



2024

LESSON SERIES Q2

Christian Basics
Stirring It Up In '24

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Presented By

The Prince George's Church of Christ

Week 15 through Week 18

Importance of a Productive Spirit

Having a fully grounded spirit that bears godly fruit is important because it reflects Christ-like character, distinguishes true Christianity, strengthens relationships, resists sinful behaviors, guides decision-making, and, most importantly, honors and glorifies God. It is a testament to the transformative power of a life lived in alignment with the Spirit's values.

A fully grounded spirit that bears godly fruit is of utmost importance according to Galatians 5, where the concept of bearing the fruit of the Spirit is discussed.



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Traits Found In a Productive Spirit



Reflecting a Christ-Like Character

Galatians 5:22-23 lists the fruit of the Spirit, which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These qualities reflect the character of Christ. Having these godly attributes demonstrates a transformation in a person's life, aligning them with the teachings and example of Jesus Christ.

Manifesting True Christianity

A fully grounded spirit bearing the fruit of the Spirit is a hallmark of true Christianity. It signifies that a person is not just a religious adherent in name but is genuinely living out their faith. It distinguishes a true believer from those who merely go through religious motions.

Strengthening Relationships

The fruit of the Spirit promotes healthy, loving, and peaceful relationships. Love, kindness, patience, and gentleness are essential qualities for fostering strong and harmonious connections with others. When individuals exhibit these godly attributes, it positively impacts their interactions with family, friends, and the broader community.



Traits Found In a Productive Spirit Cont.

Resisting the Works of the Flesh

Galatians 5 contrasts the fruit of the Spirit with the works of the flesh, which include actions like hatred, jealousy, anger, and strife. Having a fully grounded spirit that bears godly fruit empowers individuals to resist and overcome the negative behaviors and temptations associated with the works of the flesh.

Guiding Decision-Making

A spirit grounded in godly fruit influences decision-making. When people prioritize the values and qualities of the Spirit, they are more likely to make choices aligned with love, peace, and self-control. This results in a more righteous and virtuous life.

Honoring God and Glorifying Him

Ultimately, bearing the fruit of the Spirit honors God and brings glory to Him. It shows the transformative power of God's presence in a person's life and demonstrates obedience to His command to live in accordance with His will. When people bear godly fruit, they serve as a testament to God's work in their lives and inspire others to seek a relationship with Him.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Galatians 5:22 - 23





*Understanding A Fully Productive
Spirit - Galatians 5:22 – 23*

Week Fifteen

- A. Love Component
- B. Joy Component

Week Sixteen

- A. Peace Component
- B. Longsuffering Component

Week Seventeen

- A. Gentleness Component
- B. Goodness Component

Week Eighteen

- A. Faith Component
- B. Meekness Component
- C. Temperance Component

My Notes

Understanding A Fully Productive Spirit



22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Galatians 5:22 - 23

Dept.

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Week 19 through Week 24

Light Is Physical and Spiritual Essentials

The concept of God's light, both in the physical and spiritual sense, carries profound significance in various aspects of life.

The superiority of God's light, both in its physical and spiritual manifestations, serves as a powerful symbol of illumination, guidance, and transformation. It plays a vital role in shaping our understanding of the world and our connection to the divine.

Contrasts Between Physical and Spiritual Light

Knowledge and Enlightenment

Physical Light: Physical light allows us to perceive and understand the world around us. It enables scientific discoveries, artistic creations, and the accumulation of knowledge.

Spiritual Light: In a spiritual context, God's light symbolizes enlightenment and wisdom. It provides clarity, understanding, and guidance in matters of faith and morality. It illuminates the path to spiritual growth and deeper understanding of divine truths.

Health and Well-Being

Physical Light: Exposure to natural light has physical health benefits, such as regulating circadian rhythms, improving mood, and supporting the synthesis of vitamin D.

Spiritual Light: God's light is associated with spiritual well-being. It offers solace, comfort, and inner peace. Many believe that being in God's light provides emotional and psychological support, contributing to mental and emotional health.



Contrasts Between Physical and Spiritual Light, cont.

Moral and Ethical Guidance

Physical Light: Light is often used metaphorically to symbolize moral clarity and the absence of wrongdoing. It signifies transparency, accountability, and the absence of hidden agendas.

Spiritual Light: In a spiritual context, God's light is seen as the ultimate source of moral and ethical guidance. It helps believers discern right from wrong, make ethical decisions, and live in accordance with divine principles.

Hope and Inspiration

Physical Light: Physical light, especially the dawn of a new day, is often associated with hope and renewal. It inspires people to start afresh and face challenges with optimism.

Spiritual Light: God's light provides hope and inspiration in times of adversity. It symbolizes divine intervention, grace, and the promise of a better future. Many people find solace and motivation in their faith when they are faced with life's trials.

Contrasts Between Physical and Spiritual Light, cont.

Salvation and Redemption

Physical Light: Physical light dispels darkness and serves as a metaphor for overcoming obstacles. It can represent the triumph of good over evil.

Spiritual Light: God's light is often linked to salvation and redemption in religious contexts. It signifies the forgiveness of sins, the offer of eternal life, and the promise of spiritual renewal. Believers often see God's light as the path to salvation and the restoration of their relationship with the divine.



6 Parts - The Light of God

Light Is Physical and Spiritual Essentials

Week 19

Genesis 1:3 – 18

Natural Light Originates From God

Week 20

John 1:1 – 9

Spiritual Light Originates From God

Week 21

John 3:19 – 21

Moving From Natural to Spiritual Light

Week 22

Ephesians 5:9 – 10

Christian Light Produce Good Things

Week 23

1 John 1:5-7

Children of Light Must Walk In Light

Week 24

Revelation 21:11-24; 22:5

Heaven Is The City of God's Light

My Notes - The Light of God

Light Is Physical and Spiritual Essentials



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Week 25 - Six Reasons for Healthy Thinking

Positive Mindset and Well-Being: Redirecting thoughts toward uplifting things promotes a positive mindset, which is essential for mental and emotional well-being. Dwelling on negativity, worry, or harmful thoughts can lead to stress, anxiety, and overall unhappiness

Emotional Resilience: Uplifting thoughts help build emotional resilience. They enable individuals to better cope with life's challenges and setbacks. A focus on positive aspects can provide a buffer against negative emotions and stressors.

Strengthening Relationships:

Uplifting thoughts lead to more positive interactions with others. When individuals focus on positive aspects, they are more likely to exhibit kindness, empathy, and patience, strengthening their relationships with family, friends, and the community.



Week 25 - Six Reasons for Healthy Thinking

Increased Creativity and Productivity: Positive and uplifting thoughts can foster creativity and productivity. They encourage problem-solving and the generation of new ideas, leading to personal and professional growth.

Spiritual Growth: Uplifting thoughts are often associated with spiritual growth and faith. They can lead to a deeper connection with one's spiritual beliefs and practices. Many religious traditions emphasize the importance of focusing on the virtues and values that uplift the soul.

Enhanced Decision-Making: When thoughts are directed toward uplifting things, individuals are more likely to make wise and virtuous decisions. Uplifting thoughts can guide ethical choices and promote a sense of integrity in decision-making.

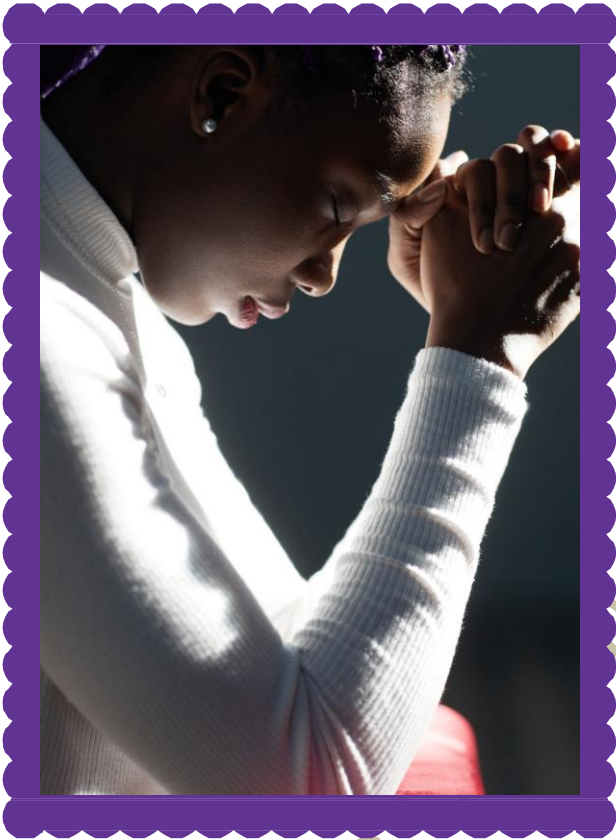


Godly Thinking: Why It Is So Important

- **Philippians 4:8** encourages believers to focus their thoughts on things that are uplifting and positive.
- **Philippians 4:8** encourages thoughts to be directed toward uplifting things for the sake of mental and emotional well-being, resilience, improved relationships, increased creativity and productivity, spiritual growth, and better decision-making. It underscores the importance of maintaining a positive and virtuous thought life.



Week 25 - Locking Into Godly Thoughts
Philippians 4:8



- A. Think on Truth
- B. Thing on Honesty
- C. Think on Justice
- D. Think on Purity
- E. Think on Love
- F. Think on Good Reports
- G. Think on Virtue
- H. Think on Praise Worthiness

Week 26 - Preparing to Run a Race - Metaphorically Speaking **Hebrews 12:1-4**

Hebrews 12:1-4 uses the metaphor of running a race to encourage perseverance and endurance in the Christian faith, highlighting the need to lay aside burdens and sins that can hinder progress.

The passage doesn't provide specific instructions for Olympic athletes but rather serves as a call to steadfast faith and dedication in the Christian walk, much like the dedication and preparation required of Olympic participants in the first century and today.



Prerequisite's For Olympic Participants A Great Metaphor For Spiritual Growth

Physical Training and Preparation: Olympic participants in the first century, like modern athletes, would have needed rigorous physical training to prepare for their events. Training might include running, jumping, discus throwing, and wrestling, depending on the specific competition.

Mental Discipline: Alongside physical training, athletes needed mental discipline. They had to develop focus, determination, and a strong will to endure the challenges of competition. The mental aspect of preparation was crucial in maintaining composure and performance under pressure.

Dedication and Sacrifice: Competing in the Olympics often required great dedication and sacrifice. Athletes had to commit to strict diets and training regimens, often at the expense of other aspects of their lives. The pursuit of Olympic glory demanded personal sacrifice.

Training Under Expert Guidance: Athletes would typically train under the guidance of experienced coaches and trainers. These experts would help refine their techniques and strategies, ensuring they were well-prepared for competition.

Competing According to Rules: Olympic participants had to compete according to established rules and regulations. Fair play, sportsmanship, and adherence to the established guidelines were essential. Cheating or violating the rules could lead to disqualification and loss of honor.



Week 26 - Conditions For the Race: Hebrews 12:1-4

- A. The witnesses are...
- B. The witness's focus was....

Hebrews 12:1-4 doesn't provide instructions specifically for preparing for the ancient Olympic races, but it does offer a metaphorical perspective that can be related to the Christian life. In these verses, the author of Hebrews encourages readers to run the race of faith with endurance and perseverance. Nevertheless, we can draw some general principles from the Olympic games of the first century that might apply to athletes of that era. *Here are five things that could be required of a first-century Olympic participant:*

Week 27 - Strength in Weakness

1 Corinthians 9:22 – 27

- A. Weakness Strengthened By Weakness
- B. World Runners Can Become Spiritual Runners
- C. Runners Require Readiness At All Times

Strength From Human Weakness

1. Prayer and Dependence on God: Christians often turn to prayer in times of personal weakness. They seek God's guidance, support, and strength through prayer, acknowledging their dependence on Him. In their vulnerability, they find a source of strength by entrusting their concerns to God and seeking His wisdom and assistance.

God's Grace and Empowerment

2. The recognition of personal weakness can lead to an understanding of God's grace. Christians believe that God's grace is sufficient to provide strength in times of weakness. They rely on His empowerment to overcome challenges, with the understanding that God's strength is made perfect in human weakness (2 Corinthians 12:9).



Scripture and Spiritual Guidance

3. Christians often turn to the Bible for spiritual guidance and encouragement. They find strength through the wisdom and promises found in scripture. Verses that provide comfort, hope, and assurance can uplift them in moments of weakness, reminding them of God's love and faithfulness.



Community and Support

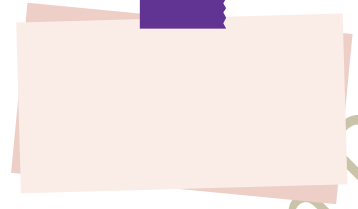
4. Christian community and fellowship play a vital role in providing strength during personal weakness. Believers can find support, encouragement, and prayers from fellow Christians. Sharing their burdens with a supportive community can help individuals navigate their weaknesses and provide a sense of shared strength.

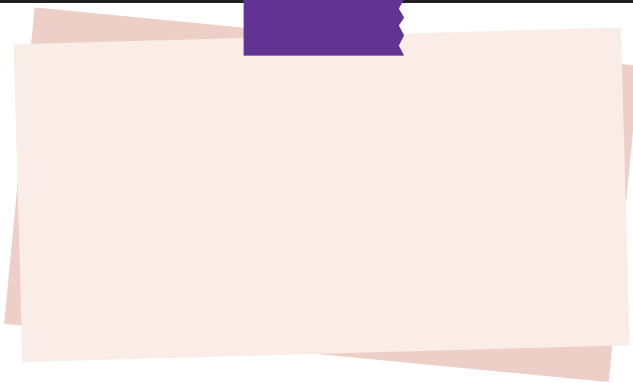


Strength In Human Weakness

The process of becoming more Christlike, involves relying on God's strength to overcome our weaknesses and grow in spiritual maturity. The recognition of our vulnerabilities becomes a catalyst for God's transformative power to be evident in our lives. The biblical importance of human weakness lies in its role in highlighting our dependency on God and providing a context for God's transformative work in the lives of believers. It fosters humility, reliance on divine strength, and a deeper understanding of God's redemptive plan for humanity.

NOTES





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