

# SPECIAL SPIRIT FRIEND

*The Holy Spirit is  
our special friend  
sent by Jesus.*

John 14:15-17, 26  
Romans 15:13

## SESSION SUPPLIES

- ★ Bibles
- ★ large colored balloons
- ★ permanent markers
- ★ masking tape
- ★ curling ribbon
- ★ scissors
- ★ newsprint or poster board
- ★ index cards and pencils
- ★ photocopies of the Power Page! (page 97)

## MIGHTY MEMORY VERSE

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? 1 Corinthians 3:16

## SESSION OBJECTIVES

During this session, children will

- ★ discover who the Holy Spirit is
- ★ learn that Jesus sent us the Holy Spirit
- ★ realize that the Holy Spirit is part of us
- ★ thank Jesus for his special gift

## BIBLE BACKGROUND

What's the greatest gift you could give someone you love, a gift that could be used every day and would be an invaluable help in any situation? What if that gift had to be invisible but still useful for protection, truth, love, companionship, and much more? Where could such a gift be found? No doubt this is the same question the disciples puzzled over when Jesus promised them the gift of an invisible helper and unseen friend. But when the Holy Spirit arrived in a blaze and whirlwind of power, the disciples knew this was no ordinary gift—and they never dreamed of exchanging it for something in a larger size! From that supremely powerful moment on, our lives have never been the same! And although the Spirit is not of flesh and blood, it's the Holy Spirit who is the driving force behind our Christian conviction, confidence, and fervor—which put flesh to faith!

Kids love the idea of a powerful, loving friend whom others “can’t see.” But the Holy Spirit is no imaginary friend—he is God’s powerful Spirit come to live in our hearts and empower us to do the work Jesus would do if he were here on earth. Use this lesson to help kids discover that the Holy Spirit is at work in their lives and is the most glorious gift we could ever receive!

## POWER FOCUS

Before class, practice blowing up double balloons for your presentation. Insert a balloon of one color inside a balloon of another color. Hold both ends, but pull the inside end out slightly further. Blow the inside balloon up first, then blow the outside balloon up so it is slightly larger than the inside one. Tie off both balloon ends together. At the appropriate time, prick the outside balloon with a pin so it pops but doesn’t explode the inside balloon.

Before kids arrive, write the words “Holy Spirit” on a balloon with permanent marker and insert that balloon into a second balloon. Gather kids and ask:

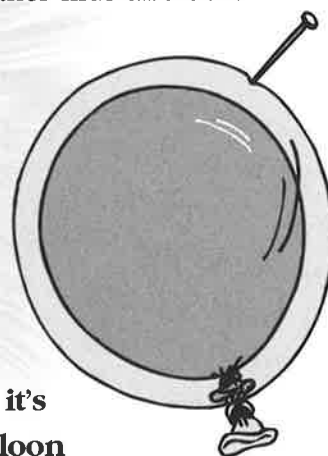
- ★ **Are things we can’t see real? Why or why not?**
- ★ **Is air real? Explain.**
- ★ **How can things we don’t see help us? teach us? help us find our faith?**

Say: **When we can’t see something, it doesn’t mean it’s not real and can’t help us. Let’s use these balloons to see if we can prove that air is real.** Show kids that you have one balloon inside of another, then blow up the inside balloon part way, hold both ends, and say: **We can’t see air, but we know it’s filling the inside of this balloon. But what is the inside balloon doing to the outside balloon?** Allow kids to tell that the inside balloon is inflating the outside balloon. Then continue blowing up the inside balloon a bit more.

Hold the balloon ends and say: **The inside balloon is helping the outside balloon change and become larger and better. In other words, what’s inside the balloons is helping them become changed and turning them into real balloons we can play with or decorate with.** Ask:

- ★ **How is the inside balloon like someone who helps another person?**
- ★ **How is the outside balloon reacting to the inside balloon’s “help”?**

Now blow the outside balloon up until it’s a little larger than the inside balloon, tie off the ends, and hold the knot. Say: **We can’t see air, but we know it’s real by the things it does and the way it helps make balloons big and round. Jesus sent a special helper we can’t see either, but we know he’s**



## Lesson 10

real by the things he does! Jesus sent the Holy Spirit to live inside us as our special friend and helper. And just as the inside balloon helped the outside one change and become better, the Holy Spirit within us helps us change and become more filled with faith on the outside!

Pop the outside balloon to reveal the inside one with the words “Holy Spirit” written on it. Say: **The Holy Spirit lives inside us and gives us encouragement, help, and powerful ways to find our faith. Today we’ll learn about the Holy Spirit and why Jesus sent us this wonderful gift. We’ll explore some of the things the Holy Spirit does for us. And we’ll learn a new Mighty Memory Verse about our special Spirit friend and helper. But first, I need a volunteer to lie on the floor and help us learn more about help and where it comes from.**

### POWER POINTERS

Kids may be a bit scared over the idea of a “spirit” coming to live with them. Explain that this is God’s Spirit of love, help, encouragement, and wisdom that helps us live and serve as Jesus desires.

### THE MIGHTY MESSAGE

Before class, make sure you have a balloon for each child plus a few extras in case of accidental pops.

Have a child lie on the floor with his legs together and arms at his sides like a stiff board. Invite a child to try and lift the volunteer. When she isn’t able to do so, say: **You could use some help! Let’s have someone else help lift our volunteer. In fact, let’s all give a helping hand!**

Position kids around the volunteer and on the count of three, gently lift the person a foot or two into the air. (Remind the volunteer to stay stiff like a board.) While the volunteer is suspended, say: **Receiving help makes our load much lighter!** Then gently set the volunteer back down and thank kids for their help. Ask:

★ **Why were we all able to lift our volunteer when one person couldn’t?**

★ **Why is having help good?**

★ **How can help make us feel better? get more done?**

Say: **It’s amazing how far a little help and encouragement can go! And let’s face it—we all need help now and then. Jesus knew we would need help after he went to live in heaven. Because Jesus loved us so much, he wanted us to have a special helper to always be here for us.**

**Turn in your Bibles to John 14:15. If you need help, simply ask someone, then be sure to thank your helper!** Pause as kids find their places in the



Bible. Have kids bookmark John 14 with the blue bookmarks they made several weeks ago. If kids don't have bookmarks, let them use 8-inch lengths of blue ribbon and the Bible icons from page 123 to make them now.

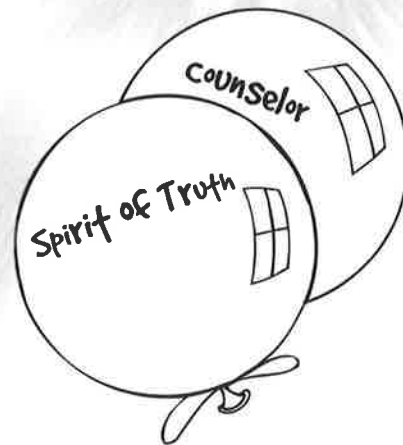
Say: **As I read a few verses from John 14, listen to find out what things our special helper does for us. Point a finger in the air each time you hear something the Holy Spirit does for us.** Read aloud John 14:15-17, 26. Then ask:

- ★ **What does the Holy Spirit do for us?**
- ★ **Why did Jesus want us to have the Holy Spirit?**
- ★ **How do we know the Holy Spirit is real?**
- ★ **What are other names given for the Holy Spirit in these verses?**

Say: **Jesus sent the Holy Spirit to be our friend and counselor, our help and encouragement. Jesus sent the Holy Spirit to teach us and strengthen our faith . And we know that God's Spirit is alive and real because of what he does for us! That's pretty amazing and wonderful, isn't it?**

Hand each child a balloon to inflate and tie off. Then let kids use markers to write the names for the Holy Spirit on their balloons. Include these names: Spirit of truth, Counselor, and Holy Spirit. Help younger children write the names by spelling them aloud. Be sure to have kids write their own names on the bottoms of the balloons. When the balloons are finished, have kids get with partners and help each other learn the names for our special Spirit friend.

After several minutes, say: **Isn't it wonderful to know we have a special friend and helper who lives with us all the time and helps us find our faith in powerful ways? Let's use our name balloons to play a lively game as we learn more about what our special friend can do!**



## THE MESSAGE IN MOTION

Before class, use masking tape to make a large square in the center of the room. Make the sides of the square at least four feet long, then place masking tape diagonally from one corner to the other to form an X inside the square.

Have kids form four teams and stand along the four edges of the square holding their balloons. Tell kids that this game is played much like volleyball

## Lesson 10

except that players use balloons instead of balls and move the balloons with air instead of hands. Have one player from each team stand in a triangle beside her team. When you say “go,” all four kids are to toss their balloons in the air and blow them to another section of the square. Players must keep the balloons from touching the ground by blowing on them. If a player thinks he needs help, he can shout, “Send a friend!” and another player from the team must run in and place her balloon in play while helping keep all the balloons from touching the ground.

Keep adding players and balloons until everyone is huffing and puffing to keep all the balloons off the ground. Each time a balloon touches ground, remove it from play. Continue until only one balloon is in play and finally touches the ground. Then take a breather and ask:

- ★ **Why couldn't one player keep all the balloons in the air?**
- ★ **How did it feel to receive your friends' help? encouragement?**
- ★ **How is this game like when we call upon the Holy Spirit for help?**
- ★ **How does the Holy Spirit help us? encourage us? strengthen our faith?**

Say: **In our game, there were just too many balloons for one player to keep juggled and going. It's like that in real life, too. We have so many things going on in our lives with friends, family, school, church, helping others, and extra activities such as sports, music lessons, or hobbies that it's impossible to keep everything “in the air” at once. We need help. That's what the Holy Spirit is here for! Jesus sent the Holy Spirit to help, encourage, teach, and remind us to obey God. And when we find faith in the work of the Holy Spirit, we grow closer to God. The Holy Spirit also helps us learn and obey God's Word. Let's learn a new Mighty Memory Verse about the Holy Spirit and what he does for us.** Set the balloons aside for now.

### **SUPER SCRIPTURE**

Gather kids and help them find and bookmark 1 Corinthians 3:16 with the yellow ribbon bookmark they made several weeks ago. Read aloud the first portion of the verse two times as kids follow along, then have them read the verse with you two times aloud.



Say: **This verse asks us if we know two things: that we're God's temple and that God's Spirit lives in us. Who do you think is God's Spirit?** After kids tell that God's Spirit is another name for the Holy Spirit, invite them to write the name “God's Spirit” on their balloons as another way to call on the Holy Spirit. Then ask:

- ★ **What two things is this verse asking?**
- ★ **Why is it important to know that we're God's temple and that God's Spirit lives in us?**
- ★ **What does God's Spirit do for us?**

Say: **The Mighty Memory Verse tells us that we're God's temple, which means our minds and bodies belong to God. It also tells us that God's Spirit lives in us to help us accomplish great things and serve others and God. Isn't this a great verse? It makes me want to celebrate being so close to God! As a celebration of our special friend and helper, let's turn our balloons into celebration balloons!**

Cut varying lengths of curling ribbon and show kids how to curl it. If you have young children in class, purchase already curled ribbon and cut colorful lengths to tie on the knots of the balloons. Then have kids write 1 Corinthians 3:16 on index cards and tape them to the ribbons. (If you have young kids, you may want to use Scripture strips instead of index cards.) As kids work, have them ask each other the two questions from 1 Corinthians 3:16 to practice repeating the verse. Have kids answer with, "I know and I'm glad!"

When the celebration balloons are done, have kids march around the room two times waving their balloons and repeating the Mighty Memory Verse in unison.

Have kids sit in a circle, then say: **In New Testament days, Paul would give wonderful blessings to his fellow Christians reminding them of the joy we have through the Holy Spirit. Let me read what Paul said to one group of Christians.** Read aloud Romans 15:13, then ask:

- ★ **Why do we have joy knowing that God's powerful Spirit is with us?**
- ★ **How can we share this joy with others?**

Say: **I'm so glad that Jesus loved us enough to send the Holy Spirit to be our special friend and helper and to give us joy and hope. You know, the Holy Spirit was the answer to one of the promises Jesus made to us. And we know that Jesus always keeps his promises! Let's make our own promise to the Lord right now, then thank Jesus for the Holy Spirit with a prayer.**



## A POWERFUL PROMISE

Before class, write the words to the song in this activity on a large sheet of newsprint or poster board.

Have kids sit in a circle and say: **We learned today that Jesus sent us a wonderful gift in the Holy Spirit, who is our friend and helper. We also learned there are many names we use for the Holy Spirit. Can you help me name them?** Encourage kids to tell the names for the

Holy Spirit: Counselor, Spirit of truth, God's Spirit, friend, and helper.

**And we began to learn a new Mighty Memory Verse that asks us two questions. First Corinthians 3:16 says, "Don't you know that you yourselves are God's temple and that God's Spirit lives in you?"**

Hold up the Bible and say: **Jesus promised us the gift of the Holy Spirit before he went to live in heaven, and Jesus always keeps his promises. We can make a promise of our own. We can commit to welcoming the Holy Spirit into our lives to help, teach, and encourage us as we grow closer to God. As we pass the Bible around the circle, we can say, "I want the Holy Spirit to be with me."** Pass the Bible until everyone has had a chance to hold it. End with a prayer thanking Jesus for his loving gift of the Holy Spirit.

Say: **What a gift the Holy Spirit is! A friend and counselor, a teacher of truth and a helper of hearts—that's the Holy Spirit! Let's sing a new song to the tune of "Jesus Loves Me." As we sing, think about how wonderful it is to have the Holy Spirit in our lives!** Sing the following song to the tune of "Jesus Loves Me" as kids gently sway their balloons back and forth.

**Jesus sent a friend to me  
To live inside my heart, you see.  
He's my friend and counselor;  
He's so very wonderful!  
God's Holy Spirit—  
God's Holy Spirit—  
God's Holy Spirit—  
He lives inside my heart!**



Close by reading Romans 15:13 and saying this responsive good-bye:

Leader: **May the Holy Spirit be with you.**

Children: **And also with you!**

Distribute the Power Page! take-home papers as kids are leaving. Thank children for coming and encourage them to keep their promises this week.

# POWER PAGE!

## NAME GAME

Look up the Bible verses, then write the missing word in the blanks. When you fill in the numbered spaces at the bottom, you'll discover the name of our special helper and friend.

John 14:16 C                    
                            2                   6

John 14:26 H          S           
  1                   4

Matthew 3:16 S          of           
  8                   9

John 16:13 S                   of  
                            7                   3  
          
                            5

                                                                                                    
8   2   9   6   6   1   7   5   4   3

## A Closer Look!



Who did Jesus send to us?  
(John 14:15-17) \_\_\_\_\_  
\_\_\_\_\_

What does the Holy Spirit do for us?  
(John 14:26) \_\_\_\_\_  
\_\_\_\_\_

Why do we need the Holy Spirit?  
(Acts 1:8) \_\_\_\_\_  
\_\_\_\_\_

How can we receive the Spirit?  
(Acts 2:38) \_\_\_\_\_  
\_\_\_\_\_



Follow the arrows  
to plug in the  
missing letters  
from your Mighty  
Memory Verse,  
1 Corinthians 3:16.

