

TOWER OF POWER!

The Holy Spirit
helps us accomplish
great things for
God.

John 16:7, 8, 13
Galatians 5:22, 23
Ephesians 3:16

SESSION SUPPLIES

- ★ Bibles
- ★ copy paper and a pencil
- ★ a roll of white shelf paper
- ★ markers and tape
- ★ scissors (lots of 'em!)
- ★ newspaper
- ★ an electric blender
- ★ apple juice and plastic knives
- ★ small paper cups
- ★ a selection of fresh and canned fruits
- ★ copies of 1 Corinthians 3:16 (page 127)
- ★ photocopies of the Power Page! (page 105)

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

(For older kids, add in John 16:13a: "But when he, the Spirit of truth, comes, he will guide you into all truth.")

SESSION OBJECTIVES

During this session, children will

- ★ realize that the Holy Spirit helps us
- ★ discover that the Holy Spirit is part of the Trinity
- ★ learn that the Holy Spirit brings the fruit of the Spirit
- ★ explore how the Holy Spirit guides us

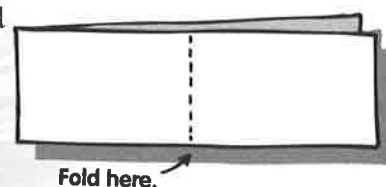
BIBLE BACKGROUND

Ever notice how the third member of the Trinity often gets third billing? Too often overlooked, too seldom called upon, the Holy Spirit is often viewed in terms of *how* instead of the *what* and *why*. We get caught up wondering *how* the Holy Spirit works and *how* someone not visible can empower us so greatly. Instead, we need to explore *what* the Spirit does for us and *why* Jesus felt the need to send us such a powerful source of empowerment and help. If we accept the Holy Spirit as our convictor, teacher, and personal source of divine power, we begin to recognize the real reason God wanted us to have his Spirit among us—so we could accomplish great things in God's kingdom and throughout the entire world! No third billing here!

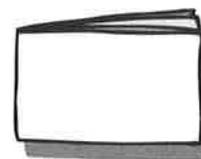
Kids need to realize there's power and strength from God right at their fingertips—when they prayerfully ask the Holy Spirit's enabling help and empowering passion to enter their lives! For if kids learn the secret to finding faith in the heart of God's Spirit at such a tender age, just imagine what they will do as grown-ups! Use this lesson to help kids discover the strength and might of the Holy Spirit and how he helps us in every walk of life.

POWER FOCUS

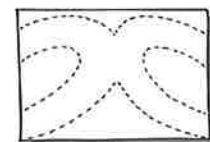
Before class, practice folding and cutting the three connected hearts. First, cut a sheet of white copy paper in half lengthwise and tape the paper end-to-end to make a long strip. Tape the ends on both sides of the paper. Fold the strip from left to right as depicted in the illustration, then fold it once more. Lightly draw the same pattern on your paper as in the illustration. Now hold the paper as you carefully cut on the lines. Open the paper and you'll see three complete hearts attached together! Simply snip off the half-ends and you're ready to go.



During class, you'll cut a 4-foot length of white shelf paper. You'll be folding and cutting it during the presentation just as you would the white copy paper; however, you won't need to cut the paper in half lengthwise to make the long strip—you already have it!



Welcome kids and tell them you're happy to see them. Then hold up the length of shelf paper. Say: **Here's a long strip of white paper. It doesn't seem too unusual or exciting, does it? You know, sometimes the simplest things become very exciting!** **Watch!** Fold the long piece of shelf paper two times as you did with your practice paper. Then lightly trace the cutting pattern on the paper or cut the design freehand.



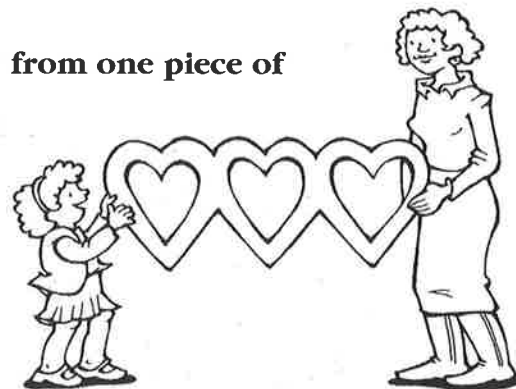
As you fold and cut, say: **This is going to be a really big job! I could use lots of help, but where can I find it? I know! Why don't you all come and help me hold and cut this paper!** Have kids come hold the paper as you begin cutting on the lines. Then hand the scissors to a child to continue cutting as you take her place holding the paper. Continue switching holders and cutters until the paper is completely cut along the pattern lines.

Before opening the paper, say: **Wow! That would have been a tough job with no help! Thank you for helping me accomplish all the folding and the cutting—I couldn't have done it without you. Now let's see what we made!** Ask a couple of children to help you unfold the paper and reveal the

Lesson 11

giant linked hearts. Say: **Three giant hearts from one piece of paper—and look, they're all connected!**

Three in one; one in three! Did you know that's how we view God, Jesus, and the Holy Spirit? We call this the Trinity, and God, Jesus, and the Holy Spirit make up the Trinity. Ask:



★ **In what ways can the Trinity give us triple the help? triple the love? triple the faith and encouragement?**

Ask a child to write God's name on the first heart as you say: **God is our heavenly Father. It was God who created us and first loved us. In fact, God loved us so much, he sent his Son, Jesus Christ, to live with and love us!** Write the words "Father," "love," and "Creator" on the heart.

Choose another child to write Jesus' name on the second heart. Say: **Jesus taught us about God and how to treat one another. Jesus is our Savior who died for our sins so we could be forgiven and live forever with God!**

On the second heart, write "Son," "Savior," and "teacher."

After Jesus was risen to heaven he sent us a special gift! Do you remember who that was? Pause for responses, then say: **Jesus sent us the Holy Spirit to be our helper and friend!**

Invite a third child to write the words "Holy Spirit," "helper," and "friend" on the last heart. Then say: **We began learning about the Holy Spirit last week. Today we'll discover how the Holy Spirit helps and teaches us.**

Tape the three linked hearts to the wall and point to each as you say: **This is the Trinity—what a tower of power to place our faith in! Let's read what the Bible says about the Holy Spirit and the kind of help he brings.**

POWER POINTERS

Explain to kids that just as nutritious foods give our bodies an energy boost to get things done, the Holy Spirit gives us a powerful spiritual boost to get going for God!

THE MIGHTY MESSAGE

Before class, choose a selection of fresh and canned fruits (strawberries, apples, bananas, green and purple seedless grapes, pineapple, oranges, melon, and pears) to use in this activity and the next. (In the next activity, you'll blend these fruits into a delicious energy drink, so use ripe fruits that you can

buy in bulk.) You may also wish to write the words to the Holy Spirit rhyme later in this activity on newsprint and tape it to a wall.

Gather kids and set the fruits beside you. Say: **We're going to be learning all about what the Holy Spirit does for us, and we'll use these yummy fruits to help. God sends rain and sunshine to help fruit trees grow and produce good fruits like these that give us energy and life. Did you know that God did much the same thing with the Holy Spirit? God sent the Spirit through Jesus to help us grow and produce good things in our lives. The Holy Spirit gives us the power and energy to do good things. The Bible calls these good things the fruit of the Spirit. Let's discover what this good fruit is all about! Open your Bibles to Galatians 5:22.**

Help kids find Galatians if needed, then have kids mark the place with the blue bookmarks you made several weeks ago. Read aloud Galatians 5:22, 23, then place an apple, an orange, a banana, the purple and green grapes, the pineapple, a melon, a pear, and a strawberry in front of you. Say: **We'll pretend that these fruits represent the fruit of the Spirit. Here is love, joy, peace** (point to the first three pieces of fruit), **and here are patience, kindness, and goodness** (point to the next pieces of fruit). **Finally, there's faithfulness, gentleness, and self-control.** Then pick up each piece of fruit and have kids tell what that fruit of the Spirit, such as joy or kindness, means.

When you've covered each fruit of the Spirit, ask:

- ★ **Why are these values we want in our lives?**
- ★ **How can having this fruit help us draw closer to God? to others?**
- ★ **When is a time you used a fruit of the Spirit? For example, when have you shown faithfulness or self-control?**

Say: **The Holy Spirit produces the fruit of the Spirit in us and helps us use these values to serve God. In fact, the Holy Spirit does three things for us:**

He shows us what's wrong;

He tells us what's right.

He gives us the power, the strength, and the might!

In other words, God's Spirit shows us what's wrong, then gives us the power to say no and to stay away from wrong. The Holy Spirit also tells us what's right and reminds us of what Jesus taught. Read aloud John 14:26 and 16:7, 8, 13. Then say: **Finally, the Holy Spirit gives us the power, strength, and energy to accomplish great things for God and to tell others about Jesus!** Read aloud Acts 1:8.

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Have kids repeat the Holy Spirit rhyme from page 101 with you. Then ask:

- ★ **Why is it good that the Spirit shows us what's wrong?**
- ★ **How does it help when the Spirit teaches us what's right?**
- ★ **How does it feel knowing that the Holy Spirit gives you the power and energy to accomplish things for God?**
- ★ **What are things we can do to serve God through the help of the Holy Spirit?**

Have kids think of other words to describe the Holy Spirit and write them on the heart you cut from the shelf paper. Suggestions might include teacher, reminder, and power-giver.

Say: **We know that the Holy Spirit is part of the Trinity and that God sent him to us. We also know that the Spirit brings good things for us to have in our lives. And we know that the Holy Spirit brings us the power and energy to accomplish God's will. That's pretty awesome! That's power and energy the Spirit way! Let's make a special fruity Power Punch to sip and enjoy as we learn more about how the Holy Spirit helps us!**

THE MESSAGE IN MOTION

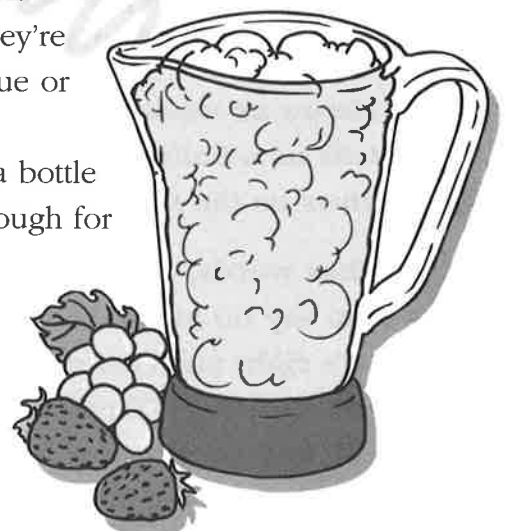
Cover a work area with newspapers and have children form nine small groups. Assign each group a fruit to peel, clean, slice, or otherwise prepare for blending. When you assign a fruit to a group, also assign a fruit of the Spirit.

As kids prepare their pieces of fruit, encourage them to discuss their fruit of the Spirit and to give examples of that fruit in real life. Suggestions for joy might include showing happiness at all God gives to us and does for us.

When the pieces of fruit are prepared, call each group forward with their delicious offerings and have group members tell what their fruit of the Spirit means and why they're glad the Holy Spirit gives us that particular value or trait. Then place the fruit in the blender.

After all the fruit is in the blender, add half a bottle of apple juice to stretch the fruit and make enough for everyone to have a sip. Blend the mixture on low or medium-low for thirty seconds, then pour the juice into small paper cups.

Before kids sip their Power Punch, say: **The Holy Spirit brings us power and energy to put to use for God. And when we have a**



good mixture of the Spirit's good fruit in our lives, we can accomplish so much! Let's thank the Holy Spirit for his energy and power before we sip our own energy drink. Pray: Dear Lord, we thank you for your gift of the Holy Spirit. We know he is our wonderful friend and helper. We're so glad that the Spirit brings us good things to grow in our lives and the power to put them to use! Please help us use this special energy for your glory! Amen. As kids sip their treats, ask:

- ★ Why did Jesus want us to have the Spirit's extra help?
- ★ How can we use the fruit of the Spirit every day?

Say: The Holy Spirit does so much for us! One of the things he does is help us learn about God and his Word. So let's use the Spirit's help right now as we work on our Mighty Memory Verse.

SUPER SCRIPTURE

Before class, photocopy the Scripture strip for 1 Corinthians 3:16. Copy and cut out a strip for each child.

Repeat 1 Corinthians 3:16 in unison three times. Then invite kids to take turns repeating the verse. If you have older kids, introduce the extra challenge verse (John 16:13a) at this time and repeat it three times aloud.

When everyone who wants one has had a turn, say: **This powerful verse asks us two important questions. What are those questions?** Pause for kids to respond, then say: **This verse wants us to know we're God's temple. That means our hearts, minds, souls, and bodies belong to the Lord—and since he made us, that's wonderful! The verse also wants us to know that God's Spirit lives in us, and we know that's the Holy Spirit.** Ask:

- ★ Why is it good that the Holy Spirit is with us all the time?
- ★ How can knowing the Spirit lives in us give us more faith? more patience? more joy?

Say: **Earlier we made huge paper hearts to show that the Holy Spirit is part of the Trinity. Now we can each make a big paper heart to show that the Holy Spirit lives in our hearts and lives!**

Hand each child a 1-foot section of shelf paper and show kids how to fold the paper in half. Next, help kids trace *half* a large heart on one side of their papers, making sure the center of the heart is on the fold. Finally, have kids cut out the paper hearts, fold them closed, and cut out another heart from the center of the first heart. On the large, hollow heart, have kids write "The Holy Spirit lives in me!" Then have them tape the Scripture strip to the center of the

smaller heart. Tape the smaller heart at an angle inside the hollow space, then decorate both hearts with colorful markers. When the hearts are complete, have kids read the Mighty Memory Verse aloud two more times, then wave their hearts as you repeat the Holy Spirit rhyme from page 101.

Say: **I'm so glad that Jesus kept his powerful promise of sending the Holy Spirit to us to be our constant helper and friend, aren't you? Let's express our thanks to the Lord for sending us the gift of the Holy Spirit as we make our own powerful promise.**

A POWERFUL PROMISE

Have kids sit in a circle and ask for a moment of silence, then say: **What a power-packed time we've had learning about the Holy Spirit. We learned that the Holy Spirit is part of the Trinity, which includes God the Father, Jesus the Son, and the Holy Spirit. We know that the Holy Spirit shows us what's wrong, teaches us what's right, and provides the power to accomplish great things for God. And we've reviewed the Mighty Memory Verse that asks us two important questions; 1 Corinthians 3:16 asks (encourage kids to repeat the verse with you), "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, and he kept that promise. The Holy Spirit also promises to be with us all the time as friend, teacher, comforter, and counselor. Let's make a promise of our own to work on growing the fruit of the Spirit in our lives and to rely on the power of the Holy Spirit to help us accomplish great things for God. As we pass the Bible around the circle, we can say, "I want to be led by the Holy Spirit."** Pass the Bible until everyone has had a chance to hold it. Then offer a prayer thanking Jesus for the gift of the Holy Spirit and asking for his help in growing the fruit of the Spirit in kids' lives. End with a corporate "amen."

Say: **The Holy Spirit helps us do great things for God, such as help others, serve God, teach our friends about Jesus, or even pray powerfully. Let's close by repeating our Holy Spirit rhyme a few times. Clap, snap, or tap your feet in time to the rhythm and words!**

End by reading Ephesians 3:16, then close with this responsive good-bye:

Leader: **May God's 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!

Bananarama!

Use the word bank to fill in the words, then read the circled letters downward to discover what the Holy Spirit brings us!

He shows us _____ , _____ wrong,
 He tells us what's _____
 He gives _____ the power,
 the _____ ,
 and the _____ !

WORD BANK

strength us
 might right what's

Peel a banana and poke your clean finger straight down through the point. See how it splits into 3 pieces from 1 banana?

That's how it is with the Trinity: God, Jesus, and the Holy Spirit are 1 in 3 and 3 in 1



Now add a scoop of ice cream and yummy chocolate topping, and you'll have a 3-in-1 treat to eat. Mmmm good!

Seek-n-Search

P	K	Y	V	W	B	X	Z	P	Q
L	N	O	A	Q	T	H	A	T	Y
Y	O	U	R	S	E	L	U	E	S
O	W	X	E	Z	M	O	Q	X	Y
U	Z	Y	X	S	P	I	R	I	T
Q	G	O	D	S	L	Q	X	A	B
Y	O	L	I	V	E	S	B	N	X
Z	D	O	N	T	H	A	T	D	Z
X	S	Y	O	U	Z	X	Q	W	B

All the words from the Mighty Memory Verse are hidden in this puzzle. After you circle a word in the puzzle, cross it out below.

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