

Sunday School 3rd-4th The Promise of the Holy Spirit
May 17th

Based on John 14:15-21, I will send you a comforter...

Today we are going to focus on Jesus' promise of the Holy Spirit.

Read John 14: 15-21

Jesus said the Holy Spirit would be a friend to us to help us understand God and know the right thing to do. The Holy Spirit is like the wind. We can't see it, but we can feel it. When we listen to the Holy Spirit, we understand more about God and know the right thing to do. The Holy Spirit is like heat. We can't see the Holy Spirit, but we can feel it. The Holy Spirit warms our heart with love and reminds us Jesus loves us. And the Holy Spirit is like water. It pours life and love into us so that we can share life and love with others.

Questions and Discussion

We can't see the Holy Spirit, but we can feel it. Can you think of anything else you can't see but know is there? (air, wind, love, heat, smells) Have you ever spent time away from someone you love? Maybe you had a sleepover, or a trip where you weren't in your home. You might miss the people that you're separated from in those circumstances. Sometimes having something to remind you of mom and dad or other loved ones can help, like a special blanket or stuffed animal that comforts you and reminds you of things and people you love. Did you know that Jesus did something similar for us? Jesus said that while we wouldn't see him anymore, he would give the spirit to comfort and guide us.

That message was not just for the disciples, but it's for us, too! We don't see God with our eyes, but we know that God's Spirit lives in us, and we can feel that. The Holy Spirit helps us to pray, guides us, and comforts us. We know that we can experience God when we to pray, read our Bibles, and show kindness to one another. The Spirit reminds us that God is always with us.

Can you think of a time when you experienced the Holy Spirit? It's not always easy to tell, but maybe you were really scared and you prayed and felt better. Or maybe you listened to a song or played a piece of music and you had feelings you couldn't put into words. Or maybe you've felt a sense of peace walking in the forest or a sense of joy going super fast on your bike. Maybe you were tempted to say something mean or join other kids who were picking on someone, but something inside you said "don't". There are lots of ways we can experience the Spirit, but we have to pay attention! Try to look for the Spirit in your life this week!

Activity: Blow art – make air/wind/breath “seeable” with paint just like we can see the Spirit in the love and guidance we feel from others.

Materials needed:

- paper (a thicker paper works well, but use whatever you have)
- straws
- paint (water down a thicker paint or use watercolors)
- a place you do not mind messes (now that it's warmer hopefully you can use a back patio or front porch)

Pick a paint color and put a blob on the paper. Have the children blow through the straw into the paint to spread it across the paper. (see photos below)



Prayer: Thank you for the comfort of your Spirit and thank you for your love. In Jesus name, Amen.

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