 22-25; Ephesians 5:8, 1 John 2:6

Lesson Objective: The student will learn that walking in the Spirit produces fruit pleasing unto God.

Materials: Blind fold, and items for obstacle course.

Memory Verse: "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh" (Galatians 5:16).

### Lesson Summary

Throughout the Bible, we are warned about our flesh and the consequences of following the desires of our flesh. In Galatians chapter 5, the Bible tells us that if we walk in the Spirit, we will not give in to the desires of our flesh. What does walk in the Spirit mean? How can we walk in the Spirit? To walk in the Spirit means to follow the leading of God's Spirit. It means to deny our desires and to walk in line with the commandments of God. When we are yielding to our flesh, we produce bad fruit. When we are being led by God's Spirit, we produce the fruit pleasing unto God. We cannot do as we please and follow Jesus. We know that we are walking in the Spirit when our life begins to show the fruit of the Spirit. It is impossible to walk victoriously in the Spirit without spending unhurried time in fellowship with the Lord. We must spend time in his Word (i.e. reading the Bible), time in prayer, and time listening for his direction. To be like Jesus, we must walk in the ways of God's Spirit and bear the fruit of the Spirit.

**Bible Point:**  
**Live to**  
**Please God**



### Ideas to Illuminate:

Pick a child to blindfold. Have another child give directions to the blind-folded child in order to help him reach a designated spot in the classroom. If possible, design an obstacle course to make it a little more difficult. Explain that we must become as the blind-folded child and become completely dependent on God for our direction.

### Questions for Class Discussion:

1. What does it mean to walk in the Spirit?
2. How can we walk in the Spirit?
3. Can we be pleasing unto God if we aren't walking in the Spirit?