



Live By the Spirit

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The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:22-25

Have you ever seen a cartoon with a little angel and a little devil sitting on someone's shoulders? The angel whispers good advice—like “Do the right thing!”—while the devil tries to get them to do something wrong—like lie or be mean.

They're not real, of course. But that picture helps us understand what the Bible talks about in Galatians 5. There's a battle going on in our hearts. One side is the Holy Spirit, helping us do what is good and right. The other side is our sinful nature, which tries to pull us into doing wrong.

When we listen to the Holy Spirit, we are kind, loving, patient, and full of peace. But when we listen to our sinful nature, we can become jealous, angry, selfish, or even mean to others.

That's not the way God wants us to live. God wants us to “Live by the Spirit.” Why? Because God is loving and kind to us, and when we live by the Spirit, we show that same love and kindness to others.

God's Word gives some great encouragement: “Live by the Spirit.” It means this: You're not alone in the fight! God gave you the Holy Spirit to help you make good choices and to live the way Jesus did for us—full of love, patience, and peace. So even when you mess up, God forgives you—and helps you try again.

Fill in the blanks: Christians can either live by the _____(Spirit) or live according to their sinful _____(nature).

True or false: God wants us to live by the Spirit. (True!)

What are some ways kids might live by their sinful nature? (Being selfish, fighting with friends, complaining)

What are some ways kids can live by the Spirit? (Sharing, helping, being kind and patient)

Look at Galatians 5:19-21. Which of those bad choices do you think are hardest for kids your age to avoid? Why do you think that is?

Look at Galatians 5:22-23. Which of those good “fruit of the Spirit” would really help you shine at home or at school? How could that make a difference?