



## Lesson 5

# Who is the Holy Spirit?

### Tips for Family Discipleship

- Adapt this content to meet the needs of your family
- Focus on Jesus
- Be a guide, not a general
- Feed your own growth
- Share personal stories/testimonies
- Pray with your child and for your child

**Families of younger children** Younger children may not easily grasp the concept of the Holy Spirit. Because children are concrete thinkers, it's easier for them to understand two of the three persons of the Trinity - Father God and His Son, Jesus. Spend time this week discussing how God sends the Holy Spirit to be a helper. Use some of the fruit of the Spirit (Galatians 5:22-23) to help your child understand that God can help them show love, be patient, and have self-control. Then, go to YouTube and search "Crazy Praise Fruit of the Spirit" and enjoy a fun worship song together!

## Introduction

The Holy Spirit is often the forgotten part of the Trinity. Although we are aware of His presence, we are ignorant of the power He can bring into our lives. As a result, our faith is dry and mechanical, causing us to lack zeal for serving God.

**SUPPLIES NEEDED:** water, ice cube, window or small mirror

**ACTIVITY:** Discuss that water comes in three forms: liquid (show water), solid (show ice cube), and gas (exhale on window or mirror to demonstrate water vapor).

**DISCUSS:** God is three persons in one: God the Father, God the Son, and God the Holy Spirit. God is like the three forms of water in that He is three in one, however, God is NOT like water in any other way. He is a mystery. He is not like anything we know. We can't accurately draw Him, explain Him, or compare Him. But we can trust Him, and we can know that He is good. Today, we will learn about the person of God that is the Holy Spirit.

**PRAY:** Holy Spirit, guide us to learn more about You today!



Many Christians neglect learning about and growing in the Holy Spirit. Some may believe that since the Holy Spirit is the Third Person of the Trinity, He is of lesser importance, which is not true. There is perfect unity and harmony among the Father, Son, and Spirit.

Let's focus on four basic ideas that will help us grow in both our understanding and experience of God's wonderful Spirit.

### Point #1 – THE PRESENCE OF THE SPIRIT

At the moment of salvation, The Holy Spirit comes to live within one's soul and never leaves. We aren't changed on the outside, but we are changed on the inside. We are made new through the Holy Spirit.



**OPEN YOUR  
BIBLE**

READ John 3:3

Have your child find the phrase "born again."



**Stuff to  
Talk About**

How can a person be born again? As Nicodemus pointed out in John, chapter 3, we can't physically be born again, but we can be transformed by the Holy Spirit. Our attitudes, our behavior, our outlook all change when we come to know the Lord. Our old way of living dies and a new way of life (through Christ) is born.

Parents, this is a great opportunity for you to share your personal story of transformation. How has Christ changed you?

**Use a birthday candle (or anything birthday related, such as a gift bag) to remind your child of a birthday celebration. Birthdays celebrate physical birth. In John 3:3, Jesus told Nicodemus that one must be "born again." When one becomes a Christian, he/she experiences spiritual birth through Christ. At that time, the Holy Spirit changes you and never leaves you.**



**OBJECT  
LESSON**

### Point #2 – THE EXPERIENCE OF THE SPIRIT

No one has the ability to live the life of Jesus in his or her own strength. We aren't good enough to save ourselves from sin and we aren't strong enough to fight temptation alone. We must realize that we are dependent upon the Holy Spirit to help us "walk" out our faith. Walking in the Spirit simply involves obeying and yielding to the will of the Spirit.



**GET  
MOVING**

**The word "walk" is frequently used in the New Testament to refer to the Christian life. Have your child walk around the room. As your child walks around, give simple commands, such as "stick out your tongue" or "flap your arms as you go." Discuss how our walk as a Christian is the same and how it is different. We are to "walk by the Spirit" (Galatians 5:16) as we live out our life, which means we have to listen for the Holy Spirit to tell us what to do and how to do it. It may not be as easy as following verbal directions, but the Holy Spirit will guide us if we seek Him.**

### Point #3 – THE FRUIT OF THE SPIRIT

When we yield to the Holy Spirit and obey Him, our character continues to change and we produce "fruit." Although we won't be perfect, our actions and attitudes should reflect Jesus. Through the help of the Holy Spirit, we can act out love, patience, kindness, and self-control.

**There is a fun worship song that helps kids learn the Fruit of the Spirit as found in Galatians 5:22-23. Go to YouTube and search "Crazy Praise Fruit of the Spirit" and have fun!**



**LET'S  
WORSHIP**



**Stuff to  
Talk About**

When a fruit tree is planted in fertile soil and gets plenty of sun and water, it will eventually grow fruit. When we dig deep into God's Word and seek to know more about the Lord, we will eventually grow spiritual fruit. We won't have bananas hanging off of our arms, but we will act differently than the world around us.

## Point #4 – THE POWER OF THE SPIRIT

The Holy Spirit did not descend until after Jesus ascended. Jesus knew that we all needed a helper and a comforter.

In Acts 1:8, we see that Jesus has called us to make Him known, and He has given us the power to do it through the Holy Spirit! We are not alone! If we seek the Spirit's power through prayer, He will strengthen us to influence others for Him.



**OPEN YOUR  
BIBLE**

READ Acts 1:8

Have your child find  
the word "power."



The concept of the Holy Spirit can be difficult to grasp for children, but not impossible. As a child grows in their faith and understanding of the Lord, the Holy Spirit will guide him/her to understand Him more and more. As a parent, be intentional. Have faith conversations as you go throughout your daily routines, driving, eating, and living.



CLOSE IN PRAYER

### Follow Me Challenges

**PERSONAL:** List 5 scriptures that have had an impact on your life.

**PUBLIC:** Participate in, invite folks to, or host a Backyard BBQ. More information can be found at [tabernaclebaptist.org/events](http://tabernaclebaptist.org/events).

**PRAYER:** Pray for...

- opportunities to share Scripture with the people on your "My 5 List" (people in your circle of influence who need the love of Jesus).
- TBC Backyard BBQs.
- students/leaders who will attend Merge Weekend (Fri 4.23 - Sat 4.24).