

HOLY SPIRIT

LESSON 2: HELP FROM WITHIN

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The Holy Spirit lives in us when we become believers.

TOPICS

Holy Spirit, Joy, Obedience, Peace

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:

Becoming a Christian starts with the Holy Spirit's conviction of sin and leads to repentance and forgiveness before God. It's more than just saying a prayer or simply choosing to believe in God – we must accept the sacrifice of Christ and deliberately align our lives to God's Word. And when we truly believe, the Spirit of God lives inside of us and shows us how to live for the Lord and turn from sin.

Read Romans 8:1-17(Living with the Spirit.)

Discussion Questions:

1. What are we free from because of the Spirit? (*The law of sin and death.*)
2. Since we don't live in sin as believers, how should we live? (*In the Spirit.*)
3. If someone lives according to the flesh then what does he focus on? (*Earthly desires.*)
4. If someone lives according to the Spirit then what does he focus on? (*The Spirit's eternal desires.*)
5. What will happen when we allow the Spirit to guide our minds and thoughts? (*We will experience life and peace.*)
6. Why can't an unbeliever, or someone who "lives according to the flesh," please God? (*Because an unbeliever isn't submitted to God and doesn't have the Spirit living inside him.*)
7. If a believer's body is still subject to death because of sin, then how can the Spirit give him life? (*Because eternal life is given through Christ's righteous sacrifice.*)
8. What are believers obligated to do? (*Live by the Spirit and "put sin to death" in our bodies.*)
9. Who are we if we are lead by the Spirit? (*Children of God.*)
10. What do we become when we receive the Spirit by trusting in Christ? (*Adopted sons/heirs of God.*)
11. How does the Spirit assure us of salvation? (*By testifying with our spirits that we are God's children.*)
12. If we share in Christ's sufferings then what else will we share? (*His glory.*)

Conclusion: Since the Spirit lives inside believers, we no longer have to sin – we can choose to live by the Spirit instead of by the flesh. And we should strive to live as Christ lived, as sacrificial servants who extend God's love and mercy to others. It's a powerful and wonderful thing that God sends His Spirit to live inside believers! And through the Spirit, we can share the saving message of Jesus Christ.

CLASS EXERCISE (15 minutes)

Tootsie Pop (See Video)

SUGGESTED PARENT/CHILD ACTIVITY

My Spirit-Filled Heart (See Page 2)

APPLICATION (5 minutes)

If the class participated in the "Spiritual Gift Wrap" activity, allow the children to unwrap the gifts as you discuss how each special treasure represents the Holy Spirit living inside of us (if you did not choose this activity for your class, then consider reviewing the activity and preparing one wrapped box containing all the treasures instead of many boxes). Use this time to emphasize that we need to extend what we receive from the Holy Spirit (such as love, hope, encouragement) to those around us. Because the Spirit lives in us, we can live according to God's Word.

CLOSING PRAYER (2 minutes)

HOLY SPIRIT

MY SPIRIT-FILLED HEART

The children will fill their “hearts” with the Spirit.

TOPICS:

Holy Spirit, Obedience

MATERIALS:

Heart handout [PDF] [Click here](#)

Inserts handout [PDF] [Click here](#)

Card stock paper, scissors, stapler

Markers or colored pencils

Tape (optional)



DURATION:

Approximately 15 minutes

PREPARATION:

Print one heart handout for each child and enough inserts handouts for each child to have at least five inserts. Cut out the rectangular inserts and spread the pieces across the table. Then give each child a heart handout, a pair of scissors, and a marker/colored pencil of his or her choice. Consider making an example of the craft for the children to view.

WHAT YOU WILL DO:

Tell the class that the Holy Spirit comes and lives inside of us when we believe in Jesus and become a Christian. Also, the Spirit helps us live obediently for the Lord, and we should extend what He gives to others. Point out the two pieces of the heart and ask the children to cut out the pieces. Then show the class how to line up the smaller piece on the bottom of the heart to make a pocket and staple the two pieces together. Next, the children will write “My Spirit-Filled Heart!” on the bottom half of the constructed heart. Lastly, ask each child to think of several things the Spirit gives us (e.g. love, joy, hope, kindness, mercy, sacrifice) and write one answer on each insert piece. The children will then insert the rectangles into the hearts as symbols of the Spirit’s life inside of us (you may tape the pieces to keep them from falling out).

Application: The Holy Spirit lives inside of our hearts when we believe in Jesus! We can give love, joy, hope, kindness, and mercy to others because the Spirit lives inside of us.

Time-Saving Option: Cut out each child’s heart pieces and staple the pieces together ahead of time.