



Supplemental Materials:

 **Fruits of the Spirit: Bible Study Project**

In Galatians 5 of the Bible, the writer, the apostle Paul, discusses two lists. One is a list of things people do when, instead of being guided by the Spirit of God, they are guided by the hungers of their flesh. The other is a list of qualities that we see in those who are guided by the Holy Spirit of God. Read through and discuss Galatians 5:16–25.

 **Desires: Discussion Project**

What is the difference between healthy desires and unhealthy desires? Where do you draw the line, for example, between healthy eating and unhealthy eating? Do you ever experience unhealthy desires?

 **Public Service Announcement: Communication Project**

Create a public-service-announcement campaign to alert your community to the dangers of addiction. Choose one area of addiction and focus on that, researching statistics and effects of that addiction on people's well-being and health. Discuss how best to communicate your findings with your community. You might make posters, compose easy-to-remember rhymes, perform a skit in your town square, visit classrooms, or record a spot for local public radio.