



## ☆ ☆ Introduction ☆ ☆

Welcome to the INTRUTH Bible Study on the Essentials of the Faith!

We believe that studying the Word of God transforms lives!

The Bible is God's message of redemption, as well as our instruction book for life. God wants us to search the Bible so we can understand the TRUTH of His character and His desire for us. Each lesson has 9-10 questions, a memory verse, a Believe the TRUTH, Pray the TRUTH, and a Walk in TRUTH application section.

These lessons teach foundational Scriptural truths all age groups can enjoy but adjust them to make them work for your group. Younger children may need help to read and answer the questions or understand certain words or concepts. Older students might need help to dig in deeper.

Essentials of the Faith was created to provide students with lessons to help them have a clearer understanding of their faith; to help them personalize their faith; and to help them cultivate a greater ownership of their spiritual growth.

Lessons:

Lesson 1: God	(Various)
Lesson 2: Jesus	(Various)
Lesson 3: Holy Spirit	(Various)
Lesson 4: The Bible	(Various)
Lesson 5: Sin & Salvation	(Ephesians 2:1-10)
Lesson 6: The Lord's Prayer	(Matthew 6:5-15)
Lesson 7: The Greatest Commandments	(Matthew 22:37-39)
Lesson 8: The Armor of God	(Ephesians 6:10-18)
Lesson 9: The Fruit of the Spirit	(Galatians 5:16-26)
Lesson 10: Walking With Jesus	(Various)

We pray that this study will strengthen your relationship with our Lord!

"Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you." 1 Timothy 4:16

Enjoy!





## Psalm 145:3

“Great is the Lord! He is most worthy of praise! No one can measure his greatness.”

Lesson 1

## Psalm 17:6

“God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God.”

Lesson 6

## John 14:6

Jesus told him, I am the way, the truth, and the life. No one can come to the Father except through me.”

Lesson 2

## Matthew 22:37-39

“Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’”

Lesson 7

## Romans 5:5

“For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.”

Lesson 3

## Ephesians 6:10-11

“Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.”

Lesson 8

## 2 Timothy 3:16-17

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”

Lesson 4

## Galatians 5:22-23

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

Lesson 9

## Ephesians 2:8

“God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God.”

Lesson 5

## John 8:12

“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.’”

Lesson 10

## God



MEMORY VERSE: "Great is the Lord! He is most worthy of praise! No one can measure his greatness." Psalm 145:3



### Who Is God?

Every culture in the history of the world has had some concept of what God is like. He has revealed everything we need to know about Him in the Bible. In this lesson we will cover a few things about God.

1. What do the first three bible verses in Section A tell us about who God is?
2. What does 1 Timothy 1:17 tell us?
3. What does Numbers 23:19 say that God is NOT? What does this mean and why does it matter?
4. Read Malachi 3:6 and review Numbers 23:19. God never changes. Why is this so important



### God as Creator and Sustainer

5. Who created the earth and everything in it? Genesis 1:1
6. Read Psalm 33: 6-7. God organized everything perfectly when He created the heavens and the earth. What does this tell you about God?
7. What does God tell us in Isaiah 46:10 about the future?



## Attributes of God

8. What does Psalm 18:30 say about God's way and His promises? What does this mean in your life?
  
9. God is all-powerful and all-knowing, How do we know this based on Psalm 147:5 and Isaiah 40:28?
  
10. How does learning about God's character impact you? How should we respond? (See memory verse for one of many ways.)

### BELIEVE THE TRUTH

It is hard to wrap our minds around who God is, but the Bible makes a few things very clear. First, God is the one and only true God. He is creator of the universe. He is all powerful, never changes, and is in control. And lastly, this almighty God created YOU and He loves you!

### PRAY THE TRUTH

Lord, we praise You for who You are! I know that you are the creator and Lord over all. Your ways are perfect. You watch over us, protect us, and give us hope. Please remind me of your holiness. We stand in awe of You! Amen.

### WALK IN TRUTH



After reading these verses, what are some words you would use to describe God? Has learning about God changed the way you viewed Him before? How so?



## Various References (NLT)



### Who Is God?

Isaiah 46:9b: “For I alone am God! I am God, and there is none like me.”

Isaiah 44:6: “This is what the Lord says—Israel’s King and Redeemer, the Lord of Heaven’s Armies: “I am the First and the Last; there is no other God.”

Psalms 83:18: “Then they will learn that you alone are called the Lord, that you alone are the Most High, supreme over all the earth.”

1 Tim 1:17: “All honor and glory to God forever and ever! He is the eternal King, the unseen one who never dies; he alone is God. Amen.”

Numbers 23:19: “God is not a man, so he does not lie. He is not human, so he does not change his mind.”

Malachi 3:6: “I am the Lord, and I do not change.”



### God as Creator and Sustainer

Genesis 1:1: “In the beginning God created the heavens and the earth.”

Psalms 33:6-7: “The Lord merely spoke, and the heavens were created. He breathed the word, and all the stars were born. He assigned the sea its boundaries and locked the oceans in vast reservoirs.”

Isaiah 46:10: “Only I can tell you the future before it even happens. Everything I plan will come to pass, for I do whatever I wish.”



### Attributes of God

Psalms 18:30: “God’s way is perfect. All the Lord’s promises prove true. He is a shield for all who look to him for protection.”

Psalms 147:5: “How great is our Lord! His power is absolute! His understanding is beyond comprehension!”

Isaiah 40:28: “Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding.”

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## Jesus



MEMORY VERSE: "Jesus told him, I am the way, the truth, and the life. No one can come to the Father except through me." John 14:6



### Who Is Jesus?

The first four books of the New Testament, are called the gospels which means "good news." They tell about Jesus' birth, early life, and His teachings, miracles, ministry, death, and resurrection (rise from death).

1. What did the Bible foretell about Jesus before He came to earth? Isaiah 9:6
2. Read John 1:18, John 10:30 and John 1:14. Jesus is both completely God and completely human. How do we know that from these verses? What do you think this means?
3. Read John 3:16-17. Who sent Jesus to earth and why?
4. What does John 1:29 and Revelation 17:14 tell us who Jesus is?



### Jesus' Life on Earth

5. According to Matthew 15:31 and Mark 10:45, what did Jesus do during His time on earth and what was His purpose?
6. What was Jesus' main teaching? Matthew 22:37-39  
We cannot keep these commandments on our own, so we need a Savior - Jesus.
7. What did Jesus tell his disciples would happen to Him? Luke 18:31-33



## Jesus' Death and Resurrection

8. Read 1 Peter 3:18. Why did He have to die? Why is it important that Jesus never sinned?

9. According to Romans 6:9, what is the result of Jesus being raised from the dead? What does this mean?

These three words—Christ conquered death—define the most important difference between Christianity and all other religions. Because of Jesus' death and resurrection, we are invited into a relationship with Him. Lesson 6 will cover how we can have this relationship.

10. "Christ is risen." Where is Jesus today? What is He doing?  
See 1 Peter 3:22 and John 14:1-3.

### BELIEVE THE TRUTH

Jesus Christ is a real person recorded in history. The Bible tells us exactly who He was: the Son of God sent to earth in human form to die for our sins. He rose from the dead, beating sin and death and offers us a new life in Him. Can you believe that God would do this for YOU?!

### PRAY THE TRUTH

Jesus, I believe You are Son of God. Thank you for coming to show us what God is like and to show us the one and only way to the Father. Thank you for showing us what is Truth. Thank you for dying on the cross for all sinners. Please help me to see all that You did for me and my need for You. All praise and glory to You. Amen.

### WALK IN TRUTH



Reread the memory verse and share what this verse means to you.



## Various References (NLT)



### Who Is Jesus?

Isaiah 9:6: For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

John 1:18: “No one has ever seen God. But the unique One (Jesus), who is himself God, is near to the Father’s heart. He has revealed God to us.”

John 10:30: “The Father and I are one.”

John 1:14: So the Word (Jesus) became human and made his home among us. He was full of unfailing love and faithfulness.

John 3:16-17: “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him.”

John 1:29: “The next day John saw Jesus coming toward him and said, “Look! The Lamb of God who takes away the sin of the world!”

Revelation 17:14: “Together they will go to war against the Lamb, but the Lamb will defeat them because he is Lord of all lords and King of all kings. And his called and chosen and faithful ones will be with him.”



### Jesus’ Life on Earth

Matthew 15:31: “The crowd was amazed! Those who hadn’t been able to speak were talking, the crippled were made well, the lame were walking, and the blind could see again! And they praised the God of Israel”

Mark 10:45: “For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”

Matthew 22:37-39: Jesus replied, “‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’

Luke 18:31-33: “Taking the twelve disciples aside, Jesus said, “Listen, we’re going up to Jerusalem, where all the predictions of the prophets concerning the Son of Man will come true. He will be handed over to the Romans, and he will be mocked, treated shamefully, and spit upon. They will flog him with a whip and kill him, but on the third day he will rise again.”





## Various References (NLT)



### Jesus' Death and Resurrection

1 Peter 3:18: "Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit.


Romans 6:9: "We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him."

1 Peter 3:22: "Now Christ has gone to heaven. He is seated in the place of honor next to God, and all the angels and authorities and powers accept his authority."

John 14:1-3: "Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? When everything is ready, I will come and get you, so that you will always be with me where I am."

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## The Holy Spirit

 MEMORY VERSE: "For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love." Romans 5:5



### Who is the Holy Spirit?

1. The Bible teaches us that the Holy Spirit is God. There is only one God but He eternally exists as three persons—God the Father, God the Son (Jesus), and God the Holy Spirit. Define Holy Spirit.

2. Why does Jesus ask the Father to send the Holy Spirit to believers? John 14:16-17a  
What is the Truth?

3. What does the Holy Spirit do? 2 Corinthians 3:17-18



### Holy Spirit in Our Lives

4. How do we receive the Holy Spirit? Acts 2:38  
Why does God give us the Holy Spirit? Ephesians 1:13-14

5. What happens when we receive the Holy Spirit? Ezekiel 36:26-27

6. What kind of impact does having the Holy Spirit have on someone? John 14:26



## Living By The Spirit

7. Read 1 Corinthians 6:19a. Stop for a minute and think about the fact that if you are a believer, the Holy Spirit is IN YOU. How does this affect you?
  
8. Why should we let the Holy Spirit guide our lives? Galatians 5:16-17
  
9. What does the Holy Spirit want to produce in our lives instead? Galatians 5:22-23
  
10. The power of the Holy Spirit is really hard to wrap our minds around. 2 Timothy 1:7 says, "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." What does this verse tell you that the Holy Spirit wants for us?

### BELIEVE THE TRUTH

The Holy Spirit is God in Spirit form. God gives us Himself - the Holy Spirit - to be our Teacher, Helper, Counselor, Comforter, Guide, and Friend. The Holy Spirit is the bridge between us sinful humans and a glorious, perfect, sinless God. Praise God that by giving us His Spirit, we can have a relationship with God and have the power and help to overcome sin. May you accept this gift, and may your heart of stone be changed to a heart after Christ!

### PRAY THE TRUTH

Dear God, thank you for giving Your Spirit to live in all believers! May the Holy Spirit help me to follow You more closely. I pray that You would produce in me love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Amen.

### WALK IN TRUTH



The power of the Holy Spirit is available to YOU! In what ways will you start this week asking the Holy Spirit to help you?



## Various References (NLT)



### Who is the Holy Spirit?

Holy Spirit: God's Spirit. Called Advocate. Lives within all Christians as our helper, teacher, comforter, and our friend. Holy Spirit wants to lead us and guide us every day.

Truth: God's Word is truth. It comes from God and can be trusted; genuine; honest; reliable.

Section A:

John 14:16-17a: "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth."

2 Corinthians 3:17-18: "For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."



### Holy Spirit in Our Lives

Acts 2:38: Peter replied, "Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit."

Ephesians 1:13-14: "And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him."

Ezekiel 36:26-27: "And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations."

John 14:26: "But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you."



## Various References (NLT)



### Living By The Spirit

1 Corinthians 6:19a: “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?”

Galatians 5:16-17a: “So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires.”

Galatians 5:22-23: “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

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## The Bible



MEMORY VERSE: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." 2 Timothy 3:16-17



### What is the Bible?

1. Read the 1st overview of the Bible and Romans 15:4. Why did God give us the Bible?
2. Read the 2nd overview of the Bible. What is the Old Testament about? What is the New Testament about?
3. The Bible was written by many different authors - each one of them inspired by God. Read 2 Peter 1:20-21. How did the prophets write the Scripture?



### The Bible Reveals and Teaches

4. Why is the Bible critical for us to know? 2 Timothy 3:16
5. What does Hebrews 4:12-13 say about the Word of God? What does it expose? How does scripture expose your deepest thoughts and feelings of your heart?
6. Reading the Bible is how we learn who God is and how to have a relationship with Him. What does God tell us we get from reading and studying His Word? Proverbs 4:20-22



## The Bible's Impact on Our Lives

7. How does the Bible have the power to make your life better?  
Psalm 119:105; Psalm 19:8 ; Luke 11:28
8. Read Matthew 7:24-27. What happens to those that follow His teachings?
9. How is the Bible a measuring stick to tell truth from lies? How can you stand firm and trust what the Bible says? Review the memory verse and 1 John 5:4.
10. How does reading and studying God's Word help believers to understand their identity and purpose in life?

### BELIEVE THE TRUTH

The amazing thing about the Bible is that it's not just a history book. It does contain history, but it is a Holy book that also contains prophecies, promises, and direction from God himself. The Bible is Truth! God loves us so much that He gave us the Bible to help us know Him, the world He created, and how to live. Praise God!

### PRAY THE TRUTH

Father, thank You for Your Word. Help me to fall in love with reading and studying it. May Your word be "a lamp to guide my feet and a light for my path". Help me to be faithful in believing the Bible and "putting it into practice." Amen.

### WALK IN TRUTH



God's Word is a living Word that speaks life to his people and leads us to Jesus! Today is the best possible day to engage God's Word. How will you start making the Bible a priority in your life?



## Various References (NLT)



### What is the Bible?

The Bible is God's message to us. God made sure that everything we need to know is in His Word. This book gives us the opportunity to see and know God and His plan and purposes for man and the world. It helps us know how to live our lives and to honor God.

Romans 15:4: "Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled."

The Bible contains 66 books and was written by more than 40 authors over a period of roughly 1,500 years. It has two sections all with one message - all inspired by God. The Old Testament begins with the creation of the universe and the creation of man. Throughout the Old Testament, God asks His people to obey His laws, but His people disobey him. Despite this disobedience, God promised to make a way for all things to be right again. The New Testament tells us how this promise that God made came true. The New Testament is all about the birth, life, teachings, death and resurrection of Jesus Christ - our Savior. God who is holy and righteous shows grace toward sinners by sending Jesus to save us!

2 Peter 1:20-21: "Above all, you must realize that no prophecy in Scripture ever came from the prophet's own understanding, or from human initiative. No, those prophets were moved by the Holy Spirit, and they spoke from God."



### The Bible Reveals and Teaches

2 Timothy 3:16: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right."

Hebrews 4:12-13: "For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable."

Proverbs 4:20-22: "My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body."





## Various References (NLT)



### The Bible's Impact on Our Lives

Psalm 119:105: "Your word is a lamp to guide my feet and a light for my path."

Luke 11:28: Jesus replied, "But even more blessed are all who hear the word of God and put it into practice."

Psalm 19:8: "The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living."

Matthew 7:24-27: "Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash."

1 John 5:4: "For every child of God defeats this evil world, and we achieve this victory through our faith."

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## Sin and Salvation



MEMORY VERSE: "God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God." Ephesians 2:8



### Ephesians 2:1-3 Us Without Jesus

The Apostle Paul wrote a letter to the Christians in Ephesus. In this passage, Paul reminds the people what they were like before they became followers of Christ.

1. How does Paul describe the Ephesians without Jesus?
2. See the definition of sin. Describe sin in your own words. According to verse 2, who is the Devil (Satan) and what does he do?
3. What do you think it means to follow the world? How does Satan (Devil) use media to influence people?



### Ephesians 2:4-5 The Grace of God

4. What did God do for us and WHY? vv. 4-5
5. Review the definition of grace. What do you think "It is only by God's grace that you have been saved!" means? Is there any other way a person can be made alive (saved) apart from Jesus? Why?
6. God sent His Son to save us sinners BEFORE we started following Him. That's how much He loves us! Do you ever feel like you don't deserve God's love? How does this passage encourage you?



## Ephesians 2:6-10 Salvation

7. Review definition of salvation. Why can't we "take credit" for our salvation? v. 8
8. Saving is all God's idea and all His work. It's God's gift from start finish! What is our role? v. 8
9. Do you think a person can do enough good things to get to heaven? Why? v. 9
10. Even though salvation is entirely by the grace of God and "not a reward for the good things we have done," how do our actions and the way we live matter? v. 10

### BELIEVE THE TRUTH

The Bible tells us that we ALL sin and fall short of the Glory of God. No one is perfect and we all need Jesus. But praise God, He sent His Son to earth to live a sinless life, die on the cross for OUR SINS, and be raised from the dead. Jesus conquered sin and death so that we may have life! And all we have to do is believe! THAT is called amazing grace! What a merciful, loving God! Do you believe?

### PRAY THE TRUTH

Prayer if God leads you...

Dear God, I recognize that I am a sinner and I need You. Thank you for the free gift of salvation through your Son Jesus Christ. Thank you for dying on the cross for me. I give my life to you. I accept this amazing grace. Thank you for "raising me from the dead alongside Christ" and for making me "anew in Christ." I want to do all the good things you have planned for me! Amen

### WALK IN TRUTH



God loves you just the way you are. But He loves you too much to leave you just the way you are! What is God revealing to you through this lesson?



## Ephesians 2:1-10 (NLT)

### Made Alive with Christ

1 Once you were dead because of your disobedience and your many sins. 2 You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. 3 All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else.

4 But God is so rich in mercy, and he loved us so much, 5 that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!)

6 For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. 7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

8 God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. 9 Salvation is not a reward for the good things we have done, so none of us can boast about it. 10 For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.


**Sin:** any action or attitude that falls short of God’s perfect standard; separates us from a holy God. When we sin we show contempt for God. Sin keeps the world from working as God originally intended it to.

**Grace:** God’s free and undeserved love toward sinful humans that never ends. A gift that not only forgets our sins but also makes us whole.

**Salvation:** rescued or delivered from the penalty and power of sin in your life because you believe that Jesus, God’s Son, came to earth and died on the cross to pay the penalty for your sins. He was resurrected to life to save all who trust in Him.

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## The Lord's Prayer

 MEMORY VERSE: "I am praying to you because I know you will answer, O God. Bend down and listen as I pray." Psalm 17:6



### Matthew 6:9-10 Praying to Our Father in Heaven

Through the gift of prayer we are able to talk to God. God is with us and ready to listen. We can pray, at any time and in any place, but there are some areas of prayer and attitudes towards prayer that are important to know. Jesus gives us this example for how to pray.

1. Read verse 9. Why is this the first line of the prayer? How are our prayers affected by who we think God is and what He is like? How can we keep His Name holy?
2. Read verse 10. Jesus has come but He will come again. What do you think God wants us to be doing until that time comes?
3. When you pray for God's will to be done in the world and in your life do you know what that means? What do you think it looks like for God's will to be done in your life?



### Matthew 6:11-12 Praying for Our Needs and Forgiveness

4. Read verse 11. This line is praying for what we need. What kinds of things do you regularly ask God for? Why does the Lord's Prayer only focus on asking for "daily" bread?
5. Read verse 12. Why do we need to ask God for forgiveness on a regular basis? Is confession a part of your prayers?
6. Verse 11 convicts us to be as forgiving to others as we want God to be with us. Do you forgive others as freely and generously as God forgives you?



## Matthew 6:13 Praying for Protection and Help

7. Read verse 13. What particular trials/temptations/tests are you going through at the moment? What help do we need to overcome them?
  
8. Jesus' death on the cross defeated Satan, but until Jesus returns there are still some battles to be fought. How do you think prayer impacts evil and the evil one (Satan)?
  
9. Do your prayers reflect the model that Jesus gave us? What have you learned about prayer by studying the Lord's Prayer? How can you put that into practice into the future?

### BELIEVE THE TRUTH

Psalm 17:6 tells us that we have a God that hears our prayers! That is incredible! The Lord's Prayer not only teaches us how to pray like Jesus by giving us words to say, but it also leads us into a rich and meaningful way of talking to and hearing from the Lord. May you use prayer to draw closer to God.

### PRAY THE TRUTH

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation but rescue us from the evil one. Amen.

### WALK IN TRUTH



How has this study encouraged or challenged the way you pray?



## Matthew 6:9-13 (NLT)


9 Pray like this:

Our Father in heaven,  
may your name be kept holy.  
10 May your Kingdom come soon.  
May your will be done on earth,  
as it is in heaven.  
11 Give us today the food we need,  
12 and forgive us our sins,  
as we have forgiven those who sin against us.  
13 And don't let us yield to temptation,  
but rescue us from the evil one.

Holy: treated with reverence, honor, and respect. It's a reminder that our God is a perfect, good, just, and holy God who deserves to be praised, not for what He's done, but simply because of who He is.

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## The Greatest Commandments

 MEMORY VERSE: "Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'" Matthew 22:37-39



### Matthew 22:37-38 The Greatest Commandment

1. What do these verses tell us? Why is this the most important commandment?
2. What do you think it looks like to love God with all your heart? Soul? Mind?
3. What do you think happens when you love God above everything else?



### Matthew 22:39 The Second Greatest Commandment

4. Read verse 29. How should we love our neighbor? What does that mean?
5. How important is the second greatest commandment compared to the first?
6. Who is our neighbor? What do you think happens when you love your neighbor as yourself?





## God's Love for Us

7. In order to truly love God, we must know that we are loved by God.  
What does Romans 8:38-39 tell us?

8. Do you know and believe that God loves you?

9. What next steps could you take in loving God with everything you have?

10. How does loving God and being loved by God result in into loving your neighbor?

### BELIEVE THE TRUTH

God IS love. Without God, we cannot know what true love is. Without God loving us first, we cannot know how to truly love Him back or how to love and see ourselves the way He does or how to love our neighbor. Praise the Lord for His true and perfect love!

### PRAY THE TRUTH

Dear God,  
First of all, thank You for loving me first and loving me perfectly. Help me to love You with all of my heart, all of my soul, and all of my mind. Show me where I need to love You more fully. Lord, I also ask that You would help me to love others like myself. Remind me of Your love when this is hard. Amen.

### WALK IN TRUTH



What is one way you can love God more this week?

Who is God convicting you to love this week, and how can you do so?



## Matthew 22:37-39 (NLT)

37 Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ 38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’

Romans 8:38-39:

38 And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

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## The Armor of God



MEMORY VERSE: "Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil."  
Ephesians 6:10-11



### Ephesians 6:10-13 Standing Firm Against Evil

1. Read verses 10-11. What does verse 10 tell us to do? How do we do that? v. 11
2. Why do we need the armor of God? Who are we fighting against? vv. 11-12  
What does verse 13 tell us will happen if we put on every piece of God's armor?
3. Until Christ returns and conquers all evil, we have to continue to fight the battle against sin and evil here on earth. How does it feel to "go into battle" knowing we have the armor of God? Why is it so important that we are "strong in the Lord and in His mighty power?"



### Ephesians 6:14-15 The Armor of God

4. The belt of \_\_\_\_\_ and the body armor of \_\_\_\_\_ v. 14  
How do these items help us "stand our ground?" See the definition of righteousness.
5. Why do you think truth is a belt and righteousness is body armor?
6. Shoes: Put on \_\_\_\_\_ that comes from the \_\_\_\_\_. See definition of Good News. How does this give you peace? How does this, like shoes, make you fully prepared?



## Ephesians 6:16-18 The Armor of God

7. The Shield of \_\_\_\_\_ v. 16 What do we need to be shielded from? Can you think of an example of what a “fiery arrow from the devil” might be?
8. Helmet of \_\_\_\_\_ and the Sword of the \_\_\_\_\_ which is the \_\_\_\_\_ of \_\_\_\_\_ v. 17 Why do you think the Word of God (the Bible) is the sword? How can you use the Bible as a sword in your life?
9. Read verse 18. It tells us to pray “at all times” and “on every occasion.” Are you this consistent and persistent with your prayers? How can you include more prayer into your life?
10. Armor is meant to protect every part of us, and enable us to fight. How does the armor of God as a whole, protect and equip you to fight against the evils of this world? Do you feel safer and more prepared for this calling after reading these verses?

### BELIEVE THE TRUTH

As Christians, we are all in a spiritual war of Good and Evil until Christ returns. But God has given us armor to protect us, and to fight this spiritual battle. Thank the Lord! May you put on the armor of God daily and be strong in His mighty power! Through Him you can stand firm against the devil!

### PRAY THE TRUTH

Thank you, Lord Jesus for giving us everything we need to fight the evils of this world. Please help me to remember to put on the armor of God every single day! And to be alert and to pray to You always for strength for both myself and other believers fighting alongside me. Amen!

### WALK IN TRUTH



Can you give an example of how you might put on or use each piece of the armor of God today?

Belt

Body Armor

Shoes

Shield

Helmet

Sword



## Ephesians 6:10-18 (NLT)

### The Whole Armor of God

10 A final word: Be strong in the Lord and in his mighty power. 11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. 12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

13 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. 14 Stand your ground, putting on the belt of truth and the body armor of God's righteousness. 15 For shoes, put on the peace that comes from the Good News so that you will be fully prepared. 16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. 17 Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

18 Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

**Satan:** God's enemy; powerful angel who rebelled against God and was cast out of heaven; tempts people to sin.

**Righteousness:** being in a right relationship with God, without guilt or sin. God declares believers not guilty/righteous because righteousness of their faith in Jesus.

**Good News:** is the Gospel. It is the message that God sent His Son Jesus to take away our sins by dying on the cross and resurrecting to life again to save all who trust in Him.

Find a blank space or separate piece of paper to draw a picture and list the 6 pieces of the armor of God.

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## The Fruit of the Spirit



MEMORY VERSE: "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."  
Galatians 5:22-23



### Galatians 5:16-21 Living Without the Holy Spirit

1. As humans we all have a sinful nature. But when we become Christians we have the gift of the Holy Spirit. What does Paul tell us we are supposed to let the Holy Spirit do and why?  
v. 16
2. Can you think of a time when you WANT to be good, but it feels really hard? According to verse 17, why is it hard to do the good things that we want to do? What does this tell us about how the Holy Spirit works?
3. Verses 19-21 list some of the results of following our sinful nature. Why doesn't God want us to live this way?



### Galatians 5:22-23 The Fruit of the Spirit

4. What does it mean when it says 'The Holy Spirit produces fruit?' List the nine fruit of the Spirit.
5. How do the sinful traits (vv. 19-21) compare to the Godly traits (vv. 22-23)?
6. The fruit of the Spirit is a gift and the work of the Holy Spirit. How does this encourage you? What is our role in seeking and receiving the fruit?



## Galatians 5:24-26 Living With the Holy Spirit

7. Read verse 24. What happens to our sinful desires when we become Christians? How does this give you hope moving forward?
8. How do we change to be less sinful and more like Jesus? v. 25 What might it look like to follow the Spirit's leading?
9. Why do you think God wants the Holy Spirit to produce fruit in our lives?
10. How can you see the fruit of the Spirit growing in your life?

### BELIEVE THE TRUTH

We are given an incredible gift when we choose to give our life to Jesus and follow Him: The Holy Spirit. And through the Spirit we have the power and strength of God Himself! We can have all the fruit of the Spirit because they are products of the Holy Spirit working in us. Jesus lived out these traits in His life on earth, and we are to strive to do the same as we grow spiritually. May you follow the Spirit in your life to turn away from sin and be more like Christ.

### PRAY THE TRUTH

Dear Jesus, Thank You for the gift of Your Holy Spirit. I ask that You would help me to follow the Spirit in my life at all times. Help me to turn from my sinful desires and to produce the fruit of the Spirit instead. I want others to know You because of my love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. Amen.

### WALK IN TRUTH



What fruit are you going to ask the Holy Spirit for this week? How are you going to seek and receive it?

We encourage you to memorize the verse related to the fruit on the back of the Scripture page.



## Galatians 5:16-26 (NLT)

16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. 18 But when you are directed by the Spirit, you are not under obligation to the law of Moses.

19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, 20 idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, 21 envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!"

24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. 25 Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. 26 Let us not become conceited, or provoke one another, or be jealous of one another.

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## Walking with Jesus



MEMORY VERSE: "Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." John 8:12



### Colossians 3:12-13 How Jesus Wants Us to Live

Jesus called His disciples to walk through life with Him, and their lives were transformed. This lesson is how to walk through life with Jesus as Christians.

1. What does the apostle Paul tell us about believers? v. 12a What does "holy people" mean? See definition of holy people.
2. What characteristics and attitudes should be seen in a Christian's life? vv. 12-13
3. What does verse 13b tell us to do? Why? Do you ever find it difficult to forgive others?



### Colossians 3:14-17 Living as Representatives of Lord Jesus

4. Read verse 14. Why does love "bind us all together in perfect harmony?" How might your life look different if you loved more?
5. Read verse 15. How do we let Christ's peace rule in our hearts? Why is being thankful an important part of holy living?
6. Read verse 16. What does this mean? How do we do this?

7. Read verses 17. What does it mean to be a representative of Lord Jesus? Why is it so important to live this way?



### Romans 12:1-2 Being Transformed by God

8. Romans 12:1-2. What do you think it means to “give your body to God” and be a “living sacrifice?”

9. What does God not want you to do? v. 2a Can you think of a few examples of how the Bible might change the way you think that the world says is normal or good?

10. Who transforms us into new people? How does He do it? How does God describe His will for us? v. 2

#### **BELIEVE THE TRUTH**

As Christ followers, we are holy people chosen by Jesus to be continually transformed to be more like Him to bring Him honor and glory. As we continue to live out the good news of Jesus we will then be more loving, forgiving, and grateful. May you give your life as a sacrifice to God and see His good, perfect, and pleasing will at work in your life!

#### **PRAY THE TRUTH**

Heavenly Father, Thank You for the promise to walk with me daily. Please guide and teach me, as I let Your Word and truth transform my mind and heart so I will know Your will for my life. May all my words actions be honoring to You as I thank You every step of the way. Amen.

#### **WALK IN TRUTH**



After studying these verses, how are you encouraged or challenged in your walk with Jesus?



## Various References (NLT)



### Colossians 3:12-13 How Jesus Wants Us to Live

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.



### Colossians 3:14-17 Living as Representatives of Lord Jesus

14 Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. 16 Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. 17 And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.



### Romans 12:1-2 Being Transformed by God

Romans 12:1-2: 1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

**Holy people:** set apart for use by God; a continual work by the Holy Spirit in the lives of Christians. A life like God wants you to live.

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