

# STEP INTO GOOD HABITS

## LESSON #3

### TEACHER'S GUIDE

#### LESSON OVERVIEW

**Big Idea:** It takes baby steps to walk with the Spirit

**Key Question:** What habits help us to walk with the Spirit?

**Memory Verse:** *Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.* **Ephesians 4:23-24**

**Overview:** We're finishing our series about habits. Habits are the behaviors that we do over and over again. We do them so much, we don't even realize that we're doing them. We've already learned that we have good and bad habits. We need to get rid of the bad ones and keep the good ones because our habits shape who we become. Last week, we learned how God helps us to deal with our habits. God has done some very important things to help us. He sent Jesus to fix our sin problem because sin is what shapes our bad habits. He's also given us the Holy Spirit who comes and lives in our hearts and he helps us to live to honor God. And, he gives us a new nature which means we can live like a new person. Instead of living for ourselves, we can live for God and act like Jesus! Today, we're going to talk about how we need to walk with the Spirit to learn how to keep the good habits. It's like taking baby steps. Think about when you first learned to walk. You were off balance and fell down a lot. But, with practice, you got better and now you walk without even thinking about it. This is how it works with God. We learn to walk with God by listening and obeying the Holy Spirit. He will help us to put good habits in place so that we can live to honor God. With practice, we will get better and better at it.

#### CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** What's the hardest thing you've learned to do? (ex. Skiing, playing guitar, skateboarding, reading) How did you get better at it?
- 5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.
- 5 min **EXPLORE:** Read [Galatians 5:24-25](#). What does it mean to nail our sins to the cross? How does the Holy Spirit help us?
- 10 min **PLAY:** Do the group activity from Activity Page #2.
- 5 min **CLOSE:**
  - Share something you learned today.
  - Share prayer requests and pray as a class.

#### TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together

Allow each kid to share. It can be hard to learn new things but with practice you can get better. That's how it works with God, too. If you keep practicing good habits you will get better at honoring God.

**Answer: Doing things like reading the Bible and praying.**  
We need to spend time with God, everyday, so we can follow where the Spirit wants us to go. If we never spend time with God, we will ignore the Spirit and will just follow our own way. And, of course, we need to have the habit of obedience. We need to obey what the Bible says and follow where the Spirit leads.

**Bonus Questions:** How does the Bible help us to live for God? How does prayer help us to live for God?

**4-5th:** Why is obedience an important habit for us to have? Where does disobedience lead us?

When we put our trust in Jesus, we turn away from our sinful ways. We say, "See you later!" to how we used to live and we stop doing the things that make God sad. We choose to be obedient to God's way. The Holy Spirit helps us by leading us on the right path, giving us the strength to say "Yes" to God and "No" to sin and he helps us to develop good habits.

Allow kids to share. Encourage them to be specific.

# ACTIVITY PAGE #2

Classroom Activities K-1st

## Option #1

### Footprint Bookmark

- Give each kid a bookmark template (**page 5**).
- As a class, come up with some good habits they need to step into in order to walk with God. Write them on the board and allow kids to copy down some answers onto their bookmark.
  - Grow the fruits of the Spirit
  - Read the Bible
  - Pray
  - Obey parents
- Then allow them to color and decorate their bookmark.

### Supplies needed

- Bookmark template (pg 5), pre cut, 1 per kid
- pencils/pens
- whiteboard/marker
- crayons/markers

### Bonus Activity:

Play **Find the book in the Bible**.

Have kids get into pairs. Give each pair a Bible. Have them race to find the books below. First to find has to say if it's in the OT or NT.

**Books:** Amos, 2 Peter, John

## Option #2

### Step Into Good Habits Tic Tac Toe

- Draw a tic tac toe board on the whiteboard.
- Divide the class into 2 teams and assign an "X" or an "O" to each team.
- Give each team a bell or ringer.
- Ask a question from below. First team to ring in and answer correctly gets to put their symbol on the board. First team to get 3 across wins.

Questions:

1. What book in the Bible is our memory verse from? (Ephesians)
2. What do you call something you do over and over? (habit)
3. True or False: All habits are good. (F)
4. Who died for our sins? (Jesus)
5. Who gives us the strength to have good habits? (Holy Spirit)
6. Name a fruit of the Spirit. (love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self control)
7. What book is full of God's words? (Bible)
8. What was the Big Idea today? (See teacher's notes)
9. Name a good habit. (fruits of the Spirit, read Bible, obey, pray)
10. Why do our habits matter? (they shape how we think and act)

### Supplies needed

- Whiteboard and marker
- Bells or ringers

### Bonus Activity:

Play **Bible Hangman**.

**Words or phrases:** habits, Holy Spirit, walk with God

# STEPS INTO GOOD HABITS

LESSON #3

FAMILY GUIDE

[Online @ pursueGOD.org/kids](http://Online@pursueGOD.org/kids)

## 1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. The \_\_\_\_\_ gives us power for good habits.
2. Good habits look like the \_\_\_\_\_ of the Holy Spirit.
3. It takes baby steps to \_\_\_\_\_ by the Spirit.

## 2 Talk about it

Answer these questions together as a family.

1. What's the hardest thing you've learned to do? (ex. Skiing, playing guitar, skateboarding, reading) How did you get better at it?
2. List the fruits of the Spirit. Which ones are already habits in your life? Which ones do you need to work on?
3. Ask your parents what it was like when you learned to walk. Were you a quick learner or accident prone?
4. What should we do when we fall down in our walk with God?
5. Read [Galatians 5:24-25](#). What does it mean to nail our sins to the cross? How does the Holy Spirit help us to live for God?

## 3 Live it out

Memorize this week's Bible verse:

**"Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."**

**Ephesians 4:23-24**

**Bonus:** Read these additional passages as a family this week

- Read [1 John 2:6](#). What is Jesus like? How can you act more like him?
- Read [Psalm 119:133](#). What book is full of God's words? How does the Bible help us?
- Read [Colossians 1:10](#). What are some things you can do to honor God?

Parent Signature \_\_\_\_\_

Answer Key: 1. Holy Spirit 2. Fruit 3. Walk

Learn the 3 basic truths of the Christian faith in the [Foundations for Kids](#) series.



# ACTIVITY PAGE #1

K-1st Grade



## BIG IDEA

It takes baby steps to walk with the Spirit

## KEY QUESTION

What habits help us to walk with the Spirit?

## MEMORY VERSE

"Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."

**Ephesians 4:23-24**

Color the picture



