

Living by the Spirit

By Stacia Edwards McDermott

What does it mean to be truly free? In Galatians we are called to live by the spirit, not by the flesh. Take a week to be free from our fast-paced, technology-dependent, and creature comfort-driven society to be in prayer and solidarity with our brothers and sisters around the world who live in extreme poverty.



For

Teen Family

Season

Fall

Needed

Bible, open mind, computer, paper, pens, Solidarity and Prayer Commitment worksheet

Prepare in Advance

- Print the Solidarity and Prayer Commitment worksheet
- Cue the YouTube video [Global Poverty Prayer](#)
- Have Bible ready to read Galatians 5:13-25 (or see last page)

Activity Plan

1. As you sit down to prepare for your week of prayer and solidarity, begin with this prayer:

God of the poor, we come to you today with a spirit of humility and gratefulness. During this season of thanksgiving, we know we are truly blessed and that with those blessings come responsibilities for those who go without. Be with us as we prepare to spend a week in prayer and solidarity with our sister and brothers throughout the world who go daily without their basic needs being met. Instill in us an awareness of others and a desire to be your hands and feet on earth. We pray this in your name Jesus. Amen.

2. Watch the YouTube video [Global Poverty Prayer](#) to gain perspective of the difficulties that others face, and our challenge to pray for them. Follow by reading Galatians 5:13-25 from your Bible (or see last page).
3. With the handout in front of you, discuss as a family how you want to commit to be in prayer and solidarity with the poor this week. Feel free to add/alter the list as you see fit.
4. Hang up your commitment in a well seen place in your household. As reminders, create little signs to tape on different electronics/household items according to your commitments.
5. Try to gather for at least a minute or two every day to check in with each other and say this prayer together:

We pray for the poor throughout the world. Bless them with life's basic necessities. Help them to know they are children of God, created in God's image. Give them hope even in the darkest times. Help us to be instruments of your love for them. Amen.

Solidarity & Prayer Commitment

Go through the list of basic needs below, choosing which things you would like to give up for the week. Having a difficult time committing to one week? Try a day for some things and a day for other things. For example, go one day without electricity, and another day eating simply/fasting. Or let each family member choose one thing from each category below.

Shelter

- camp outside
- sleep on the floor
- sleep without a pillow
- sleep with the windows open
- use less toilet paper
- reduce water use
- take a two minute shower
- be thankful for plumbing (flush less)

Not using:

- blow dryer
- toaster
- oven
- radio
- TV
- computer
- curling iron
- charging phone/ipod
- water heater
- washer
- dryer
- heat or a/c
- coffee maker
- car
- cell phone
- facebook
- texting

Clothing

- don't buy clothing
- wear one outfit a day
- wear clothing bought 2nd hand
- wear clothing not made in a sweatshop
- hand wash clothing
- dry clothes outside
- give thanks for those who made your clothes
- research which clothing stores don't use sweatshops

Food

- eat only 3 meals a day, no snacks
- drink only water
- eat organic
- have simple meals for dinner
- abstain from sugar
- eat local
- eat only what is in season in your area
- research local growers
- pray before every meal
- buy fair trade coffee
- don't buy bottled water

Healthcare

- if sick go to a free clinic instead of your healthcare provider
- abstain from over-the-counter medication
- visit the sick
- write a note of thanks to your doctor/nurse
- find out more about options for those uninsured in your area

Education (sorry this doesn't mean not going to school ☺)

- say a prayer of gratitude for your education daily
- thank your teachers
- don't complain about school (ever)
- do your homework
- volunteer at an after school program
- tutor someone
- read a book
- go to the library
- learn something new every day
- study a world map



Galatians 5:13-25

For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." But if you bite and devour one another, watch out that you are not consumed by one another.

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

If we live by the Spirit, let us also walk by the Spirit. Let us not become conceited, provoking one another, envying one another.

