



# Disciple

## PREPARE



BEFORE  
YOU BEGIN



## TALK TOGETHER

**HAVE YOU EVER HEARD SOMEONE USE THE EXPRESSION, “GARBAGE IN. GARBAGE OUT”?** Do you know what that means?

Most sayings like this help you understand a truth or a piece of wisdom. When I hear the saying, “Garbage in. Garbage out,” the first thing I think about is what we put in our minds. If we watch movies that aren’t good or read books that don’t agree with the truth of the Bible, we’re not going to be thinking about things that are true, right, pure and lovely (Philippians 4:8). Instead we’re going to be thinking about whatever wrong things those movies and books talk about. And if we **think** about those wrong things long enough, we’re eventually going to **do** those wrong things.

***Garbage in. Garbage out.***

CONT. →



### TALK TOGETHER

Family conversations with God’s Word.



### MORE TO EXPLORE

Discover how this conversation fits into God’s Big Story.



### THRU-THE-WEEK SHEET

Post it on the fridge. Use it all week.



### COLORING PAGE

Keep little hands busy before, during and after your family conversation.

# TALK TOGETHER

**The opposite is true too.** When we put good things into our minds and hearts, good things come out of our lives. When we memorize God's Word, listen to worship music, go to church and learn about Jesus, we start to **think** like Jesus, we start to **sound** like Jesus and we start to live like Jesus. People begin to see **Jesus** in everything we do because we're following His example. He is what shines through our life.

Paul talks about this in Galatians 5:22-23. But instead of using the garbage expression or the idea of good things, he talks about the fruit of the Spirit. Galatians comes right after Paul's first and second letter to the Corinthians. **Let's read what he says, together.**

**BUT THE FRUIT OF THE  
SPIRIT IS LOVE, JOY,  
PEACE, PATIENCE,  
KINDNESS, GOODNESS,  
FAITHFULNESS,  
GENTLENESS,  
SELF-CONTROL;  
AGAINST SUCH THINGS  
THERE IS NO LAW.**

**GALATIANS 5:22-23**

**Disciples of Jesus follow the example of Jesus.** As they grow in faith, they become more like Him, and their lives produce the fruit of the Spirit. This is actually one of the ways we can recognize other disciples of Jesus. The more disciples hang around Jesus, the more they look, sound and act like Him. Instead of being marked by sin, what a disciple of Jesus thinks, says and does is marked by the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control of the Holy Spirit.

No one will ever be perfect on this side of heaven, but every disciple can grow to become more like Jesus every day.

**Ask Jesus to help you choose to practice the fruit of the Spirit today!**

# \* MORE TO EXPLORE

## GOD'S BIG STORY

CREATION



EVERYTHING  
GOD CREATED  
WAS GOOD.

FALL



ADAM & EVE SINNED,  
AND SIN PASSED TO  
ALL PEOPLE, EVEN  
YOU AND ME.

REDEMPTION



THOUGH ALL OF  
US ARE SINNERS,  
CHRIST DIED  
FOR US.

RESTORATION



JESUS WILL  
COME AGAIN.

### FIND IT IN THE BIBLE: GALATIANS

This week's story comes from the book of Galatians. Galatians is an epistle, or letter. The book was written by the missionary Paul. This letter was written to the churches in Galatia. Paul warns against false teachers and preaches the message that salvation is by faith alone.

### READ



Read Galatians 5:16-25 to learn what Paul says about living a life that is led by the Holy Spirit. How does this Scripture relate to culture today?

- What is the relationship between sinful (fleshly) desires and the desires of the Holy Spirit? (Hint: Read verse 17.)
- What does Paul mean when he says those who are led by the Spirit are not under the law? (Hint: Read verse 18.)

### OT-NT CONNECTION

Proverbs shares some wise things about the connection between our heart and our actions. **Read Proverbs 4:23 and 27:19. Then, read in Matthew 12:33-37 what Jesus says about a tree and its fruit.**

- How do these Scriptures highlight what Paul is talking about in Galatians 5:22-23?
- According to these passages, how should disciples of Jesus live?
- How do we accomplish this practically in our daily lives?

### WHAT IS THE "LAW" PAUL TALKS ABOUT IN GALATIANS 5:23?

Earlier in the passage (verse 18), Paul explains that if we are led by the Holy Spirit, we are not under the Old Testament Mosaic law.

Jesus came to fulfill the law (Matthew 5:17-20) and release us from following the law so we could live by faith in Him (Galatians 3:15-29).

The fruits of the Spirit are characteristics that identify disciples of Jesus who have yielded to the Holy Spirit's work in their life. There is no law (moral, Mosaic or ethical) that goes against them.

### HOW CAN I LOOK LIKE JESUS IF I KEEP ON SINNING?

Our time on Earth is a tug-of-war between becoming more like Jesus and fighting our desire to sin. When we sin, we need to repent, turn from our wrong choices and ask God to help us choose His ways moving forward.

As we grow in our faith, we grow to become more like Jesus. We rely on the Holy Spirit's help to make good decisions and choose His ways over sin. We practice, we learn and sometimes we fail and have to try again. This process of growing to look more like Jesus spans our entire life.

### JOURNAL



Make a fruit basket collage! Draw in your journal a basket full of fruit. Below your collage, write out today's memory verse. Finally, ask God to help you live out the fruits of the Spirit by following His direction for your life.

# ★ THRU-THE-WEEK SHEET

## ♥ MEMORIZE

**BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, SELF-CONTROL; AGAINST SUCH THINGS THERE IS NO LAW.**

***(GALATIANS 5:22-23)***

**Q: WHAT DOES A DISCIPLE LOOK LIKE?**

**A: SOMEONE WHO FOLLOWS JESUS' EXAMPLE.**

## CREATE



Create a centerpiece for your table with a bowl and colorful fruit. Each day when you sit down for dinner, say Galatians 5:22-23 together and talk about how God is growing the fruit of the Spirit in each of your lives.

## SHARE

Read through the fruit of the Spirit in Galatians 5:22-23 and give your kids real-life examples of what that looks like at their age.

Talk about how YOU demonstrate the fruit of the Spirit in your own life. Where are you still growing?

## WATCH



Help your child learn their verse by watching this week's Memory Melody video!

## PRAY

**FATHER, HELP ME TO FOLLOW JESUS' EXAMPLE MORE AND MORE EVERY DAY. HELP THE FRUIT OF THE HOLY SPIRIT TO GROW IN MY LIFE. HELP ME TO LEAD OTHERS TO FOLLOW YOU, TOO. I LOVE YOU, JESUS. AMEN.**

## FIND

This week's verse is in the book of Galatians. Help your child find the book of Galatians. Is this book in the Old or New Testament? How many chapters are there?

## RACE



Attempt a family three-legged race to illustrate what it means to "keep in step with the Spirit" (Galatians 5:25). If your family is small, take turns timing pairs of two running the race. When everyone is finished, compare finish times.

Ask your kids to describe what it's like trying to keep in step with their partner. Emphasize what you have learned about walking closely with the Holy Spirit. What spiritual resources or practices help strengthen the bond that keeps us tied by the leg to the Holy Spirit?

## PAINT



Paint a tree lengthwise on a piece of butcher paper. Write the first part of our memory verse in big, bold letters across the top. Write the last part of the verse across the bottom.

Invite your kids to create fruit out of construction paper. Label them with the fruit of the Spirit. Ask God to grow the fruit of the spirit in each member of your family.

## SING



Listen to this playlist throughout the series to praise God for spreading His Word.

**SCAN HERE TO LISTEN WHEREVER YOU ARE!**

# COLORING PAGE

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SPIRIT IS LOVE, JOY,  
PEACE, PATIENCE,  
KINDNESS, GOODNESS,  
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THERE IS NO LAW.*

*(GALATIANS 5:22-23)*

NAME: \_\_\_\_\_