

Real Life Downloaded & In the World

For May 29, 2022

Lesson Focus: Live by the Spirit—refuse the deceitful desires of the flesh.

Bible Basis: Galatians 5:16–26

Memory (Key) Verse: Galatians 5:25

Summary (Lesson Title): The Spiritual Fruit of Freedom

Step 1

A NEW LIFE AFTER LEAVING HOLLYWOOD

When she was 9, Melissa Gilbert played Laura Ingalls on *Little House on the Prairie*. Now, at age 58, she has finally put Hollywood behind and given herself permission to age. Growing up in Tinseltown led Gilbert to pursue superficial standards of youth and beauty. Before long, she was obsessed with her weight and was going down the path of Botox and cosmetic surgery. As she says in her new book, *Back to the Prairie*, “I finally woke up and went, ‘What am I doing?’” She and her husband moved to the Catskills to restore an old hunting cabin and live in the country. “I’m excited about this,” she says about aging and rediscovering herself. “I love all these changes and watching what’s happening and getting to know this new person.”

A NEW LIFE AFTER COMING TO CHRIST

Paul wrote his letter to the Galatians to remind the believers there that life in Christ meant freedom *from* and freedom *to*. Jesus had set them free from all the old behaviors they had come out of—envying, fighting, carousing, sensuality, and the rest. And He had set them free to walk in the Spirit and to enjoy the new person this allowed each one of them to become.

Questions

1. Who was your favorite TV star when you were younger?
2. What’s something you had to put behind you to go on to maturity?
3. Which aspect of the fruit of the Spirit do you want more of in your life?

Additional Links

*These videos and materials are for your personal use.
If you show videos in class, be sure to have the necessary rights to do so.*

1. Music Video, Traditional: “We Praise Thee, O God, Our Redeemer”
<https://www.youtube.com/watch?v=nXHmt85mbcQ>
2. Music Video, Multicultural: “Create in Me” by The Acappella Company
<https://www.youtube.com/watch?v=noUeQQ64Q11>
3. Music Video, Contemporary: “Create in Me” by The Acappella Company
<https://www.youtube.com/watch?v=noUeQQ64Q11>
4. Guzik’s Commentary on Galatians 5 <https://enduringword.com/bible-commentary/galatians-5/>

5. Ellicott's Commentary on Galatians 5 <https://biblehub.com/commentaries/ellicott/galatians/5.htm>
6. Matthew Henry's Commentary on Galatians 5
https://www.blueletterbible.org/Comm/mhc/Gal/Gal_005.cfm

You can find **Steps 2 and 3** in your teacher's guide. For upper elementary, middle school, and high school your Step 4 appears below. For adult, use the Step 4 in your teacher's guide. To purchase a teacher's guide, please visit: Bible-in-Life or Echoes.

Step 4

You can find Step 4 of this lesson in your teacher's guide, which you can purchase by visiting Bible-in-Life or Echoes.