

HOLY SPIRIT

LESSON 3: HELP THAT EMPOWERS

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The Holy Spirit gives us the strength to obey God.

TOPICS

Fruitfulness, Holy Spirit, Love, Strength

OPENING PRAYER AND PRAISE (5 minutes)

Praise and worship are an important part of a believer's life and children often learn best by watching and repeating what they see. So please, praise and worship together.

SCRIPTURE READING AND DISCUSSION (15 minutes)

Introduction:

Trying to live a godly life certainly isn't easy because sin is all around us. Not only do we battle our own thoughts and actions, but others can influence us toward bad decisions as well. But the good news is that the Holy Spirit helps us, or empowers us, to turn away from sin and live for Christ. When we trust His guidance, we will experience spiritual strength and be equipped to make godly decisions.

Read Ephesians 3:14-19 (The Spirit gives strength through love.)

Discussion Questions:

1. How does God strengthen us through the Spirit? (*Out of His glorious riches.*)
2. Why does the Spirit strengthen us? (*So, Christ may dwell in our hearts through faith.*)
3. How is love involved? (*It is our foundation and "root", it matures and "establishes" us, and understanding Christ's love gives us power.*)
4. What happens when we "know [the] love that surpasses knowledge?" (*We are given the fullness of God.*)
5. So, can we be empowered by the Spirit without love? (*No.*)

Read Galatians 5:13-18, 22-26 (The Spirit empowers us to live for Christ.)

Discussion Questions:

1. What should we do because we are empowered by the Spirit? (*Serve one another humbly in love.*)
2. What will happen if we "bite and devour" one another? (*We will be destroyed by one another.*)
3. What does the Spirit enable us to do? (*Not gratify sinful desires.*)
4. What are some examples of "walking in the Spirit?" (*Choosing kind words, sharing with others, not paying someone back for wrongdoing, telling others about Jesus, etc.*)
5. What does the Spirit give us? (*Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*)
6. What does the Spirit enable us to "crucify?" (*The flesh with its passions and desires.*)

Conclusion: The Holy Spirit empowers us through the love of Christ. When we choose to act on His fruit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) then we will be able to "crucify" sin in our lives and live wholly for the Lord.

CLASS EXERCISE (15 minutes)

Lunch Bag Surprise (See Video)

ALTERNATE CLASS EXERCISE (10 minutes)

Lunch Bag Surprise (Activity – See page 2)

APPLICATION (5 minutes)

Have chocolate candies filled with caramel or marshmallows. Start a discussion with your child(ren) about having "good stuff" inside our hearts because we obey the Holy Spirit. Give your child(ren) a piece of candy and ask them to consider what it would be like eating the chocolate if it had dirt inside. Then ask for a volunteer to eat his or her candy and tell the class what was inside. Point out the difference between the goodness of the caramel or marshmallow versus how it would taste if there was dirt inside. Explain that the Holy Spirit empowers us to have "good stuff" in our hearts, but we must act on His guidance. If we don't show the fruit of the Spirit, then it's like having dirt inside our hearts!

CLOSING PRAYER (2 minutes)

HOLY SPIRIT

LUNCH SACK SURPRISE

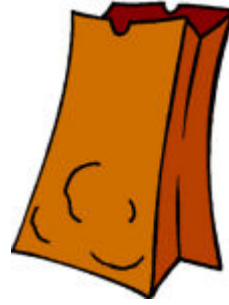
The children will participate in an activity concerning the contents of our hearts.

TOPICS:

Fruitfulness, Holy Spirit

MATERIALS:

Paper lunch bags



DURATION:

Approximately 10 minutes

PREPARATION:

Give each child 3 lunch bags.

WHAT YOU WILL DO:

Find a place to play outside. Then instruct your child(ren) to find one object for each sack, place the object inside the sack, and then fold over the top (so the contents can't be seen).

If you only have one child, jump in and find objects to put in the bag yourself! After all sacks are filled, mix up the order and take turns shaking one another's sacks and guessing what's inside. Finally, reveal the contents to one another and talk to each other about any objects that were surprising (such as a beautiful flower or a bug).

Application: Explain that people shouldn't have to guess what's inside of us if they know we believe in Jesus – the fruit of the spirit should already be present in our lives because the Holy Spirit helps us obey God. Discuss several simple ways to show God's love to others this week.