

Day 1
1 READ ABOUT IT!

"For the one who

sows to his own flesh

will from the flesh

reap corruption [bad

things], but the one

who sows to the Spirit

will from the Spirit

reap eternal life."

—Galatians 6:8

3 PRAY ABOUT IT!

To sow to your own flesh is to live your way instead of God's way. To sow to the Spirit is to follow God's way instead of your own. When you live your own way, eventually you will suffer the consequences. But when you believe in Jesus as Savior, God will help you live His way. He will give you eternal life—life with God that starts now and lasts forever!

Read Galatians 6:8 again and circle what people who live their own way will receive. Then underline what people who live God's way will receive.

2 THINK ABOUT IT!

Have you believed in Jesus as Savior? Are you living God's way? It's never too late to believe in Jesus. He will change you to be like Him and you will have eternal life! If you have already believed in Jesus as Savior, ask Him to help you continue living His way.

Day 2
1 READ ABOUT IT!

"To put off your old self..."

—Ephesians 4:22

3 PRAY ABOUT IT!

Are there things you need God to help you put off? Tell Him about those things right now. He won't love you any less because of the bad things you do. He loves to help you live His way!

2 THINK ABOUT IT!

When you believe in Jesus as Savior, there are some things God wants you to stop doing. That's what this verse is saying. God will help you put off living your own way—the ways you live that don't please God. Maybe you say bad words or treat your parents disrespectfully. God will help you put off (stop doing) those things and live His way instead.

Put an X through the things God will help you put off when you believe in Jesus.

Being kind

Cussing

Lying

Loving others

Being a bully

Day 3
1 READ ABOUT IT!

"And to put on the

new self, created after

the likeness of God in

true righteousness

and holiness."

—Ephesians 4:24

3 PRAY ABOUT IT!

If you have Jesus as your Savior, ask God to help you put on good things. Ask Him to help you act more and more like Jesus.

Day 4
1 READ ABOUT IT!

"But the fruit of the

Spirit is love, joy,

peace, patience,

kindness, goodness,

faithfulness,

gentleness,

self-control..."

—Galatians 5:22-23

2 THINK ABOUT IT!

When you believe in Jesus as Savior, God will help you put off (stop doing) bad things. He will also help you put on (start doing) good things! He will change how you think and feel so the things you do are good. God is working to make you more and more like Jesus.

Put a circle around the things God will help you put on if you believe in Jesus as Savior.

Lying

Being kind

Cussing

Being a bully

Loving others

2 THINK ABOUT IT!

Yesterday you read that God will help you put on good things. Today's verse is a list of some of those good things God does in you when you believe in Jesus as Savior. Read the verse out loud. Do you see those things in your life? If you have Jesus as your Savior, God will help you have these things!

If you know Jesus as your Savior, look at the verse and circle the things you can see God is helping you put on.

3 PRAY ABOUT IT!

Praise God for the things you circled! Ask Him to help you have the things you didn't circle. No matter what, God loves you and wants to help you live His way.