

Lesson 11 / August 16, 2020

Living By the Spirit

By Kelsey Grulke

for use as

STEP 1

**Lesson 11****Focus:**

Live by the Spirit.

Lesson 11**Bible Basis:**Galatians 5:13, 16,
19-21; Ephesians 4:17-
24; 1 Peter 4:1-5**Lesson 11****Memory Verse:**Do not get drunk on wine, which leads to
debauchery. Instead be filled with the Spirit.
—Ephesians 5:18

Students will discuss living in the Spirit as opposed to living for pleasure.

Materials:
 Internet access

As your teens enter or join you online, ask them to share their best moment from the past week. When were they the happiest over the last week? Mention that some things we do to feel happy are healthy and some are not.

➤ **What are some healthy things you or your peers do to feel happy?** (Accept all reasonable answers which could include exercise, spending time with positive people, getting enough rest, etc.)

➤ **What are some unhealthy things you/your peers do to feel happy?** (Accept all reasonable answers which could include drinking, staying up too late playing video games, inappropriate sexual relationships, etc.)

As a Christian, basketball star Stephen Curry has to resist peer pressure to do things that don't align with his life in Christ. With money and fame, it would be easy to him seek pleasure through partying, abusing drugs and alcohol, and getting caught up in materialism. He has to make a choice to find his happiness in his relationship with God, rather than in earthly things.

Share part of the following video with your students [pause at 1:08 and leave the quote on the screen]:

Title: Basketball Star Stephen Curry On His Faith

Source: YouTube.com

URL: <https://www.youtube.com/watch?v=gFZxMdUmH1Q>

Short Description: Stephen Curry's story of coming to faith in Jesus.

➤ **What are some things Stephen Curry could be tempted to find happiness with?** (Drugs, drinking, money, finding his value in fame, sleeping around, etc.)

➤ **Do you think those things would make him happy? Why or why not?** (Accept all

reasonable answers.)

➤ **What would be the result if he chose a life of partying and substance abuse?** (He could die, lose his career, or end up in jail.)

Our Bible study today relates to Stephen Curry's desire for more out of life. Let's see what the Bible has to say about living in the Spirit rather than living for pleasure.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

high school



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Living By the Spirit

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STEP 4 

Lesson 11

Focus:

Live by the Spirit.

Lesson 11

Bible Basis:

Galatians 5:13, 16,
19-21; Ephesians 4:17-
24; 1 Peter 4:1-5

Lesson 11

Memory Verse:

Do not get drunk on wine, which leads to
debauchery. Instead be filled with the Spirit.
—Ephesians 5:18

Materials:

- Index cards
- Pens/pencils

➤ **What things might help someone change their sinful habits into habits that pursue a relationship with Jesus?** (Praying, reading the Bible, trying to grow spiritually, realizing that you can't do it on your own without God's help, etc.)

Although the video earlier didn't mention it, it's safe to assume that some of Stephen Curry's outward habits are affected by his choice to follow Jesus. He probably chooses not to spend time with those who tempt him to fall into sinful ways, for example.

➤ **What other things might someone have to change in order to avoid temptation?** (Accept all reasonable answers which could include avoiding the places they partied before, choosing friends who don't tempt them, finding healthy habits to replace the unhealthy, sinful ones, etc.)

Our stories may not be dramatic testimonies of turning from partying towards Jesus, but that doesn't mean that Satan doesn't tempt us.

Ask teens to get out their index cards and write down ways that Satan tempts them. Maybe it's lying to their parents or bullying others or something entirely different. Once they've had time to write, ask teens to share ideas with one another on how they could live by the Spirit instead. (for example: "For the temptation of surfing the Internet for inappropriate sites, we thought of installing a search filter on the computer, or moving the computer into a room where many people can see what you are looking at, or posting Scripture sticky notes on the screen").

End in a time of silent prayer in which each teen chooses one temptation and possible solution(s) to commit to the Lord for the upcoming week. Pray aloud at the end, asking God for the strength to follow through on resisting temptation and living by the Spirit.

Encourage teens in their living by the Spirit by texting or emailing them during the week. Remind them that they don't have to fall for Satan tempting them.

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