

AMPLIFY

GROWING A
FAITH THAT LASTS

AMPLIFY: HOLY SPIRIT
LESSON 4: LIVING A SPIRIT-INFUSED LIFE

What we want students to learn: That students would understand what the Bible means by the “fruit of the Spirit.”

What we want students to do with what they’ve learned: To evaluate the Spirit’s work in them by how present the Spirit’s “fruit” is in their day-to-day lives.

Scripture Focus: Galatians 5:16-25

Overview: As you’ve learned, the Holy Spirit is God, active in the world and our lives. Jesus’ life, death, resurrection, and ascension played an important role in paving the way for the Spirit to permanently live within all believers. While there are many different ways to look at how these truths affect you and your students, this lesson will focus on what it looks like when we’re living life “by the Spirit.” We’ve already established that the Holy Spirit indwells all believers. Permanently. Paul’s words in Galatians add to this. They teach us that the Spirit’s presence in our lives will yield certain “fruit,” or evidence of the Spirit’s transforming influence on us. Yet, Paul seems to imply that we play some role in how vividly, or effectively, these fruits are manifested. This lesson will help your students understand what the “fruit of the Spirit” is, and will challenge them to define what it means to “live by the Spirit” in their contexts.

TEACHER PREP VIDEO

Each **Amplify** lesson comes with a Teacher Prep Video. These are short videos designed to help you grasp the main point of the lesson as you prepare to teach.

To access your **Holy Spirit** lesson 4 Teacher Prep Video, login to your Lesson Manager, navigate to lesson 4, and click on the “Background” tab. You’ll notice the Teacher Prep Video near the top of the Lesson Manager window.

BIBLE BACKGROUND

The **Bible Background** is designed to help you provide some context for the Scripture you’ll be studying. The Details gives you background info for each book, The Setting informs you what’s happening in and around the passage, and The Main Point gives you an overview of how the passage will be used in the lesson.

- **What do we mean by “context”?** In every **YM360** Bible study lesson, you’ll notice we make a point to encourage you to provide the context for the passages you study. By “context” we mean at the very least helping students know **who** wrote the book, **when** it was written, and **why** it was written.
- **What’s the big deal?** When we teach the Bible without giving context, students don’t get a “big picture” understanding of the story of the Bible. But this view is vital to grasping the story of God’s plan of redemption for humankind. As you teach, use the Bible Background to help summarize the context.

THE DETAILS

Galatians

- **Author:** Paul, the persecutor-of-Christians-turned-missionary, is the author of the Letter to the Galatians (see

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Acts 7:57-8:3 and 9:1-31). After his conversion on the road to Damascus, Paul set out on several journeys to proclaim about the salvation that is available through Jesus and His death and resurrection. Several churches were planted as a result of Paul's leadership, including the church in Galatia.

- **Timeframe:** Paul wrote his letter to the Galatians sometime between 48 and 53 AD, most likely by 49 AD.
- **Purpose:** The primary purpose of Paul's letter to the Galatians was to respond to a particular issue: a group of Jews— also claiming to be Christ-followers (many early Christians were Jewish Christians)—had begun to argue that Christians are not just saved by faith, but that they also were required to keep the Mosaic Law. This, of course, went against everything Paul knew to be true about Jesus. The main thrust of Paul's teaching was that there is no work we could accomplish to be saved (Ephesians 2:8), including the keeping of the Law (Galatians 2:16).

THE MAIN POINT

In the first two lessons, we learned a lot about who the Holy Spirit is, what He's doing in the world, and what He's doing in our lives. In this last lesson, you will challenge your students to seek out the Holy Spirit to change them and grow them, resulting in remarkable, lasting transformation. Paul refers to this change as the "fruit of the Spirit."

A fruit tree, if planted in good soil, watered, pruned, tended, and cared for, will yield the fruit that it was meant to grow. In the same way, if we are firmly rooted in the Spirit, we as Christ-followers will produce fruit in our lives that we were meant to grow. But here's the catch: in some sense, we get to choose where we plant ourselves and whether or not we root ourselves in the Holy Spirit. And as we grow, the Spirit produces in our lives the fruit that shows our connection to Him.

The exact relationship between our willingness and the Spirit's work in our lives is a mystery, but Paul is clear that we have a choice in the matter when he commands us to "live by the Spirit" in 5:16. If there were no choice, there would be no need for a command. At the end of this lesson, students will understand the challenge that Paul lays before them to live by the Spirit.

Note: Sometimes when we talk about the way Christ-followers ought to grow, change, or somehow be "different" than they were before, it's easy for people to mishandle those passages and imply (perhaps unintentionally) that we must do certain things to be saved. As you teach this lesson about how the Holy Spirit can and will change us, make sure you always keep Galatians 2:16 in the back of your mind:

"Know that a man is not justified by observing the law, but by faith in Jesus Christ. So we, too, have put our faith in Christ Jesus that we may be justified by faith in Christ and not by observing the law because by observing the law no one will be justified."

LESSON PLAN

The **Lesson Plan** contains three elements: An introductory activity called **The Lead In**; the Bible study section called **The Main Event**; an application-focused segment called **The Last Word**.

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THE LEAD IN

- **Goal:** To help students understand that anything truly special often takes a great deal of time and effort. Including our faith.
- **Set-Up:** If you want to show an image of the little invention you'll be referencing in this opening activity, go to <http://images.google.com>, and search for "Dyson digital motor." You'll have quite a few images to choose from. Arrange to show a few images to your students as you talk about this little gadget.

FIRST, ask students if they spend a lot of time thinking about vacuum cleaners. They will (hopefully) answer that they do not. Then say that you know of someone, or more accurately, a company that does. Ask if anyone has ever heard of Dyson. Explain that Dyson makes more than vacuums, but a lot of their billions of dollars in revenue each year is from selling vacuum cleaners. Explain that this is not what makes Dyson so unique. Say something like:

- **What makes Dyson so unique is the amount of work they put into making their innovative vacuum cleaners. James Dyson, the founder of the company, famously created more than 5,000 working models of his first vacuum cleaner before arriving at a model he felt was good enough to bring to the market. But it goes a step further. (If you have a picture of the Dyson digital motor, show it now.) Recently, Dyson committed \$80 million to construct a factory that does one thing: builds the tiny Dyson digital motor.**

The Dyson digital motor 4.0, which currently powers several Dyson products, cost over \$42 million to create. More than just money, it took time. The motor took seven years of development time to perfect. The company built over 3,000 models before getting version 4.0 of the motor where they want it. That is one expensive little motor!

THEN, explain to students that you're not here to talk about vacuum cleaners, much to everyone's disappointment. Explain that the purpose of this little intro was to get them to think about the idea of the amount of time and energy that must be invested to make something, almost anything, worthwhile. Lead a very brief discussion with students. Ask:

- **Who here can tell me an activity, hobby, or project they spend a lot of time on each week?**
 - Answers will vary. Allow students to answer. Then follow back up with individual students.
- **Is the final product worth all the hard work in your mind?**
 - Answers will vary.
- **Would anyone among you expect to be good at (Insert the responses of your students)? Would you expect to do well in school without doing your homework? Would you be any good at a musical instrument without investing time to practice?**
 - Answers should all be leaning toward the negative.

FINALLY, explain that it would be silly to think that we would be good at anything without the time and effort it takes to practice. Dyson didn't become a global innovator by cutting corners. Then make the statement that we can begin to apply some of the same logic to our faith. Say something like:

- **Now, that kind of statement often throws up some red flags. We get nervous when we talk about hard work and faith. It's 100% true that we're SAVED only through our faith in Jesus' sacrifice on**

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the cross. Hard work can't earn us our salvation. We have forgiveness of sin and eternal life with God only because of the work Christ did. But I'm not talking about salvation. I'm talking about our day-to-day struggle to live Christ-like lives. We do have a role to play when it comes to working alongside the Holy Spirit to shape our wills each day to look more and more like Christ. When it comes to living our lives as Christ-followers, if we think there's no effort for us to put in because God's already done it all, we're missing it. We're called each day to invest ourselves in pursuing Christ. BUT, we have a tremendous energy source working inside of us, more powerful than even a \$45 million motor. And that's what we're going to be talking about today.

Dyson facts sourced from <http://www.fastcodesign.com/1671939/dysons-80-million-new-factory-dedicated-to-its-most-unsung-invention#1> and [http://en.wikipedia.org/wiki/Dyson_\(company\)](http://en.wikipedia.org/wiki/Dyson_(company))

Transition into the **Main Event** portion of your lesson.

THE MAIN EVENT

- **Goal:** The idea is for students to understand what it means to work alongside the Holy Spirit as they daily seek to become more Christ-like in a practical, visible way.
- **Set Up:** None.

FIRST, explain that you're going to spend the entire time going deep into one passage: Galatians 5:16-25. Instruct students to find Galatians 5 as you provide some context using your Bible Background. When students have found the passage, read or have a student read Galatians 5:16-18. Then, lead students in a discussion. Ask:

- **Right off the bat, Paul dives into the choice that all followers of Jesus have in front of us: to either "live by the Spirit" or to live in a way that gratifies our flesh, a word Paul uses to describe the sin nature that all of us have. What do you think it looks like to "live by the Spirit"?**
 - Answers might include: Living according to God's characters and His ways; identifying publicly as a Christ-follower; living to please God and His desires; being in tune to what the Holy Spirit is leading us to do; leading Christ-like lives, and so on. The point is to get students thinking about what this concept of living by the Spirit means.
- **So what about living to "gratify the desires of the flesh"? What might that look like?**
 - Answers might include: Living for ourselves; doing things that seem fun but we know go against God's character and ways; seeking our pleasure at the sake of harming others, and so on. Again, this isn't a time to try to pick out "right" answers; it's really to get your group thinking about what these terms mean. You'll go into a more proper description of the two terms soon.

Explain that while there might be a lot of good ways to describe what it means to "live by the Spirit," the most significant idea that Paul was trying to get across is that we can choose. We can choose the Spirit, or we can choose our desires. We have a role in what our lives will look like each day.

NEXT, read or have a student read Galatians 5:19-21. Explain that this isn't a complete list of what it might look like to gratify our sinful, selfish desires, but instead, it's a description of what it looks like to live for ourselves and not for God. Ask:

- **So, do you think Paul is saying that if Christ-followers ever struggles with anything on this list, that they won't go to Heaven even if they've been saved from their sins by Christ?**

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- o Answer: No. We all know that we'll struggle with sin as long as we're on this earth. If we have been saved by grace through faith, we have eternal life through Christ.
- **OK, so, what do you think Paul is saying?**
 - o Answer: The point of this question is to show that Paul isn't describing actions that disqualify us from a relationship with Jesus (because no sin does). Paul is clear in Galatians that it is not our moral behavior that saves us; only faith in Jesus can do that.
 - o What Paul is saying is that if someone's life looks consistently like the list he gives, that person likely does not have the Holy Spirit living in him or her, because he or she has never truly been saved.
 - o While even followers of Jesus continue to struggle with sin (including Paul, see Romans 7:14-25), Scripture makes it clear over and over again that when people are born again, when they become "new creations," as Paul says in 2 Corinthians 5:17, their old, sinful pattern of living dies.
 - o We all still sin, but to remain in the habitual, daily "walking around in sin" life is incompatible with a Spirit-filled life.

THEN, explain that just like Paul had a list for what it looks like to live for ourselves and not for God, Paul also has a description for what it looks like to "live by the Spirit." Read or have a student read Galatians 5:22-23. Then ask:

- **In what ways is this list that Paul gives here different than the list that we just looked at in verses 19-21?**
 - o Answer: As your group provides answers, you might point out that the "Fruit of the Spirit" is not simply the opposite of what Paul lists in verses 19-21, such as "Don't have sex when you're not supposed to" or "Don't be jealous."
 - o Start to push your students towards the fact that what Paul is giving is not a list of specific "Do's" and "Don'ts," but instead a list of consistent, Christ-like character traits.
- **It's easy for us to understand the fruit metaphor as we think about a tree producing fruit. If we're Christ-followers, we should produce "fruit" in accordance with our identity. An apple tree that produces bananas would be absurd. Same with us. However, there's another way to think of the idea of fruit as well. Have you ever heard of the phrase, "the fruit of your labor"? What would the fruit of your labor be if you were a carpenter?**
 - o Answer: Something like a house, or furniture, or something similar.
- **What about an artist? What would the fruit of his or her labor be?**
 - o Answer: Painting, sculpture, etc.
- **How is the fruit of the Spirit's presence in our lives similar to the fruit of a carpenter or artist?**
 - o Answer: The fruit of the Spirit is the results of the Spirit working in our lives just as the piece of furniture or the painting is the result of the carpenter's or artist's work. Explain that this may be a subtle difference, but it helps to shed light on the active role the Spirit plays in leading us to be more like Christ.

NEXT, tell your group that you will get back to the individual "fruits" in a few minutes, but first, you want to focus on a couple of verses that will bring the introduction of the lesson back into focus. Read or have a student read Galatians 5:24-25. Once that person is finished, ask him/her to reread verse 24.

- **What do you think it means to "crucify the flesh" (some translations, "crucify the sinful nature")?**
 - o Answer: Paul meant this image to be a graphic one. It would have been easy to say, "deny ourselves" or "resist temptation." But Paul's intentionally graphic description of crucifying the flesh communicates

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two significant things:

- 1) Choosing the Spirit rather than our “flesh” (sinful desires) isn’t just a passive, Just-Say-No deal, but instead is a daily, intentional, and sometimes painful endeavor;
- 2) Experiencing change—choosing to live by the Spirit rather than our desires—is something that Jesus’ sacrifice on the cross enables us to do. The cross empowers us to no longer live for ourselves.
- **Paul finishes our section today by telling us, “If we live by the Spirit, let us also keep in step with the Spirit.” Based on everything we’ve talked about today, tell me in your own words and in one or two sentences what that means to a high school (or junior high) student who wants to “live by the Spirit.”**
 - Answer: A relationship with Jesus (and hence the indwelling of the Holy Spirit) should produce lasting, noticeable change in a person, especially what Paul describes as the “fruit of the Spirit.” And while the Holy Spirit is what grows the “fruit” in our lives, we have a choice in the matter—we can choose to work with the Spirit, bending our wills away from our sinful nature and toward God, allowing the Holy Spirit to grow us, OR we can choose to gratify ourselves and our own selfish, sinful desires. Make sure those two points are clear before you move on to the Last Word.

FINALLY, remind students that in the first lesson you talked about how when people become followers of Jesus, the Holy Spirit dwells inside of them in that instant. This is God’s guarantee—His promise—that we are His, and we are His forever. Make sure students understand that everything you’ve talked about the Holy Spirit since then starts with a saving relationship with Jesus. In fact, everything you’ve talked about since then is impossible outside of this relationship with Christ.

- You might spend more or less time on this last point depending on how well you know where each of your students is with Jesus.

Ask if there are any questions, then transition into the **Last Word**.

THE LAST WORD

- **Goal:** The goal of this section is to challenge students to partner with the Holy Spirit to focus on a specific “fruit” in their life, as Paul describes it in verses 22 and 23.
- **Set-Up:** You’ll need a 3 x 5 card and a pen/pencil for each student, or some other way (i.e., a note-taking or sketchbook app, a post-it note, etc.) for students to record their fruit.

FIRST, have the student who read Galatians 5:22-23 reread the passage. Then explain that you want to challenge students to focus on one of the fruits of the Spirit that they recognize they are weak in. Maybe they struggle with impatience, or they have a temper. By choosing one of the fruits they struggle with, not only will they be more aware of the Spirit’s role in their life, but they will be motivated by the character of Christ, as all of these fruits are exemplified in Him.

So that your students are clear about what each fruit entails, here’s a quick description of each:

- **Love:** Intentionally putting others’ needs ahead of your own needs.
- **Joy:** Not happiness, but more along the lines of delight in God and an attitude of thanksgiving toward Him, even under challenging circumstances.

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- **Peace:** This refers both to inner peace (based on a trust in God) and peace with people.
- **Patience:** This isn't just patience with difficult days or circumstances, but also patience with people.
- **Kindness:** This isn't just about being kind to cute, stray puppies; "kindness" means to be compassionate to others, even when the circumstance or their personality makes it difficult to do so.
- **Goodness:** While this includes living a life that is moral, it encompasses our heart, thoughts, and intentions as well as our outward actions.
- **Faithfulness:** To trust Jesus in good times is easy, but this also includes trusting Him when it's difficult to do so.
- **Gentleness:** Gentleness can include several things, including having patience with others' mistakes or easily forgiving someone who has wronged you.
- **Self-Control:** This involves having control over your words, thoughts, and actions. Do you let the Spirit take control of those things, or do you let people and circumstances determine your attitude, thoughts, and words?

THEN, instruct students to choose one "fruit" to focus on this week. But go a step further. Also, instruct them to select one person who will keep them accountable to their commitment!

- **Just like last week, when we focused on the Holy Spirit's presence in our life, this week we are going to focus on the Holy Spirit's ability to change us. And to help us do that, we are going to ask someone who can help us with this to keep us accountable. So on the same side that you wrote your "fruit" that you want the Holy Spirit to grow in you, write the name of someone who can best remind you throughout the week what you've invited the Holy Spirit to do. This should NOT be someone in this group that you will not see in person until this time next week. In fact, it doesn't even have to be another follower of Jesus. For instance, you chose patience because you have a tough time being patient with customers at your job, you might tell your boss that you've committed to being more patient and ask him/her to help you be accountable to do that.**
 - If they need help thinking of someone that can keep them accountable, help them talk through why they chose the fruit they did and who might be someone that will observe them have the most opportunity to demonstrate that fruit this week.

FINALLY, as they write down their fruit through the means you've provided, remind them that they have a role to play in this, just as you talked about in the first of the lesson. Their commitment to "walk in step with the Spirit" is no different than the commitment they put in the classroom, the gym, or the ball field in that it earns for them results! Except, in this case, their commitment is boosted by God Himself!

But also remind them that allowing the Holy Spirit to grow fruit in their lives is a life-long experience. It's not something that they'll ever perfect or be done with, at least in this life. Let them know that you'd love to have feedback about how their commitment goes this week and that they can contact you (and your fellow leaders) to ask for prayer when things get tough.

Close in prayer.

- **Don't forget to distribute the devotions to your students this week. If you're posting them on Instagram, or some other means of electronic distribution, make sure you inform students of when they will be receiving them.**
- **Use the Social Media guide to stay in touch with students via text or Instagram, and to encourage**

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them to follow through with reading their devotions.

WE WANT TO HEAR FROM YOU . . .

- Do you have questions about a lesson?
- Something that worked particularly well you want to share?
- Something that didn't work you want to bring up?

We value your feedback! Please do not hesitate to email us with your questions, comments, or concerns, at feedback@youthministry360.com.