

SOWING *to the* SPIRIT



THIS BOOK BELONGS TO:

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things." Philippians 4:8



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SOWING *to the* **SPIRIT**



Bible Study

NUMBER SIX



LOOK UP GALATIANS 6:9-10, FILL IN THE BLANKS AND THEN READ IT TOGETHER

"And let us not grow _____ while doing good, for in due season we shall _____ if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith."

("Due season" MEANS: GOD'S TIMING)



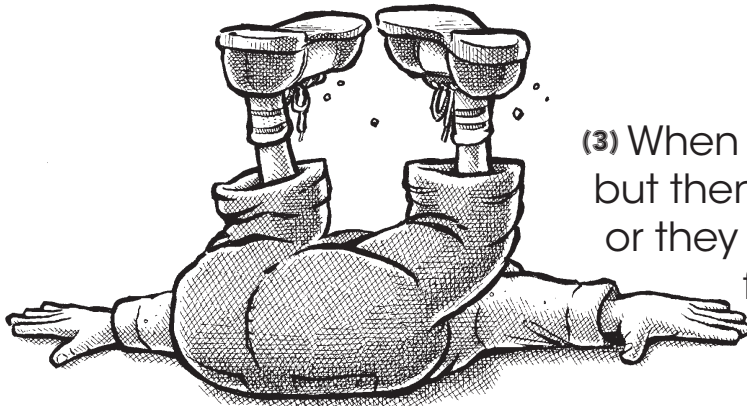
WHAT ARE THE THINGS THAT CAUSE US TO GROW WEARY?

HERE ARE A FEW EXAMPLES:

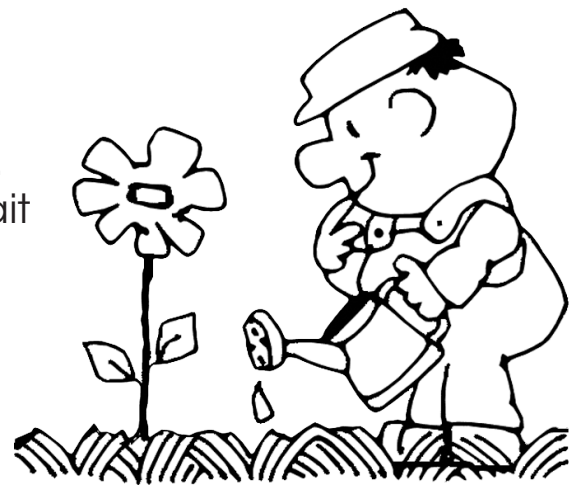
(1) The world does things one way and we get tired of doing it a different way.

(2) When people act like it's not important to do good, we begin to think that maybe it really doesn't matter after all.

(3) When we make plans to do good things, but then people tell us we shouldn't do it or they make fun of us or discourage us from doing them.



If you have ever planted something in your back yard, it's similar to what a farmer does. A farmer plants his crop and then has to wait for weeks, months, harvest, plants _____ and sometimes waiting for the _____ to grow.



**DON'T
GROW
WEARY!**



What if we got tired of waiting or the farmer got tired of waiting for the harvest, and gave up on the field? He stopped watering, stopped fertilizing, and stopped tending to the field.

What would happen? The plants would stop growing & eventually die.

Just as there is physical **SOWING** and reaping (*planting seeds and then eventually harvesting the crop*) there is **SPiritUAL SOWING** and reaping.

WHAT ARE SOME WAYS THAT WE CAN **SOW** GOOD THINGS IN OUR LIVES?

(1) _____	(3) _____
(2) _____	(4) _____

SOWING can take time. Sometimes we **SOW** good things and the result happens right away.

What can we **SOW** and see the result right away?

(1) Doing something kind for someone and they are thankful.
CAN YOU THINK OF ANYTHING ELSE?

(2) _____

(3) _____



Other times we **SOW** and it takes a long time to see the harvest come up. What good things can we **SOW** that might take a long time to harvest?

It is also possible to **SOW** bad things. If a weed seed is planted, what will grow?

Bad things can be **SOWN** in our lives if we are not careful.

Look at the following items & circle the correct answer.

GOOD SEED OR BAD SEED
GOOD SEED OR BAD SEED
GOOD SEED OR BAD SEED
GOOD SEED OR BAD SEED
GOOD SEED OR BAD SEED

Bad FRIENDS
Bad MUSIC
Bad MOVIES
Bad THOUGHTS
Bad ACTIONS



It's pretty obvious, isn't it, what is a GOOD SEED and what is a BAD SEED?

Just like weed seeds produce (*grow*) weeds, the weeds drop their seeds in the ground and grow more weeds! So the more bad things that are **SOWN** in our lives, the more bad things will grow and be in our lives!

We don't want that to happen!



By **SOWING** bad things in our lives we start thinking bad and acting bad. But if we **SOW** good things in our lives, good things that are pleasing to the Lord will grow in our lives.



1 CORINTHIANS 15:58

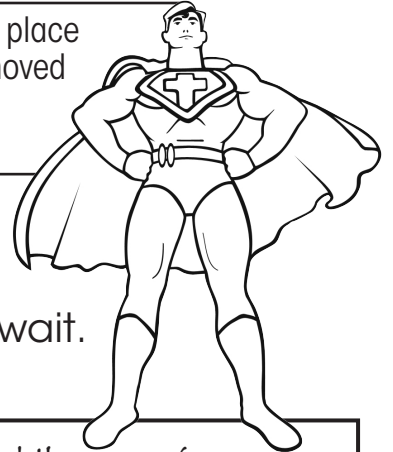
"Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your _____ is not in vain in the Lord."

What does "**STEADFAST**" mean?

- | | |
|--|---|
| <ul style="list-style-type: none"> • Firm determination • Steady • Unchanging | <ul style="list-style-type: none"> • Firm in purpose • Firmly established • Unwavering |
|--|---|

What does "**IMMOVABLE**" mean?

- | |
|---|
| <ul style="list-style-type: none"> • Securely fixed in place • Unable to be moved • Standing still • Stable |
|---|



This is what the Lord wants from our lives.



Waiting can be hard! Let's LOOK at what **ISAIAH** has to say about those who are willing to wait.

ISAIAH 40:30-31

"Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the _____ shall _____ their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."

What is the promise for those who wait on the Lord?



GOD wants us to trust Him (**PROVERBS 3:5-6**). As we **WALK IN THE SPIRIT**, we sometimes can become **WEARY**, but **GOD** doesn't want that to happen. He wants us to trust Him and depend on what His **SPiRiT** will do in our lives.

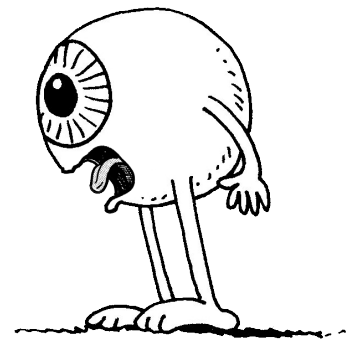


Have you ever felt **WEARY** about doing good?

We can still continue well-doing in spite of weariness. How we feel can change and does change. What is important is that we do not cease in doing well.

One reason for being *WEARY* is that we have our eyes on our problems and not on the Lord.

One of the answers to not becoming *WEARY* is to spend time with the Lord, to respond to what **GOD** says in His word.



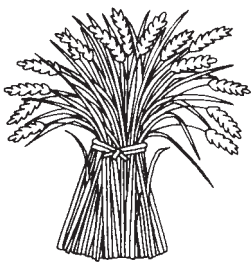
Sometimes we forget about **GOD** and we need to get back in touch with Him.

We can become *WEARY* in strength because we haven't given our bodies nourishing food. We can also become *WEARY* if we neglect feeding our **SPiRiT** by not meeting with **GOD** through His Word.

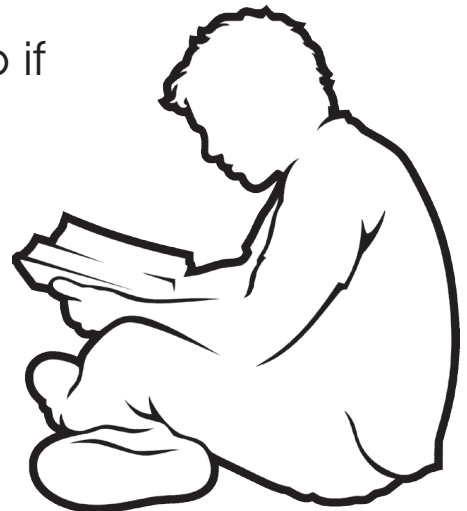
What is the promise about not growing *WEARY* and not losing heart?



The promise is in due season we shall reap if we do not lose heart. **Isn't that wonderful?**



We need to understand that even though the harvest is delayed, it will surely be reaped in due season.



LOOK UP AND READ PROVERBS 3:5-6

"Trust in the LORD with all your _____, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths."



Now,
let's talk
about



Practice **PHILIPPIANS 4:8** together!

A **GOOD REPORT** means: Good News
or sharing Good News with others
(To report is to talk about something.)

MEDITATING ON GOOD REPORTS

Place a "**GR**" in the box if it is a "**GOOD REPORT**"



- ☐ Encouragement
- ☐ Gossip
- ☐ Witnessing
- ☐ Criticism

- ☐ "That looks ugly"
- ☐ Cheering others on
- ☐ Bad language
- ☐ Complaining

- ☐ Praise reports
- ☐ "That looks great"
- ☐ Kind words
- ☐ Making fun of someone

In **EPHESIANS 4:15** we are told to speak the
truth in love. What does that mean?

What would be some examples
of speaking the truth in love? Share some...

What does it mean to encourage?
What would we say to encourage someone?

How do you feel when
someone encourages you?



The following are some ways that you could encourage someone.

- **Showing support**
- **Giving hope**
- **Words of approval**
- **Giving praise**
- **Helping someone**

Since we're talking about "**GOOD REPORTS**,"
here's a challenge for you: go find
someone that needs encouragement
and encourage them!

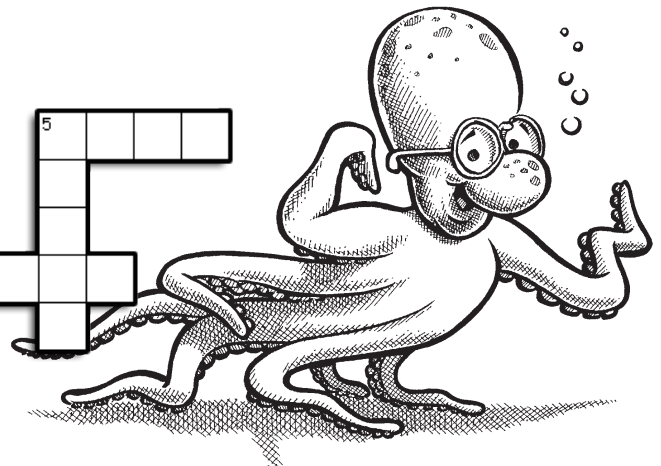
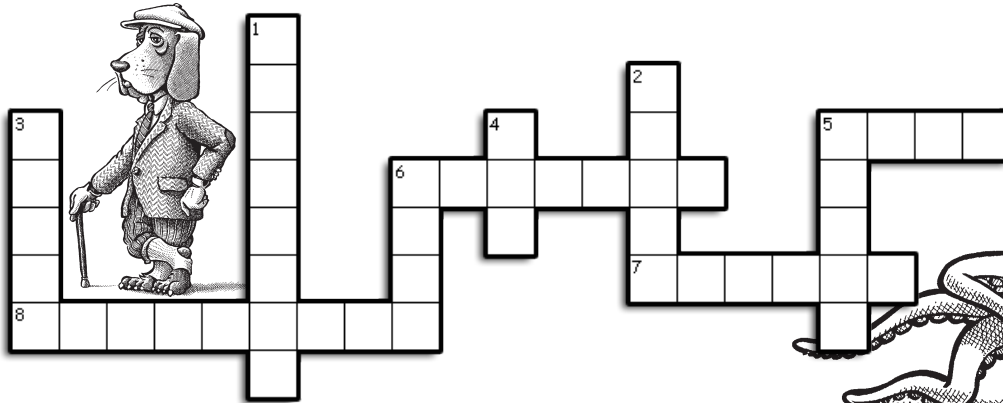


ACTIVITY PAGE

Animals of the Bible

Across

5. "Jesus said to them, 'Bring some of the _____ which you have just caught.'" *John 21:10*
6. "The wolf also shall dwell with the lamb, the _____ shall lie down with the young goat, the calf and the young lion and the fatling together; and a little child shall lead them." *Isaiah 11:6*
7. "But those who wait on the LORD shall renew their strength; they shall mount up with wings like _____, they shall run and not be weary, they shall walk and not faint." *Isaiah 40:31*
8. "Can you draw out _____ with a hook, or snare his tongue with a line which you lower?" *Job 41:1*



Down

1. "Look now at the _____, which I made along with you; He eats grass like an ox." *Job 40:15*
2. "And I looked, and behold, a white _____. He who sat on it had a bow; and a crown was given to him, and he went out conquering and to conquer." *Revelation 6:2*
3. "So it was that _____ came up at evening and covered the camp, and in the morning the dew lay all around the camp." *Exodus 16:13*
4. "So he brought the people down to the water. And the LORD said to Gideon, 'Everyone who laps from the water with his tongue, as a _____ laps, you shall set apart by himself; likewise everyone who gets down on his knees to drink.'" *Judges 7:5*
5. "Because of Mount Zion which is desolate, with _____ walking about on it." *Lamentations 5:18*
6. "But one of the elders said to me, 'Do not weep. Behold, the _____ of the tribe of Judah, the Root of David, has prevailed to open the scroll and to loose its seven seals.'" *Revelation 5:5*

