

# Live like a Disciple

GALATIANS 5:22-23

1



## GOAL

Youth consider ways they follow Jesus by embodying the fruit of the Spirit.

- A** Art
- AM** Active/Movement
- AT** Abstract Thinking
- C** Conversation
- CT** Concrete Thinking
- D** Drama
- G** Game
- M** Music
- QC** Quiet/Contemplative
- S** Service
- T** Technology
- X** Extra Prep

Note: bit.ly addresses are case-sensitive.



## PRAYER

Mighty God, give me love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control in my words and actions. Amen.

## THIS SESSION

A music *groupie* is a person who travels with a band simply to be near the music. Youth consider how their experiences of following Jesus make them a *Jesus groupie*. Throughout this session, youth identify the gifts of the Spirit exemplified in one another and in themselves and explore how these gifts help them to follow Jesus. When others see youth living as Jesus' groupies, naturally curious teenagers will wonder what motivates and centers Christian youth. If, in following Christ, youth demonstrate an ability to tap into inner peace and joy, then others will be naturally curious about the source of these qualities.

## THE BIBLE STORY

Galatians is a New Testament letter attributed to the apostle Paul. It alludes to Paul's idea that, when we choose to follow Christ, we become new creations. Galatians 5:22-23 follows a list of behaviors that Paul refers to as the "desires of the flesh" (vv. 19-21). After listing what *not* to do, verses 22-23 tell early believers what *to* do. Paul names this list the "fruit of the Spirit," righteous behaviors and values that demonstrate faithfulness to Christ. To embody the fruit of the Spirit demonstrates faithfulness to and communion with God and a quality of life that is inviting.

## CONNECTIONS WITH YOUTH

Youth resent having their behavior judged or criticized, especially when they feel pressure to behave in a particular way. This passage gives youth a list of virtues by which to examine their own lives and behaviors. Youth who believe that they embody these values will rejoice in this list, but many will measure themselves and come up short. Youth may question how they are supposed to make disciples of others when they recognize that they do not always serve God perfectly or faithfully in their own lives. Encouraging and patient leaders will be especially important during this session.

## SESSION PREPARATION

- "Blanket Drop" (p. 6): Obtain a large, thick blanket.

Depending on the options you choose:

- "Make Disciples" (p. 7): Obtain the *Make Disciples* infographic poster ([bit.ly/FMInfographicPosters](https://bit.ly/FMInfographicPosters), Year 3 Set).
- "Sticky Notes" (p. 7): Provide twelve sticky notes per person.
- "Seeing the Fruit of the Spirit" (p. 8): Copy the chart from Resource Page 1 onto a sheet of newsprint.

# GETTING STARTED

- Large, thick blanket

 A non-standing option is to have participants raise or lower their arms in response to the questions.

 Please stand if, between you and your partner, you are the one who . . .

- wakes up the earliest in the morning
- is the most reserved or shy
- exercises the most
- is the most thoughtful
- is the most generous
- is the most outgoing
- is the best musician
- is the kindest
- is most often late to an event
- makes others laugh the most
- is the better peacekeeper

- Internet-connected device

- Index cards
- Pens

 Possible categories:

- Name five of the original 12 disciples
- Name five miracles Jesus performed
- Name five movies about Jesus
- Name five places Jesus visited
- Name five characteristics of modern disciples of Jesus
- Name five people you know who follow Jesus
- Name five songs your church sings about Jesus

## BLANKET DROP

G AM

Set chairs in two rows facing back-to-back. Leave space between the rows to make a blanket-wall.

Invite youth to find a partner and sit back-to-back in the chairs. Have volunteers hold a blanket between the rows, forming a blanket-wall. Youth may not try to look around the blanket that separates them or give signals to their partners.

The leader asks the questions in the sidebar bullets. The youth stand up if the statement applies to them or remain seated if it does not. When all youth have chosen to stand or sit, the blanket is dropped and the youth can see how their partners answered.

The aim is for both partners to give the same answer to the question, which means one youth in a pair stands, the other remains seated. Raise the blanket again and ask another question.

Discuss these questions:

-  Was it easy or difficult to make the decision to stand or remain seated?
-  What made it difficult? What made it easy?

Explain that we observe and get to know one another whether we realize it or not. Without even knowing it, we exhibit some qualities that make us who we are.

## INTRODUCING THE PRACTICE

Choose one or more options.

### HERE I AM

M T

The leader says aloud: “Jesus said, ‘All authority in heaven and on earth has been given to me. Live like a disciple.’”

Show the YouTube video with a congregation singing “I, the Lord of Sea and Sky (Here I Am, Lord—3vv+Refrain) [with Lyrics for Congregations]” ([bit.ly/FMHereIAmCongregation](https://bit.ly/FMHereIAmCongregation), 4:54). Invite youth to sing along with the chorus, beginning at 0:53 and stopping at 1:35.

### NAMING FIVE

G AM

Form groups of two or three youth. Give each group index cards and a pen. Place yourself in the center of the room, equidistant from each group. Explain that you will name a category, and they will write five things in the category. The first team to write five things and pass them to you gets 3 points, the next team, 2 points, and so on. After each round, read aloud the answers and award points.

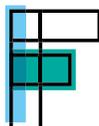
After the game, have youth work in groups to write a definition of a *disciple*. Have groups share their definitions. Explain that this session is about making disciples and how we need to live as disciples to make new ones.

## MAKE DISCIPLES

Display the *Make Disciples* infographic poster. Invite youth to name some of Jesus' disciples. Accept any names from the New Testament, not only the traditional twelve disciples. Discuss how the youth know that these persons are disciples and what makes them disciples.

Refer to the infographic poster. Read aloud the names and descriptions of disciples from the narrow parts of the sections. Discuss which of these names are familiar to the youth. Explain that Jesus initially called twelve men to be his disciples. This group expanded as more people came to follow Jesus.

Continue displaying the poster throughout this unit.



## FINDING THE PRACTICE IN THE BIBLE

Choose one or both options.

## STICKY NOTES

QC CT

Read aloud Galatians 5:22–23. Explain that Paul wrote this letter to the Galatians to teach them how to live as faithful disciples. Paul believed that the attributes in this passage embodied what it is to be a disciple or a *groupie* of Jesus.

Give each youth twelve sticky notes and pens. Have youth re-read the passage and write down the nine aspects of the fruits of the Spirit on separate notes. On the extra sticky notes, invite youth to write down three additional behaviors or attributes that they believe disciples should have. Challenge them to think carefully and quietly about which of these twelve attributes other youth in the room embody. Have them move around, placing sticky notes on the backs of the persons who best embody the various attributes.

Once all sticky notes are placed on backs, have youth remove their notes and stick them to a sheet of construction paper. Invite them to notice the attributes others think they embody as disciples. Encourage them to discuss attributes they affirm and those that are surprising to them.

## DESIGN AN ALBUM

M AT

Read aloud Galatians 5:22–23. Explain that Paul wrote this passage to remind people how *groupies* (followers) of Jesus behave. Make sure the youth know the term *groupie*. Form pairs to talk about how the attributes that Paul names demonstrate the actions of a *groupie* of Jesus.

Give each pair a pre-cut 10" x 10" square of paper. Invite each pair to imagine Jesus in a band (any type of music they prefer) and design the cover of Jesus' new album based on the attributes from Galatians 5:22–23. Each attribute should inspire the title of one song on their album. In addition to naming songs, pairs may write song lyrics or include additional information about the album on its cover.

As groups work, play their (or your) favorite Christian music. When groups finish, have them present their albums to the whole group.

*Make Disciples* infographic poster

- Bibles
- Sticky notes (12 per person)
- Pens
- Construction paper
- Glue stick (optional)



**Teaching Tip:** Prepare an extra set of sticky notes. Watch for youth who may not receive notes from their peers and make sure each person receives at least one note.

- Bibles
- Music-playing device
- Playlist of Christian music
- Paper cut into 10" x 10" inch squares
- Markers



## FINDING THE PRACTICE THEN AND NOW

Choose one or both options.

- Prepared newsprint
- Markers
- Copies of Resource Page 1 (optional)



For larger groups, form groups of five youth and give each group a copy of Resource Page 1 to fill out.

- Internet-connected device

### SEEING THE FRUIT OF THE SPIRIT



Have the group work together to fill in the chart. Take the attributes from Galatians 5:22–23 one by one, define them, then brainstorm who in their community or in the world demonstrates the attributes and how. Chart boxes can have multiple answers. Display the chart through the duration of the unit.

### A BLESSING TO GIVE



Show the YouTube video “These People’s Generosity Will Give You All the Feels—0–100” ([bit.ly/FMGenerosity](https://bit.ly/FMGenerosity), 3:04). After viewing, discuss these questions:

- ➔ What aspects of the fruits of the Spirit do you see demonstrated in this video?
- ➔ How do people demonstrate being a Jesus groupie when they do not even mention Jesus?



## PRACTICING THE PRACTICE

Choose one or more options.

- Music player or internet-connected device
- Paper
- Pens

### DON’T BE A JERK

Play the song “Don’t Be a Jerk, It’s Christmas” by SpongeBob SquarePants or show the YouTube video “Don’t Be a Jerk (It’s Christmas) Full Song—It’s a SpongeBob Christmas” ([bit.ly/FMSpongeBob](https://bit.ly/FMSpongeBob), 1:57). Explain that this song makes suggestions about how we can live our lives. Invite youth to name the suggestions they heard in the song.

Challenge them to write a group rap about the fruit of the Spirit and how to live their lives as Jesus groupies. Form small groups and give each group one to three of the aspects of fruit of the Spirit to consider. Each small group is responsible for writing two to three lines of the rap for each aspect in their list. If you have additional small groups, invite them to write an introduction or chorus.

After small groups write their lines, have them perform their parts of the rap for each other. The leader calls out an aspect of the fruit of the Spirit, and the group that worked on that aspect will read/perform their lines.



Teaching Tip: If your group has fewer than five people, do this activity as one large group.

- Copy of Resource Page 2, pre-cut
- Two containers

### IMPROVISING



Place the slips cut from Resource Page 2 into two containers: one with Fruit of the Spirit slips and the other with Story Starters. If your group came up with additional aspects of fruit of the Spirit earlier in this session (see “Sticky Notes,” p. 7), add these to the first container. If your group is currently experiencing pressing social issues, you may turn those into story starters and add a slip to the second container.

Invite two volunteers to the front of the room. One volunteer pulls a slip of paper from the Fruit of the Spirit container. The other draws from the Story Starter container. The Story Starter volunteer begins by making up a scene with dialogue using the Story Starter. The other volunteer interacts with the first person, responding to the story using the aspect of the fruit of the Spirit they selected. These scenes should be brief (less than a minute) and not require much forethought. Remind youth that there are no wrong or perfect ways to act out these stories.

When one pair finishes their story, ask for two additional volunteers to create a different scene.

## GIVING BLESSINGS

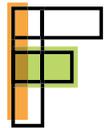
If you chose to show the video in “A Blessing to Give” (p. 8), have youth discuss how to be Jesus groupies by giving to others. Their giving should be for no other reason than to give with love. As a group, determine who they would like to give gifts to; this could be a group of children, a scout group, senior friends, or another Sunday school class.

Give each youth a plastic bag to take home. Challenge them to select one item to give to the designated group with no strings attached. Emphasize that they do not need to buy anything to give away. They may draw a picture, write a poem, or share a sleeve of cookies.

Have youth bring their bags to the next session. You will collect the gifts and determine how the group will deliver their blessing gifts to others.

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Plastic bags



## FOLLOWING JESUS

### INVITING

S

Explain that one of the best ways to make disciples is to show others the fun of being a Jesus groupie. Encourage youth to invite their friends to come to church activities. Brainstorm various ways they can do this. Suggest that they can create a short video to post on their social media. They can text friends to let them know the day and time of a church or youth activity they would like to invite them to attend. Encourage them to name other activities.

### CLOSING PRAYER

QC

Lead the group by using this prayer or one of your own.

Holy God, help us to be Jesus groupies. Let us live our lives showing others what it looks like to follow Jesus. At one time, someone brought us into this community of disciples. Let us not be afraid to invite people to find Jesus here. Amen.

# Demonstrating the Fruit of the Spirit

Fruit of the Spirit	Who demonstrates this?	How?	Where/when?
Love			
Joy			
Peace			
Patience			
Kindness			
Generosity			
Faithfulness			
Gentleness			
Self-Control			

## Fruit of the Spirit

Love	Joy	Peace	Patience	Kindness
Generosity	Faithfulness	Gentleness	Self-Control	

## Story Starters

You go out to the movies with friends and realize you left your wallet at home.

Your math teacher makes fun of you because you struggle in math.

You just struck out twice in your baseball/softball game.

You feel like your parents do not understand why you want to go to art camp this summer.

You have a lot of homework, and you feel tired all the time.

You are frustrated because church activities are at the same time as band practice.

You did not get a part in the school play, and you really wanted one.

Your parents tell you that the whole family is moving to a new city.

You just found out your grandpa died.

