

3

Memorize

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."
(2 Timothy 3:16).

4

Weekly Challenge

Find a time, preferably early in the morning, and a place where you can be alone. Begin with a brief prayer asking God that through your Bible reading, you will find something that will help you to live better. Then, attentively read the chapter of the day. Write down your thoughts in a journal. Finish with another prayer, giving thanks for the blessings you have received, confessing your mistakes and weaknesses, and asking for God's help with the needs of others and your own. Dedicate 10 to 15 minutes daily to this "date with God."

Read the Gospel of John, chapters one to seven, and write what you learn in your journal. Read a chapter each day of the week and do not forget to mark the corresponding box each time you read a chapter.

Book

M

T

W

Th

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Sa

Su

John

1

2

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Lesson No.

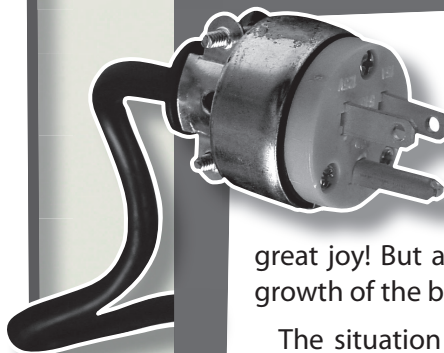
1

A Little Each Day



1

Connect with the Word



The house was full of joy because a baby boy was to be born. The parents waited enthusiastically, and their girls were happy because they would soon have a little brother. When the day for the birth arrived, there was great joy! But as days and months passed, no changes were seen in the growth of the boy, and he had a lot of trouble eating.

The situation was very serious and at the end of a year, his body still seemed like that of a five-month-old baby. After two years, the baby did not talk, nor did he walk because he was so small that his legs didn't respond. His heart did not grow either. The doctor said that he had a defect in his stomach and heart that caused him to be unable to take in nutrition. Eventually, the boy died because his body did not develop correctly.

This story helps illustrate the need for growth in the life of a Christian. You too were just born into a new life! You are now a new creation, and you should feed yourself and grow a little each day, until you are a strong Christian, mature in your faith.



To experience normal growth, a child has to learn to eat, walk, and communicate. The children of God have to learn to do the same things if they want healthy growth in their spiritual lives.

The New Testament calls new Christians "children."

This suggests the idea that there are similarities between what is needed for a child's body to grow healthily and what is needed for the spiritual life of a Christian to also grow normally. These similarities are called "spiritual growth."

Let's do an activity. In the Word Search, find the words that are characteristic of a child that grows normally.

T	P	S	Y	A	O	C	N	A
I	D	C	K	K	V	E	K	R
Y	A	X	D	L	E	P	C	T
M	G	S	T	A	A	S	P	B
N	N	E	R	T	I	W	R	L
T	W	V	P	J	M	L	O	W
A	U	O	E	Y	P	E	H	A
E	Z	I	N	G	O	C	E	R
J	P	S	D	A	E	Y	N	C

a. To move from one place to another _ _ _ _ _

b. To begin to communicate
_ _ _ _ _

c. To know who people are after you have met
_ _ _ _ _

d. To take in food that is not liquid
_ _ _ _ _

e. The first movements with the legs _ _ _ _ _

You understand that a normal child needs to do certain activities in order to grow. In the same way, if you desire to grow in your spiritual life, there are things you should do.

How do you relate the verbs that you found in the previous exercise with your spiritual life? (walk, recognize, crawl, eat, talk)

- _____ Study the Bible more in-depth.
- _____ Share what has happened to me with others.
- _____ To begin to serve in simple roles in the church.
- _____ To serve in a leadership position.
- _____ To distinguish between what is a Biblical teaching and what is not.

According to Matthew 4:4, what does a person need, besides food, in order to grow? _____

According to 2 Timothy 3:16, the Word is useful to do four things. Find them:

etahc _____

eburek _____

rroecct _____

iartn _____



What is the other nourishment that is important for spiritual growth, according to 1 Thessalonians 5:17? _____

In whose name should we pray? John 14:13-14 _____



You should know that your life is worth a lot, and that you should care for it in order to grow healthily.

You have to take time to read the Bible, to study it and pray, just like you take time to eat, drink, and sleep. As you feed yourself with the Word, your spiritual growth will continue. Remember, you need to grow a little more each day.

2

I invite you to take a sheet of paper and make an agreement with the Lord. Your agreement should include daily Bible reading and prayer. It would also be beneficial to begin writing in a journal. Each day, write about the things you are learning and even the doubts you may be having.

Pray that God strengthens you and helps you to be consistent in your nutrition and spiritual care. Rest assured that while you are trying to feed yourself with things of God, you will feel stronger in your faith. Take this challenge, and right away you will see the difference!

2**Hands at Work**

I invite you to write a short letter to a friend or family member that is not a believer. The letter can go something like this: "A little while ago I had an incredible experience. Through faith, I received Jesus Christ as Lord and Savior of my life. Now I have peace and joy in my heart. Actually, it is difficult to explain, but it is real, and I would like to talk to you in more detail. Would you let me?"

Pray that God will bless the message that you send. I am sure that more than just one person will be interested in hearing the details of what's happened to you. Share, and then invite them to the youth group or church where you are attending.

3**Memorize**

"Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him."

John 14:21

4**Weekly Challenge**

Read chapters 8 through 15 in the Gospel of John, and write what you learn in your journal. Don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
John	8	9	10	11	12	13	14



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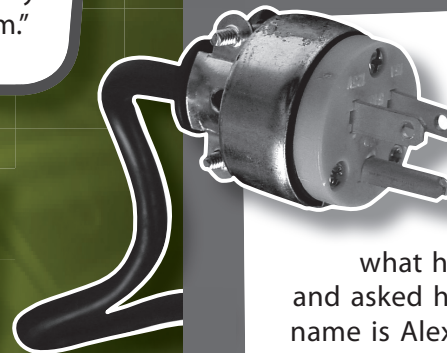
How Do I walk with God?

**1****Connect with the Word**

The Greek emperor Alexander the Great, who at 25 years old was the most powerful man of his time, was part of many military battles. In one of those battles he found a soldier hiding among the ruins of

what had been a stable. The emperor went up to this soldier and asked his name. The man answered in a trembling voice, "My name is Alexander." Upon hearing this, Alexander "The Great" told him, "Change your name or act like an Alexander!"

The Christian life is similar to this story. Now that you are a Christian, you should begin living like Christ did. The Bible challenges you to walk with God, not in a distant or external relationship in which God is in the highest place possible and you are at the other extreme, but in a personal and intimate relationship. God wants you to enjoy an active life, not stagnant or motionless. And this is possible because Jesus is in you, and you are in him. You can't get any closer!



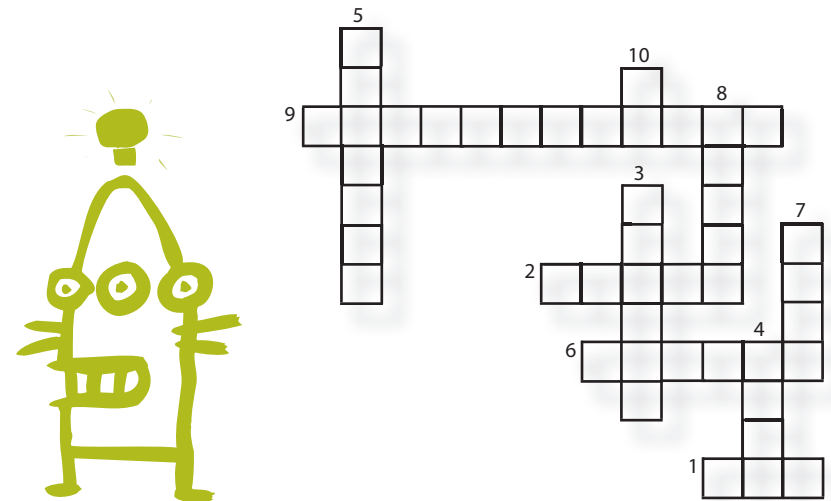


The following exercise will help you to better understand how a Christian walks or lives. At the end of each statement, you will find a Biblical reference that will help you to find the word that completes the phrase. Once you write the word to complete the statement, solve the crossword that follows.

1. When you accepted Christ as your Savior you received a _____ life (*Romans 6:4b*).
2. As a Christian, you now have the blessing of being able to believe not only what you see, but also believe even what you cannot see or touch. In other words, you walk by _____ (*2 Corinthians 5:7*).
3. To walk in the _____ means that your actions are in agreement with what God wants (*Galatians 5:25*).
4. An element that cannot be lacking in the life of a Christian is _____ (*Ephesians 5:2*).
5. You should live a life worthy of the Lord, but in order to do that you need to continue _____ in your knowledge of Him (*Colossians 1:10*).
6. Around you are many people who see how you live, and through your actions, many of them will have the opportunity to know God. For this reason, the Bible asks that you act _____ (*Colossians 4:5*).
7. The Christian life is like an endurance race. Everyone who reaches the goal receives a priceless reward. Because of that, the Bible tells us if we want to receive this reward and escape the destruction of all of the things that exist now, we need to live _____ and godly lives. (*2 Peter 3:10-11*).
8. Jesus Christ tells us that He is the way, the truth, and the life. If we are his disciples, we should walk in the _____ (*3 John 4*).

9. Although it is true that Jesus is our friend, we should not lose sight of the fact that he is also our Lord. So, we are his friends but also his servants, and as such, we should obey his _____ (*2 John 6*).
10. In conclusion, the Lord Jesus Christ asks us that we walk as _____ walked (*1 John 2:6*).

Using the answers from the last exercise and following the same numbering, fill in the crossword.



Your life is a testimony to your friends, family, neighbors, and others around you. Not only do you show you are a Christian through your actions, but you can also do it with your words. Do you believe that, even if you aren't ready to do it? Don't worry. As you continue moving forward in your Christian walk, you will find that you will have many opportunities to share your testimony with others. yet from this very moment you can begin to tell others about what God has already done in your life. Don't wait!

3

Memorize

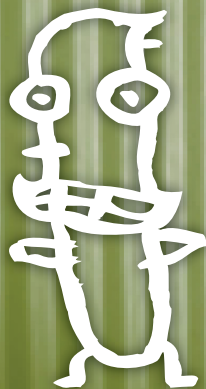
Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."
Galatians 6:10

4

Weekly Challenge

Read the Gospel of John, chapters 15 to 21, and write what you learn in your journal. Read a chapter each day of the week, and don't forget to mark the corresponding box for each chapter you read.

Book	M	T	W	Th	F	Sa	Su
John	15	16	17	18	19	20	21



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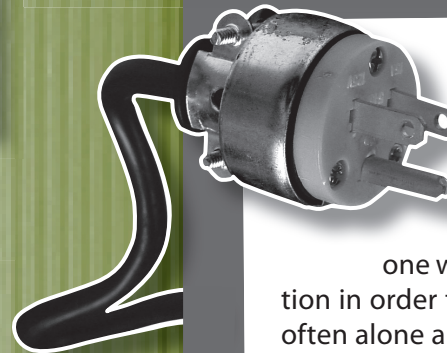
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A New Family



1

Connect with the Word

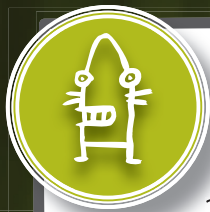


Monica was a young girl whose father hit their mother, brothers, sisters, and her whenever he got home. Her mother drank a lot of alcohol, and this kept her away from home. Her older sister was the

one who had to provide food, so she gave herself to prostitution in order to do this. Monica had a job cleaning a house. She was often alone and sad.

One day Monica met Maria, a girl her same age, who told her about Jesus. After hearing the story, Monica began to cry and accepted Christ. Maria invited her to come to church with her the following Sunday. When Monica did not show up, Maria and her friends went to visit her, and Maria promised to pick her up next week.

After attending church for several months, Monica testified that although she had serious problems in her home, she was very happy because she was now part of a "new family."



The New Testament speaks of believers as "a family".

1. What is the family in Ephesians 2:19 called? The family of _____
2. What name does Galatians 6:10 give to this family? The family of _____
3. According to 2 Corinthians 6:18, what relationship does God have with us? God is our _____
4. According to John 3:14, what is one way to know we are saved?

5. In keeping with John 13:35, how will men know that we are disciples of Christ? _____
6. Points four and five remind us that love is very important. Think of an acrostic to help you remember this importance.

L	Loyal
O	
V	
E	

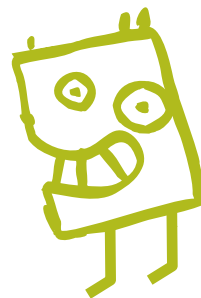
In keeping with the following verses, what is it that we should do to one another? Make a list of the actions that you find.

Galatians 6:2; Colossians 3:16; 1 Thessalonians 4:18; James 5:16 and 1 Peter 1:22.



According to Acts 2:42, what did the first Christians devote themselves to? _____

According to Hebrews 10:25, what should we not give up doing? _____



As young believers, we are members of the family of faith. God is our Father; Christ is our big brother and Savior. We as Christians have been saved and are sons and daughters of God, and brothers and sisters to one another. Therefore, the Bible commands us to love one another and help each other in both our material and spiritual lives.



Hands at Work



Talk with an adult that knows other brothers and sisters in the church and together think of ways to help someone who has a need.

Also, in your next meeting, take the initiative and go talk with two other youth that you do not know well. Get to know them better and then share how it went with your leader.

3

Memorize

For God did not send his Son into the world to condemn the world, but to save the world through him.

John 3:17



Lesson No.

4

A Good DECISION



4

Weekly Challenge

Read the book of Acts, chapters one to seven, and write what you learn in your journal. Read a chapter each day of the week and do not forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
John	1	2	3	4	5	6	7

1

Connect with the Word

Reading about the life and ministry of Jesus, we find key moments that help us to understand profound spiritual truths for our lives. The baptism of Jesus is one of those. The Bible tells us: "Then Jesus came from Galilee to the Jordan to be baptized by

John. But John tried to deter him, saying, 'I need to be baptized by you, and do you come to me?' Jesus replied, 'Let it be so now; it is proper for us to do this to fulfill all righteousness.' Then John consented. As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, 'This is my Son, whom I love; with him I am well pleased'" (Matthew 3:13-17).

The baptism was the beginning of Jesus' public ministry. When Jesus ascended to heaven, he told his disciples to continue baptizing believers to the ends of the earth.



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What does the previous account suggest to you? What does it mean that Jesus, the son of God was baptized? Is it an example for us today? Why? _____

Read Matthew 28:19-20. What do you think after having read the passage? _____

Let's see what the people in the following passages have in common: Acts 2:41; 8:12; 8:36-38; 9:18; 10:47-48; 16:14-15; 16:32-33 and 18:8 _____

Arrange the following words according to the content of the following sentences: (ordered, baptize, believed, repentance, faith, testimony, faith, Christ)

Christ _____ his disciples to _____ those who _____ the gospel, and it was completed just as he said. Before baptism came _____ and _____. So baptism in water became a solemn _____ symbolizing a new _____ in _____ as Lord and Savior.

Solve the hidden words then look for them in the word find.

Baptism in water, besides being a symbolic _____ (tyesimont)

of _____ in Christ, is at the same time a _____ (svaltiona) _____ (smenacrat)

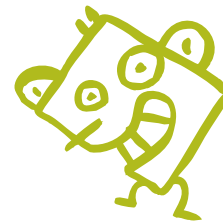
which is a ritual or religious ceremony. Water baptism signifies or demonstrates the _____ that you have made (ctpa)

with God, in which you have promised faithfulness in all things.

Look in the word search for the words that you just arranged in the previous exercise.

Word Find

T	E	S	T	I	M	O	N	Y	W	M	M	P
R	S	S	R	G	U	M	M	D	U	P	A	X
M	S	Y	M	R	U	M	R	M	M	C	M	X
X	Z	Y	K	R	U	U	Y	M	T	Y	K	R
M	T	Q	Q	M	R	M	P	O	M	U	M	P
U	T	G	H	T	N	E	M	A	R	C	A	S
X	M	G	M	M	M	Q	M	M	M	Q	M	Q
R	Z	M	K	U	M	G	G	Z	M	M	Z	G
M	K	N	O	I	T	A	V	L	A	S	M	Q



Baptism is a very important step for all Christians. It is a public testimony of what God has done in our lives. It should not be taken lightly nor should it be overlooked. It is a sacrament that Jesus instituted for all those who believe in Him.

2

Hands at Work



Now that you know more about baptism, do you feel like you should be baptized? _____

If your answer is "yes", speak with your leader about it. Either way, pray to the Lord so that this decision will be special and genuine in your heart.

2**Hands at Work**

Throughout the week, look for practical ways to show the love that God has placed in your heart. Some examples: Make a meal for your parents, help your classmates with their homework, visit a youth from your church who hasn't been coming lately, etc. Return next week and tell us what you did!

3**Memorize**

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth

Acts 1:8

4**Weekly Challenge**

Read the book of Acts, chapters 8 to 14, and write what you learn in your journal. Don't forget to mark the corresponding box each time you read a chapter.

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The Holy Spirit in the Life of the Christian

**1****Connect with the Word**

"I don't believe anyone can be called Holy," said Gabriel, a young man from the Bible study group I was leading. This comment disconcerted me because we weren't in class, just on a field day.

"Why is that?" I asked him. A little irritated, he told me: "I have tried to do what the Bible says, but I haven't been able to. I have had to ask forgiveness from God so many times; it is so frustrating. When I accepted Jesus as my Savior, I was convinced that he had done a miracle in me. But now, I find myself in a situation in which I'm not sure that a Christian life is possible. It's so difficult with the pressure of friends and classmates!" finished Gabriel, almost yelling.

I have had this type of conversation more than once, and maybe you have started to find yourself in a similar situation. Because of this, we are going to talk about "the Spirit-filled life." But what does it mean to have a life full of the Spirit? It simply means that the Spirit of God fills your life.



That doesn't mean to say that God makes a hole in your head and fills you with some strange force! To be full of the Holy Spirit means that you allow the Spirit of God to take control of every part of your life; this is the way to live a victorious life. The following activity will help you to better understand what the Holy Spirit can do through you and in you.

In the following sentences you will find blank lines, under each line there is a scrambled word. Arrange the letters to form the word that completes each sentence. First try to do it without the help of your Bible, then look up the verse found at the end of each statement and read it.

1. Jesus Christ said that the life of a Christian is as if _____
(ivrrs)
of _____ run through us. (John 7:38-39).
(glnivi) (teawr)
2. Before Jesus left, He told his disciples that the Father would send the Counselor, a Holy Spirit, who would do two things: _____ them all things and _____ them of all that
(hetac) (demnir)
Jesus had said (John 14:26).
3. Jesus knew that by their own strength, the disciples couldn't successfully live the Christian life. That's why, after his resurrection, he told them that they would _____
(evcieer) (opewr)
when they were filled with the Holy Spirit (Acts 1:8).
4. There were some people, nearly 2,000 years ago, that were not living like God wanted. These people were compared to "spiritual children." They could not grow in their Christian life because they were not full of the Holy Spirit. At least three negative aspects were mentioned in them: _____
(uoslyaej) (lluerraqngi)
and _____ (1 Corinthians 3:1-3).
(nsiosendsi)

5. The strongest evidence to prove if one is full of the Holy Spirit is if they have the "Fruit of the Spirit." In Galatians 5:22 and 23 you will find a detailed description of this fruit.

- 1) _____, 2) _____, 3) _____, 4) _____
(elvo) (oyj) (eaecp) (tieencpa)
- 5) _____, 6) _____, 7) _____
(nddissek) (dnsoesg) (thflussenfai)
- 8) _____, and 9) _____.
(nntlegesse) (lfse-trooncl)



A life full of the Holy Spirit is one that overflows with love for God and others, and has pure intentions. It is a life of victory and power. It is the life that God asks that his children live, and that He offers through baptism with the Holy Spirit (see 1 Peter 1:16).



After all that has been talked about, do you consider yourself a Spirit-filled Christian? If not, there are three things that you can start to do today to be a Christian who is filled with the Holy Spirit.

1. Sincerely recognize the negative attitudes you have and confess to God your need to be purified within. Read Colossians 3:5-11.
2. Consecrate your life, which is to say, give each area of your life (spiritual, emotional, social, and intellectual) to the Lord. Read Romans 12:1-13.
3. Open your heart to the Holy Spirit, humbly asking God, in faithful prayer, that He fill you with His Spirit. It is a simple act of faith, exactly like when you received Christ as your Savior. Read Luke 11:3, Acts 15:8-9, and 1 Thessalonians 5:23-24.

We Are Stewards of God



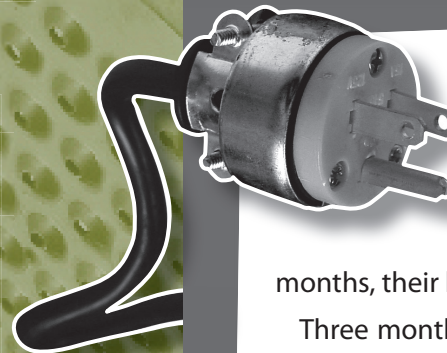
1

Connect with the Word

"Come on! Do it! Opportunities don't present themselves twice. It's your life and you don't know if you will have another chance, so enjoy it now!" said Laura, Gloria's best friend. The two met when they were little and had spent a lot of time together, but in the last few months, their lives had grown apart considerably.

Three months before, Gloria had attended a youth camp on an invitation by her cousin Violet, and at that camp she accepted Jesus as her Savior. God really performed a miracle in her life, and now she was trying to obey Him.

However, a few weeks ago she met Sergio, a guy she liked from school, and a friendship had started. But now it was a big problem. Sergio was inviting her to a party where alcohol, drugs, and many other immoral practices would be the "special guests." What should she do? She didn't feel good about accepting Sergio's invitation, but Laura's argument, "It's your life, do what you want with it...", sounded very convincing.



4

Weekly Challenge

Read Acts chapters 15 to 21, and write what you learn in your journal. Don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
Acts	15	16	17	18	19	20	21



Now write the names of at least two people that you know who you would like to also have the experience of new birth in Christ. Begin to pray daily for them. Look for ways to show them Christian love using some of the possessions God has given you to carefully manage.

3

Memorize

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

Galatians 2:20



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Sadly, this is one of the traps that many young people have fallen into throughout history.

Throughout your Christian walk, you will find yourself asking questions along these lines: Do we really own our own lives? Are the talents that I have for certain activities really mine? How is it that the money we earn with so much effort at work isn't ours? What is mine and what is God's?

Answer the following questions with True or False:

- | | | |
|---|---|---|
| 1. God created everything and named humans to be rulers or administrators of His creation (Psalm 8:6-8). | T | F |
| 2. To accept Jesus as our savior does not mean that God will be the owner of our lives (1 Corinthians 6:20). | T | F |
| 3. Our relationship with God should include the proper administration of all that we are and all that we have so that God is glorified in everything (1 Peter 4:10-11). | T | F |
| 4. God created the universe, but He has transferred the ownership to humans (Deuteronomy 10:14). | T | F |
| 5. Christians give offerings in the church because they believe that part of their income can be used to serve God (1 Chronicles 29:14). | T | F |
| 6. Only those who are good managers of what God has given them (time, money, talents, etc.) will enjoy the happiness of God (Matthew 25:21). | T | F |
| 7. To accept Jesus Christ as Lord and Savior means that we promise to do all that He asks us, whether it be with our time, money, family, talents, etc. (Luke 6:46) | T | F |
| 8. Only certain Christians can be considered stewards or administrators of Christ (1 Corinthians 4:1-2). | T | F |



- | | | |
|--|---|---|
| 9. God owns everything, but it also tells us in His Word that we should especially dedicate a seventh of our time and a tenth of our income to Him (Malachi 3:8-10, 1 Corinthians 16:1-2). | T | F |
|--|---|---|

- | | | |
|--|---|---|
| 10. God is not against the economic well-being of Christians; what He asks is that we put His kingdom and justice first, and then He will give us what we need (Matthew 6:33). | T | F |
|--|---|---|

God is our owner on two accounts: because He created us and because he adopted us as His children. Upon receiving Jesus Christ as our Savior, we also accept Him as Lord. This means that we voluntarily give Him our lives: time, health, money, abilities, body, etc. (see Galatians 2:20).

It is important to recognize that if we are in God, we do not own our lives, we are only managers. God requires faithfulness from each of us in the use of what He has given (1 Corinthians 4:2).

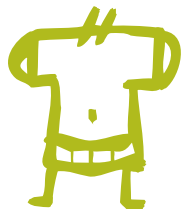


Hands at Work

Make an inventory of all that God has given you, for example: sweater, shoes, health, the opportunity to study, a house, car, work, etc.

Inventory of what I have:

Food	_____	_____
10 shirts	_____	_____
_____	_____	_____
_____	_____	_____



3

Memorize

"Now you are the body of Christ,
and each one of you is part of it."
1 Corinthians 12:27.

4

Weekly Challenge

Read the book of Galatians, chapters one to six and Ephesians 4:1-16, and write down what you learn in your journal. Read a chapter each day and don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	T	F	Sa	Su
Galatians	1	2	3	4	5	6	
Ephesians							4



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A Healthy Body


1

Connect with the Word

John was a young man who really liked to play soccer and was very good at it. Finally one day, he tried out for the team from his school and he made it! Everyone who knew him thought that this would become a priority in his life.

But to everyone's surprise, John missed a lot of the team's training and practice sessions. This made him play out of sync with the rest of the players and showed them that he didn't have a lot of interest in being a part of their team.

Finally the time came for the season to begin. The coach decided to let John play in the first game! However, to everyone's dismay, the results were disastrous since he didn't cooperate with the team and wanted to do everything himself. That day, his team lost badly.

After the game, the coach talked privately with John and explained to him that a team only works when each member does his part and together they reach success. Each player should be well prepared to play in his position and work with everyone else.





Something similar happens in the church, but here we will see what the apostle Paul compares it to.

What are the people called who form the church according to the apostle Paul? _____

_____ (1 Corinthians 12:27).

According to the same passage, what do we call each individual that forms the church? _____ (1 Corinthians 12:27).

What should we do for one another? _____

_____ (1 Corinthians 12:25).

In order to answer the following question, find the word hidden in the circle.

Who is the head of this body? _____ (Colossians 1:18).

In each line there is a letter that is repeated; find them and you will form the answer.

**clwksrimoxcpac
tujuihlezywhfah
furiakrlpqswrm
opuikjminbsqra
iseytgmbnzaqps
uitpqatxnhcyet**



Look up the Bible verses and write the answers to the following questions.

How many members form the body? _____ (1 Corinthians 12:14).

Do all the members have the same function? ____ (1 Corinthians 12:15-17).

Who puts the members in place? _____ (1 Corinthians 12:18).

What happens when a member is hurt or receives honor? _____

_____ (1 Corinthians 12:26).



Compare the lists from the following passages and make a single list that does not repeat any gift.

Romans 12:6-8; 1 Corinthians 12:4-11, 28; Ephesians 4:11.

1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

7) _____ 8) _____ 9) _____

10) _____ 11) _____

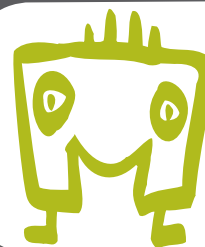
12) _____ 13) _____

14) _____ 15) _____

16) _____ 17) _____

18) _____ 19) _____

20) _____ 21) _____



God has a body, and that body is His church. You are part of it and you have special gifts that God gave you. Find out what those gifts are and don't hesitate to put them to service for the Lord. You will see that your gifts will be a blessing to others and you will grow more each day.

2

Hands at Work



Pray and think about the things that you like to do and know how to do well. Perhaps the first time you do this you will think that there isn't anything you know how to do well, but it isn't true! Serve in the church in whatever way you can, and little by little you will find what it is you do best. When you discover it, don't let it go to waste. God gave it to you to help others. Use it!

To conclude this lesson, I invite you to say the following prayer, "God, I have to admit that the doctrine of the Trinity is very confusing for me. I am not really sure that I totally understand. But I believe in your Word, so I ask that you help me to believe in the Trinity. Through the Holy Spirit, give me the knowledge and faith to hold onto this important truth. In the name of Jesus, Amen."


3

Memorize

"Hear, O Israel: The Lord our God, the Lord is one."
Deuteronomy 6:4

4

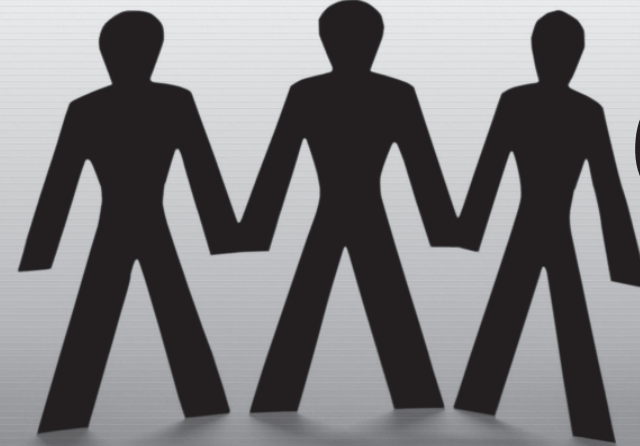
Weekly Challenge

Read the three letters of the Apostle John, and write down what you learn in your journal. Don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
1 John	1	2	3	4	5		
2 John						1	
3 John							1



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Three in One

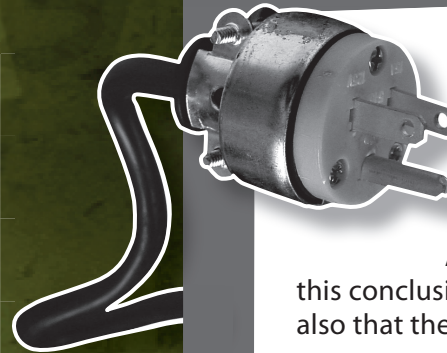

1

Connect with the Word

Carmen was trying to prepare a lesson for her Bible study group. But she found herself with a question she couldn't answer, "Why do we as Christians believe in a God in three persons?"

After a long struggle, Carmen could only bring herself to this conclusion: "I believe in only one God; I believe Jesus is God and also that the Holy Spirit is God. But... isn't that a contradiction?"

The hours flew by and night came. Carmen had spent most of the afternoon working on her lesson without much success, so she decided to leave it for another time. She still had hope that perhaps the next day, when she was a little more relaxed, she would be able to explain what the Trinity was to her. Suddenly, she heard a loud crash and the lights went out. The power transformer on the street corner had exploded; so Carmen went to the kitchen and used a match to light the candles there. As she lit the candles, she realized that although there were three candles lit, there was only one light.





So she said, "Now I am beginning to understand. Just like these candles are separate and distinct but generate one light, it is possible for the Father, Jesus Christ the Son, and the Spirit to be different people but of only one nature."

The story that you just read is far from an exact description of our Trinitarian God, but it is great in helping to illustrate the doctrine of the Trinity. It may seem confusing to you, but it is important for you to know that the Christian faith declares that we have a God in three persons, and this is a fundamental doctrine for all Christians throughout the world.

Another thing that is important for you to know is that the word "Trinity" does not literally appear in the Bible. However, there are many passages throughout the Bible that tell us of a single God that is manifested and acts in three clearly differentiated persons.

The following activities will guide you to specific places in the Scriptures where you will be able to discover for yourself some important aspects regarding God the Father, the Son and the Holy Spirit.

Make a line from the Bible verse to the attribute or description that is given to God the Father and Jesus Christ the Son.

- Deuteronomy 6:4
- Colossians 1:16 and Isaiah 42:5
- Isaiah 44:6 and John 1:1
- Malachi 3:6 and Hebrews 13:8
- Genesis 17:1 and Revelation 1:8
- Isaiah 43:3 and Acts 3:14
- Deuteronomy 32:4 and John 14:6

Almighty
The Way and the Truth
Creator
Holy
Eternal
One
Unchanging

Now, read the following Bible verses that confirm the unity of purpose that exists between the Father, the Son, and the Holy Spirit. In this particular case, show what each verse tells us about the Holy Spirit.

- Psalms 104:29-30 "He is the Cr__t_r"..
- Matthew 10:20 "He is the Spirit of the F____r".
- Galatians 4:6 "He lives in o__h__ts".
- John 14:15-17 "He was G____n by the F____e_".
- Joel 2:28 "He is p____d o__ over all people".
- John 16:7 "He is the _oun____r".



As we have seen in the previous Bible verses, when we talk of the unity of God, we say that He is one in essence or nature. But on the other hand, we can identify His interaction with man and creation as God the Father, God the Son, and God the Holy Spirit. Therefore, we do not say that there are three gods in one person, but three persons in God.

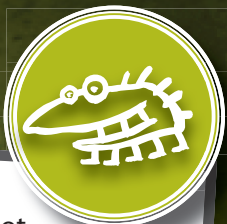


The doctrine of the Trinity is one of the most sublime and difficult mysteries to explain. However, what we can say is that we fully enjoy the love of God the Father, the salvation that the sacrifice of Jesus Christ provides to all those who receive Him as their Savior, and the comfort, guidance and help that the Holy Spirit gives us day by day.



Hands at Work

On the following lines, write what the Trinity is to you, not only as a doctrinal statement, but what it means for your life.



3

Memorize

"Look, he is coming with the clouds,
and every eye will see him,
even those who pierced him;
and all the peoples of the earth will
mourn because of him.

So shall it be! Amen."

Revelation 1:7

4

Weekly Challenge

Read Revelation chapters one to seven, and write down what you learn in your journal. Don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
Revelation	1	2	3	4	5	6	7



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Christ Will Come Again



1

Connect with the Word

It seemed that his pastor was preaching directly to Jim. Jim felt uneasy as the pastor spoke about how Jesus will come again like a "thief in the night."

Honestly, Jim wasn't ready for Christ to come again. He felt guilt for his sins and was not prepared. All of a sudden, everything turned dark and Jim felt alone sitting in the pew. He imagined the future, asking himself, "What will the second coming of Christ be like? Is there much time left? Am I ready?"

He quickly came to and tried to pay attention to what the pastor was saying, but there were still a number of questions bothering him.

Surely, you too have many questions regarding the Second Coming of Christ and what comes after death. It is natural that humans worry about what might happen. There's proof of this in how many people look to astrology for answers about the future. Yet as Christians, we have a guide that shows us what really will happen. And I'm not talking about a "magical crystal ball," but something much more powerful: the Word of God, which is a lamp for our path (Psalm 119:105).



More precisely, using the Bible as a reference, Christians declare that our Lord Jesus Christ will return again, the dead will be raised, and we will all appear before God in the final judgment. When that day comes, we each will receive our prize or our punishment.

The following Bible verses will help you to confirm that Jesus will come again.

1. What does it say will happen after the body dies?

- a. Job 19:26-27 _____
- b. Luke 12:4-5 _____
- c. 2 Corinthians 5:8 _____

2. Describe life after death, according to:

- a. Luke 23:43 _____
- b. Matthew 22:31-32 _____
- c. Acts 7:59 _____
- d. Philippians 3:20-21 _____

3. What will happen when we all appear before Christ's tribunal on the day of final judgment? 2 Corinthians 5:10 _____

4. According to the following passages, how will Christ come?

- a. Hebrews 9:28 _____
- b. Revelation 1:7 _____
- c. Acts 1:9-11 _____
- d. Matthew 26:64 _____
- e. Matthew 24:26-27 _____

5. According to the following passages, when will Christ come?

- a. Matthew 24:14 _____
- b. Matthew 24:36 _____



6. According to 2 Thessalonians 1:7-10, when Jesus returns, what will happen to those who do not know God or obey the gospel? _____

7. Compare 2 Peter 3:10-11 with Revelation 21:1. What will happen with the heavens and the earth as a result of the second coming of the Lord Jesus? _____



Having accepted Jesus as your Savior, and continuing to live daily in obedience, you have the security of knowing that when the day of final judgment comes, you will receive your reward of being able to spend your eternity with Him.



2

Hands at Work



What would you do if you knew that Christ was coming tomorrow? This is a question that you should ask yourself as you get up each morning this week. This may be an easy practice to help you to always be prepared for the second coming of the Lord Jesus.

One of the most difficult moments you will experience within the life of your congregation will come when you feel that you have been offended by a brother or sister in the faith, or perhaps even by a pastor or another leader. Be prepared to forgive the one that offends you! This is the law of love. Do not allow any offense or misunderstanding catch you unprepared and tempt you to separate yourself from the body of Christ. Remember that the church is made up of people who, although they are Christians, are still human like you and need to continue improving in everything.

If you know of a brother or sister in the congregation who needs to learn to forgive, put yourself in the hands of God and try to help that person, according to what we learned in this lesson.

"That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me."

John 17:21

Read the book of Ephesians chapters one to six and Philippians chapter one, and record what you learn in your journal. Do not forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
Ephesians	1	2	3	4	5	6	
Philippians							1



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Unity in the Church



Manuel couldn't win the race.

He had prepared all season for this competition, but in the last week before the competition, he hurt the little toe on his left foot. Manuel had stubbed his toe on the door as he was coming out of his bathroom at home.

He didn't think it was anything serious, and thought the pain would go away quickly. However, the pain did not go away, so he went to the doctor. He got a big surprise upon hearing the doctor's recommendation: he would not be able to run for a week. It could not be explained why such a small injury to his foot would prevent him from running the 5,000 meter race for which he had waited so long.

On the day of the race, he decided to ignore the doctor's recommendation and he got ready to compete. But, after running only the first 500 meters, he realized that the injury that seemed so insignificant would not only prevent him from winning the race, but also from finishing it.





Have you ever asked yourself how it can be that all the parts of the human body are related in such a way that a hand injury can be felt by the whole body? There is no doubt that when speaking of the unity of the church, the figure that best illustrates it is the human body. In fact, in Ephesians chapter four, the apostle Paul, in speaking of the growth of the church, makes references to how it should be similar to the human body and should function in harmony.

The mission of the church in the world is to continue the mission of Christ in the power of the Spirit through a holy life, evangelism, discipleship and service. However, we as Christians cannot complete this mission in an isolated way, but as a community. God has directed the church to express its life through unity and communion with the Spirit.

How is it possible to maintain unity when everyone is so different from one another? It seems impossible, like mixing water with oil. Yet, the Word of God tells us that it is possible. The following exercise will help you to discover specific ways in which we can contribute to the unity of the church.

Find the hidden word in each of the following sentences and underline it. In parentheses, you will find the key with its respective Bible verse that will help you find the correct answer.

Example:

By the time she finished the cake, the baby had frosting **all over** her outfit. (What should the chosen of God "wear", according to Colossians 3:14?) love

1. The director glared as the choir sang erroneously. (What conduct that affects unity should be gotten rid of among those of the church, according to Ephesians 4:31?)

2. We didn't expect to see him out here. (From where should we not let corrupt talk against other brothers and sisters in the faith come from, according to Ephesians 4:29?)

3. We buy a fir every year for Christmas. (What is the tongue compared to in James 3:6?)



4. The volleyball players hope aces will help them win the game. (As far as it depends on you, this is the state in which you should live with all people, according to Romans 12:18.)

5. The travel agent let his customers choose their destination. (One of the three indispensable characteristics that is mentioned in Ephesians 4:2-3 for maintaining unity in the church)

6. For cheaper grub, less ingredients may be used (This is how we should respond, instead of returning evil for evil, according to 1 Peter 3:8-9.)

Find the secret phrase (What does this sentence encourage us to do in respect to the interests of others in the church?)

" Σ Δ ch ∞ y ∞ $\sqrt{}$ sh ∞ $\sqrt{}$ ld l ∞ ∞ k n ∞ t ∞ nly

t ∞ y ∞ $\sqrt{}$ r ∞ wn \diamond nt Σ r Σ sts , b $\sqrt{}$ t Δ ls ∞ t ∞

th Σ \diamond nt Σ r Σ sts ∞ f ∞ th Σ rs ."

Ph \diamond ll \diamond pp \diamond Δ ns 2:4

Key:

Δ = a Σ = e \diamond = i ∞ = o $\sqrt{}$ = u

It is not possible to live a Christian life isolated from others. We need one another, we learn from one another, and we grow together. However, this doesn't come from nothing. It is obtained through unity. This comes when we are united with God and one another; in other words, when we obey the Word.

2

Hands at Work



Take the list of the Fruits of the Spirit and write those that you did not cross out on another piece of paper. Beside each one, write what you are going to do to improve in this area. At the end of the week, look back at your list to see how it went. Write your conclusions and share them with someone you trust.

3

Memorize

"For all have sinned and fall short of the glory of God."
Romans 3:23

4

Weekly Challenge

Read the book of Romans, chapters one to seven, writing down what you learn in your journal. Read a chapter each day this week and don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
Romans	1	2	3	4	5	6	7



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Lesson No.

11

You can
live without
sin?



1

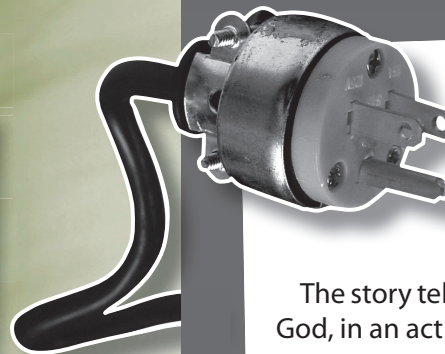
Connect with the Word

When we talk about the start of every living thing, we should go to the book of Genesis, which means "beginning." Here we find the story of the creation of the world and everything in existence. How interesting that God has left us with such a complete and detailed story of its creation.

The story tells us that in the beginning when nothing on earth existed, God, in an act of love, wanted to create everything for us.

On the first day He created day and night. On the second day He created the heavens. On the third day God created the seas and made the land produce green plants - plants that produce seed and trees that give fruit. On the fourth day He created the sun for the day and the moon and stars for the night. On the fifth day He created the great creatures of the sea and all the living things that fill the water and the birds. On the sixth day He made the animals according to their kind, livestock, and every creature that moves along the ground, each according to their kinds. And as His final work, He created humans: man and woman.

Then God rested on the seventh day.





We are going to begin today's lesson by going back to the first book of the Bible: Genesis. Carefully read chapter three of this fascinating book and in a few words write what this chapter is about. ____

According to Genesis 2:17 and 3:6, what act shows that Adam and Eve voluntarily disobeyed God? _____

The consequence of the fall of Adam and Eve was that every other human was to be born with the inclination, predisposition, or tendency toward evil, which we know as original sin (inherent).

From that moment on, every human has had an internal battle with the predisposition to live in a way that is contrary to the known will of God. This truth is reflected in Romans 3:23.

Read this verse a few times in order to understand and then write it in your own words. _____

Because of disobedience, we are very far from the will of God and from reflecting who He is. Write what Isaiah, the Old Testament prophet, says in Isaiah 53:6 _____

This means that, as John wrote in chapter three, verse 16 of his gospel, when we believe in Jesus as our Savior, He saves us from the condemnation that we deserve, and makes us children of God (read John 1:12).

Upon becoming His children, our Heavenly Father begins to solve the problem of sin in us, which was a consequence of the fall of Adam.



First, He forgives our sins and takes away our guilt for sinful actions we committed. This prepares the way so that later on, through the Holy Spirit, our hearts can be cleansed or purified of inherent sin. This second work of grace is known as Entire Sanctification.

Sin has a solution through divine justice, and the only thing that we need for this is (read Romans 4:5 and write the answer): _____.

This justification that God granted means that you were forgiven for all the bad that you have done. You can have (write what Romans 5:1 says) _____ through _____.

Here you will find a list of traits of those who are without God, and another list of what the Holy Spirit produces in our lives.

Read the first list and cross out the things that are not in your life, leaving only the things that you believe God needs to work on with you.

Likewise, with the list of Fruit of the Spirit, cross out the traits that you have, and leave the things that you believe the Spirit needs to re-inforce or build up in you.

Fruit of the Sinful Nature

Sexual Immorality
Impure things
Vicious things
Worship Idols
Hatred
Discord
Jealousy
Easily angered
Cause rivalries
Cause divisions
Cause partisanship
They are envious
Drunks
Gluttons

Fruit of the Spirit

Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-control

If we try to live in accordance with the Holy Spirit, we will have a victorious life, a holy life. Our Heavenly Father completely resolved the problem of the consequences of the fall of Adam, first by forgiving us, then cleansing us, making us able to choose His perfect will for our lives and overcome temptations. He does this through the Holy Spirit by our faith. He can do this in you if you agree to do His will.

I'm Holy?

2

Hands at Work

Do you remember the list of words you found in the word find based on 1 Thessalonians 4:9-12? Write down each word on a card. Review your list at the end of each day, and meditate on it in relation to your personal life. Write your conclusions each day and let God speak to you. At the end of the week, summarize what God has taught you and share it with the youth group.

3

Memorize

"Therefore, there is now no condemnation for those who are in Christ Jesus."
Romans 8:1

4

Weekly Challenge

Read the book of Romans, chapters 8 to 14, and write down what you learn in your journal. Read one chapter each day of the week, and don't forget to mark the corresponding box each time you read a chapter.

Book	M	T	W	Th	F	Sa	Su
Romans	8	9	10	11	12	13	14



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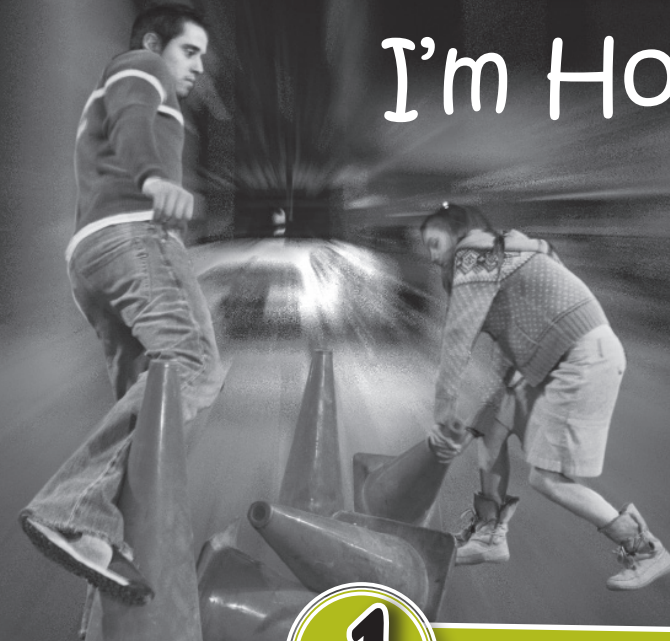
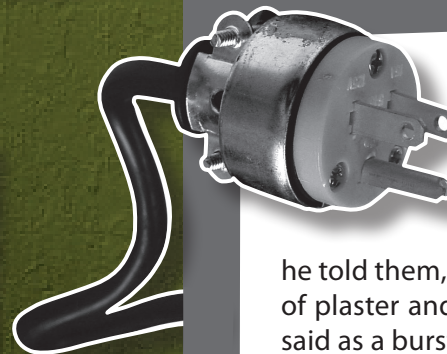
1

Connect with the Word

Once after school, some young Christians were talking about a life of holiness. They were trying to explain how they could say that they were holy. At that moment, a youth who was close by overheard the conversation and went over to them. In a firm voice, he told them, "You're, holy? From what I know, the holy ones are made of plaster and well guarded in the church. Don't make me laugh," he said as a burst of laughter spread through the whole group.

Has that ever happened to you? Have you been in a situation like that? Have you ever heard an expression like that or anything similar?

A Christian shows that his sins are forgiven and he is surrendered to God through his conduct and way of life. However, sometimes this seems difficult. Nevertheless, the phrase "to be holy" should challenge us to a spiritual experience with Jesus Christ that is stronger each day, despite all circumstances.





"As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy because I am holy'" (1 Peter 1:14-16).

What is your definition of Holy? _____

What do the following passages suggest regarding the Holiness of God?

- Exodus 15:11 _____
- Isaiah 40:25 _____
- Revelation 15:4 _____

After reading these passages, we can say that God is in essence holy. To clarify the concept of Holiness, find the hidden words in parenthesis and write them on the lines.

a. The fundamental meaning of the word "Holy" is: _____
(tse paatr)

_____ / _____
(quienu) (sdintitc)

b. The difference between the Holiness of God and our own is the difference between being the _____ and the _____.
(roaretc) (rcateed)

c. God is separated from sin, but through holiness, he wants to have an _____ and _____ relationship with man.
(maetiint) (lasonrep)

The Bible tells us that many years ago, almost at the beginning of creation, God chose a man named Abraham and his descendents to form the people of Israel, and then shared His will with them. Read Leviticus 11:44, and on the following line, write what the divine desire is: _____

The manifestation of God's desire for Israel as a people was clear: "we should be completely purified and holy." This is told using the ceremonial symbolism to avoid contact with unclean animals. Later, through the pages of the Old Testament, God demanded of his people, Israel, certain sacrifices of animals to indicate their desire to be holy. Over time, God changed the ceremonial symbolism, by fulfilling his promise to the patriarchs, and sent Christ as a perfect sacrifice for the salvation of everyone who believes in Him.



Christ, in turn, gave the promise of the Holy Spirit so that we can live a life of Holiness, no longer living by the law of Moses, but by the new law of the love of Christ Jesus. With the passing of time, one thing has not changed.

God, just as before, demands holiness. However, holiness is now related to a life that is the product of the grace of God, not to ceremonial practices. Therefore, you no longer need a priest to offer animal sacrifices so that you can be right with God. Christ already made that sacrifice once and for all.

According to Scripture, in 1 Peter 1:14-16, how do you believe you should live now? (Read the passage and answer in your own words.)

If you continue reading in 1 Thessalonians 4:9-12, you will find some traits that should be revealed in your life as evidence of the joys of the experience of holiness.

Find five of them in the following word find.

T	L	O	V	I	N	G	O	S	S	O	R	H
A	R	E	J	J	A	F	E	U	H	E	E	H
Q	U	I	E	T	U	I	L	O	A	N	S	A
G	G	F	B	A	R	T	I	I	R	I	P	O
S	T	M	O	A	O	L	I	A	L	I	E	I
W	O	R	K	I	N	G	D	O	R	O	C	A
O	O	S	R	A	E	O	A	G	R	A	T	R
M	T	E	B	A	S	I	L	E	H	L	E	H
R	E	S	P	O	N	S	I	B	L	E	D	A

If you let Christ forgive you and, through His Spirit, sanctify you wholly, you have been completely freed from sin. But understand this: that freedom is FROM SIN and not from the possibility of sinning. From here on, you will need to continue growing and maturing throughout your whole life. If you take the promises of the Lord and believe them, the Spirit will fortify you against temptation. In this way you will come out victorious. The possibility of sinning will always be there, and so will the possibility of being obedient. If you stand up against temptation and keep from falling to it, you will enjoy the promise that you find in Romans 6:22 (copy it here):

In order to enjoy this experience in your life, you should first accept with faith that you want to live it and that God is capable of giving it to you. You should be certain that God can do it and begin to live with conviction that God promised to help you and He will not fail you. You still have a question, right? And that question is: "When will I have this experience?" Well, there's no specific time. God is free and powerful; He has no limits. Just keep sincerely searching and He will do this work in you in His time.



2

Hands at Work

If you have come this far and you like the idea of the experience of Entire Sanctification, don't waste any more time. Decide now if this is what you want. Remember, it depends on you. God wants you to experience it, and helps you each day to grow in your Christian walk until you reach the fullness of the Spirit.

3

Memorize

"Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires."
Romans 8:5

4

Weekly Challenge

Read the book of Acts, chapters 22 to 28, and write down what you learn in your journal. Read a chapter each day and don't forget to mark the corresponding box each time you read.

Book	M	T	W	Th	F	Sa	Su
Acts	22	23	24	25	26	27	28



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How, When and Where can I be Holy?



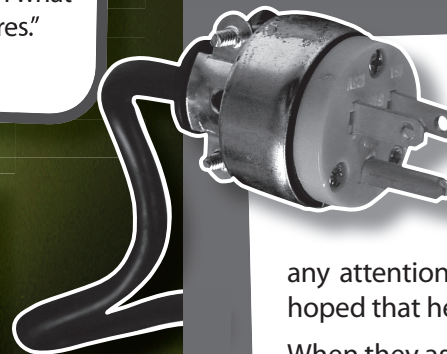
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Connect with the Word

Mark was a young man who liked to lie. People who knew him never knew whether to believe him or not. After talking to him, they doubted that what he had said was true. Again and again they told him not to lie, and that there would be consequences for his lying, but he never paid any attention. One day he had an encounter with Christ, and everyone hoped that he would change, but it wasn't so.

When they asked him why he lied, he said that it was really hard and that he fought daily as he tried to quit lying. One day, in a special service, the sermon was on holiness. Mark thought, "I will never be able to be holy because I lie so much." Near the end of the sermon, the preacher said, "God does not want to make those holy who already are; He desires to make holy those who are fighting to obey Him to be better every day. God will make holy those who consecrate their lives to Christ."

This made Mark happy, and he was the first to go to the altar. God sanctified Mark and when this happened he no longer lied.





For a Biblical example of this experience, we can go back to the disciples. They knew the Lord personally. They walked with Him. They saw his miracles. They enjoyed his company and they knew he was the Son of God. But still, when they saw their lives were in danger, they deserted him, and one of them, Peter, openly denied him three times.

But what happened that allowed fear and doubt to take hold of them? The truth is, they were missing something in their lives, and without Jesus, they felt alone and abandoned, as if everything had been a dream, and that dream was over. But we know that it didn't end that way, and soon after, Jesus came through on his promise. Read Acts 2:2-4a.

When did the disciples know that Jesus had fulfilled his promise?

After this moment, the followers of Jesus were radically changed. What evidence of this change did Peter give? (Read Acts 2:14 and answer)

Now, ask yourself: How can you, 2000 years later, enjoy this experience? Praise the Lord, this marvelous experience can be yours, provided that you seek after it!

There are five steps that will help you as you seek this blessing. They are:

Step 1: Desire it - to feel an indispensable need for the Holy Spirit to take away everything that is not allowing you to live a life of victory, full of faith. Unless you find yourself unsatisfied with your wavering spiritual life, and you fervently desire that the Holy Spirit govern you and make you resemble Christ, He won't do it. This desire should be such that it leads you to ceaselessly search for this experience, until God does the work in you. This is how Paul felt in Romans 7:21-24 until he discovered that someone could take him from that situation. Read this passage and write down the expressions that demonstrate this desire in Paul.



Step 2: Consecration - a complete turning over. Christ should be in the center of your heart. All that you have should be consecrated to God. Read and reflect on the passage that is found in Luke 14:25-33, especially verses 26, 27 and 33 and Romans 12:1-2. What impact have these verses had on your life? Make a list of all that you should consecrate to the Lord. Be careful to write everything. Even if you don't think you are holding anything back from Christ, if you are not holy, there is always something you should give.

Step 3: Faith - trusting completely. We should know that God is ready to give this blessing, without exception, to whoever asks with faith in Him and His promise. Read Luke 11:13 and respond: Who can receive the Holy Spirit?

Step 4: Examine your heart - search it deeply. Make sure that you are walking in the light that God has given you - the light of the Scriptures and the Christian experience. In order to enjoy this experience, you should examine your life. If there is some sin that you have not confessed, tell God about it. You should also consider other aspects of your life that you need to make right, things like: someone that you need to forgive, a bad relationship with someone, or something that God asked of you that you didn't obey. It is then that God, in His great mercy, will cleanse you. Read and comment over 1 John 1:9-10.

Step 5: Petition - a steadfast disposition. You should ask specifically to be baptized with the Holy Spirit. John the Baptist already proclaimed many years ago that someone would come after him to baptize with the Holy Spirit and fire. Read Luke 3:16.

Step 6: Rejoice and give thanks to God - an incomparable joy. You should rejoice because of the precious work the Holy Spirit has done in your life. This will give you power for service to others and a spiritual vitality for your endless growth and maturity in the ways of Christ. This work will be joined by a testimony that is described in Romans 8:16: "The _____ himself testifies with our spirit that we are God's children."