



SABBATH KEEPING YOUTH

A Newsletter by The Church of God International

May/June 2005

Super Followers of Christ

The Parents' Corner

Could it be the first fruit of the spirit is love because it is the most important? Did God put it first because all the other fruit hinges on love? How does a parent teach his/her child the virtue of love? A good place to begin is by creating a positive image of God in your child's mind. One does this by teaching who God is.

God the Father is....

- **Love.** He loves everyone (John 3:16).
- **Real and present** everywhere (Psalm 139:7-12).
- **Eternal.** He always was; and He always will be (Psalm 90:2).
- **Spirit.** Cannot be seen (John 4:24)
- **All Powerful.** He used His great power in creation (Acts 4:24)
- **All Wise.** He knows and understands everything (Psalm 139:1-6).
- **Soverign.** He rules over all (Psalm 93:1,2).
- **Faithful.** He always keeps His word (Psalm 119:90).
- **Just.** He rewards and punishes (Ecclesiastes 12:14)

How can you tell a super apple tree from an ordinary apple tree? Super apples! How can you tell a super follower of Christ from an ordinary follower of Christ? Super Fruit! And that doesn't mean they act fruity or goofy. It means they produce the fruit of the Spirit in a super way. Would you like to be a SUPER FOLLOWER OF CHRIST? GREAT!

Start by studying Galatians 5:15-26. Then take a look at the definitions below and start producing "Super Fruit" today!

LOVE- Caring for another person. Forgive your friends when they do things to hurt you. Be a friend to someone who's lonely.

JOY - Gladness. When you've had a bad day or things aren't going the way you want them to, let God's joy show forth anyway.

PEACE - Quiet; happy in your heart. As you draw closer to God, He gives you peace, even though you may be hurting.

PATIENCE - Being able to wait without getting restless. Don't complain to your mom

or dad when waiting in a line at the store. Teach someone younger than you a new skill, like playing a game or riding a bike.

KINDNESS - Treating others nice. Bake some cookies and take them to your neighbor. Buy a friend an ice cream cone.

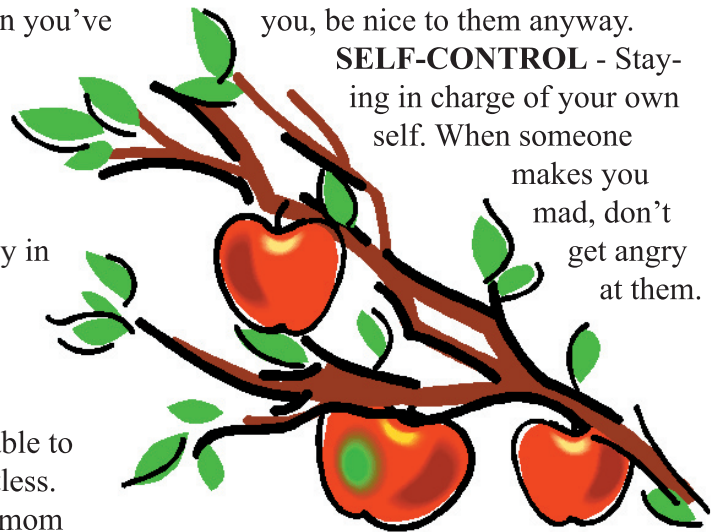
GOODNESS - Doing what is right. Don't get homework answers from a friend. Don't cut in line for lunch.

FAITHFUL - Staying true to your word. If you tell a friend you'll do them a favor, don't back out on them.

GENTLENESS - Thinking of other's feelings, and treating them with kindness. When you see someone that dresses or acts different than you, be nice to them anyway.

SELF-CONTROL - Staying in charge of your own self. When someone

makes you mad, don't get angry at them.



Learn more about the Fruit of the Spirit

Visit: <http://www.cgi.org/ptr/fruitofthespirit.cfm> for more lessons.

Disciplining: Praise vs. Negative Consequences

One of the things that comes along with being a parent is having to discipline your children. All parents want to do a great job raising their children. They want their children to live by the fruit of the Spirit, be successful in life and make the right choices. The question is how to do this. Which type of discipline should be used?

One disciplining technique is using the power of praise. When a good behavior occurs you give your child a verbal praise.

When your child makes a good choice you want them to feel good inside and be happy that they made the right choice. In order to use this you have to use a lot of praise. Your words have a huge impact on your child. It was because of your encouraging words that your child learned to ride a bike when you said “you can do it.”

Parents words have so much power because for a child it is the “truth.” If their parent says something it must be true. You must chose your words wisely. Children want to hear positive words from their parents over and over. Proverbs 16:24 says “pleasant words are as an honeycomb, sweet to the soul, and health to the bones.”

This is the trick, when you see your child’s actions showing use of the fruit of the Spirit you need to consistently link that behavior with positive words. You have to be constantly on the watch for these behaviors.

For example, when your child

waits patiently for a turn on a game praise your child; “You did a great job waiting patiently for your turn.” Immediately give a specific verbal reward. A specific verbal reward lets your child know that you are paying attention to them and you give detailed description of the positive behavior that made the whole thing happen. You make your child so happy that he/she was patient, your child will do it again.

These specific verbal rewards need to be laid on thick. It takes hundreds of times for a child to hear something before they get it. If you continue with the specific verbal rewards you will be amazed by what you see. Before you know it being patient will be fun for your child and your child will do it with out thinking. It will become a habit. Behavior can be changed by using the power of praise.

The other disciplining technique is to use negative consequences. When a bad behavior occurs you punish your child. The purpose of negative consequences is so that your child learns a different choice would’ve been better. Galations 6:7 tells us “a man reaps what he sows.”

When your child does something wrong, it is not an accident. It was a choice. Your child hopes to get a positive reward out of their choice. It is your job to teach your child that a bad choice doesn’t bring a positive result. Instead, the bad choice brings a negative consequence.

The consequence for a bad

choice must be negative, quick and consistent. If your child believes that the bad choice brings about something positive, he/she will do it again. You must have an effective negative consequence, time-out or a privilege lost. Then your child will not want to repeat the bad choice.

The consequence needs to be quick. You can’t wait, weeks, days, hours or even minutes until you punish your child for his/her bad behavior. It needs to be immediate so your child associates the punishment with the bad behavior causing him/her not to do it again.

You need to be consistent with your punishments. If your child notices that sometimes he/she can get away with the bad behavior, it will continue. If your child realizes that every time he or she does this bad behavior it ends with a quick, negative consequence, the bad behavior will stop. Your child would not want to repeat something over and over again to always have it end up bad. Remember though, like with the positive rewards, it can take many times before your child gets. It can get frustrating, you feel like you are being too mean and nothing is coming from it. Be patient and stick with it. Your hard work will pay of in the end.

I believe that you can’t just use one of the disciplining techniques. A combination of both needs to occur in order to raise children who will live by the fruit of the Spirit, be successful and make the right choices. You can do it!

The Fruit of the Spirit

Galatians 5:1, 13-25

Paul was a man who traveled through the countries in the Mediterranean area spreading God's word. He encouraged people to follow Christ. Paul also started many Christian churches. After Paul left a new church area, he would stay in touch by writing letters. The letters were filled with advice and encouragement concerning worship and Christian living. Many of these letters can be found in the Bible. They form a little more than a quarter of the New Testament. Paul spent some time in the Roman province of Galatia. After he left, he wrote them an angry letter. The book of Galatians is the letter Paul wrote to the people of Galatia.

After Paul left Galatia some other people came to teach an incorrect version of Christianity. The letter Paul wrote to the Galatians was to correct the incorrect teachings of the other people. The incorrect teachings said Christians had to live by certain Jewish laws. Paul had taught Christians are free from the Jewish laws and must live by the Spirit of God.

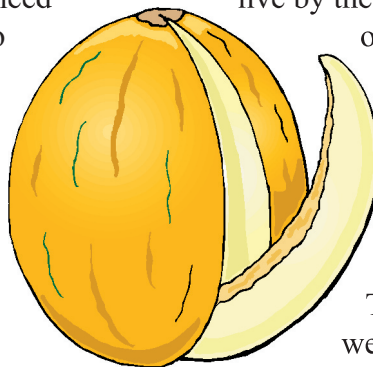
To live the way God wants us to we need the Spirit of God to help us. When we do not live by the Spirit of God it causes us to desire to do wrong things that leads to sinful behavior. God does not want us to be jealous, hate others, refuse to cooperate, be filled with anger and other things like that. "So I tell you: Live by following the Spirit. Then you will not do what your sinful selves want. Our sinful selves want what is against the Spirit, and the Spirit wants what is against our sinful selves. The two are against each other, so you cannot do just what you please. But if the Spirit is leading you, you are not under the law." (Galatians 5:16-18)

Being Christian means you are a person who has "crucified" (put to death) these natural desires. God wants us to live by his Spirit. When we do, we behave toward one another with love, joy, patience, gentleness, peace, kindness, goodness, faithfulness and self-control. These things are called the "Fruit of the Spirit." Paul didn't want the Galatians to forget this. He wanted them to live by God's Spirit.

The phrase "Fruit of the Spirit" is only found in the Bible once yet it holds so much meaning for how

we should live as Christians. The Bible is filled with examples of people living by God's Spirit. It is the idea of "being fruitful" that is very common in the Bible. In John 15 Jesus speaks of himself as the vine and his followers are the branches. "Remain in me, and I will remain in you. A branch cannot produce fruit alone but must remain in the vine. In the same way, you cannot produce fruit alone but must remain in me. . . You should produce much fruit and show that you are my followers, which brings glory to my Father." (John 15:3, 8)

Adam and Eve were blessed by God to be fruitful "God said unto them, Be fruitful and multiply" (Genesis 1:28). When Noah and his wife left the ark the same blessing was given to them. "And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth." (Genesis 9:1) This same blessing applies to Christ and His bride. His bride is the body of believers and they are to be fruitful. His followers are to stay close to Him, live by the Spirit and possess the qualities of the fruit of the Spirit.



After Adam and Eve sinned, one of the curses God enforced was that the earth would produce "thorns also and thistles" (Genesis 3:18). Because of this curse all of mankind now would have to work hard to produce fruit to eat. This is similar to our nature. When we sin, we produce "thorns and thistles" and this keeps us away from Christ. We have to weed out the sin and produce the fruit of the Spirit and then we will stay close to Christ. We have to work hard to apply Christ's teachings to our lives.

Paul said, "the whole law is made complete in this one command: "Love your neighbor as you love yourself." (Galatians 5:14) Many times what one focuses on the things one should not do. For example, "do not steal." Instead, try focusing on what you should do and Christ's teachings. Love others, give to those in need, be helpful and be fruitful. We can be fruitful when we "do" but not when we "don't."

"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples" (John 15:8).

The Fruit of the Spirit

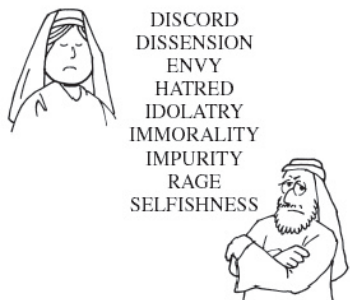
The Apostle Paul taught that the acts of the sinful nature and the Spirit are in conflict with each other. God wants us to produce the Fruit of the Spirit.

Find the words from the two lists below in the grid. The words can go horizontally, vertically and diagonally in all eight directions. When you are done, the unused letters in the grid will spell out a message given by Jesus. Write the letters in the lines below to learn the message.

Fruit of the Spirit



Acts of Sinful Nature



K	L	D	I	S	S	E	N	S	I	O	N	T	H
I	O	I	S	S	E	N	H	S	I	F	L	E	S
N	R	S	I	D	O	L	A	T	R	Y	I	S	T
D	T	S	S	E	N	L	U	F	H	T	I	A	F
N	N	E	I	M	P	U	R	I	T	Y	O	M	D
E	O	V	Y	S	R	P	F	H	G	A	Y	T	I
S	C	O	H	A	S	E	A	O	A	T	R	S	S
S	F	L	G	Y	G	E	O	T	I	T	L	O	C
R	L	E	O	Y	T	D	N	L	I	Y	R	H	O
A	E	J	T	Y	N	O	A	E	U	E	V	E	R
B	S	E	A	E	R	R	M	U	L	C	N	N	D
H	F	R	S	U	O	I	T	S	H	T	O	C	E
W	I	S	N	M	P	E	A	C	E	G	N	Y	E
O	U	R	M	S	E	L	V	E	S	T	O	E	B
E	M	I	Y	D	I	S	C	I	P	L	E	S	G

“ _____ ,
 _____ ,
 _____ ,
 _____ .” John 15:8 (NIV)

Noni McVey
 Youth Director
 Church of God International
 P.O. Box 223675
 Carmel, CA 93922