

THE HOLY SPIRIT IS IN US

Background

Earlier this year, we went through the book of Acts. Remember that after Jesus ascended to heaven, the Holy Spirit came like a mighty wind on the day of Pentecost. The disciples started speaking in tongues. Peter shared the good news of Jesus and about 3,000 people believed in Jesus. The early church was born, and more and more people came to believe in Jesus. Peter, Stephen, Philip and Paul were able to perform miracles, like healing the sick, and many people came to believe in Jesus.

This Holy Spirit sounds pretty amazing. We'll be learning more about Him in the next few weeks.

WHO IS THE HOLY SPIRIT?

The Holy Spirit is God. There are 3 persons in the Godhead, God the Father, God the Son, which is Jesus and God the Holy Spirit. There is one God. (Yes, even adults have problems understanding this, but let's remember that God is bigger and greater than humans, and some things are beyond our human minds to understand).

For teacher's information:

The word "Godhead" was used in Colossians 2:9 (NKJV) in reference to Jesus. "For in Him dwells all the fullness of the Godhead bodily". (There are many illustrations for trinity, e.g. egg, but all of them have flaws so I prefer not to use them. It is better for children to accept this truth by faith at a young age).

But the Holy Spirit was mentioned before the Book of Acts. Do you remember hearing about the Holy Spirit even before Jesus rose from the dead and ascended to heaven?

1. The Holy Spirit was mentioned at Jesus' baptism. "... and the Holy Spirit descended on him in bodily form like a dove." (Luke 3:22)
2. The Holy Spirit was present in the beginning, when God created the world and man. "Now the earth was formless and empty, darkness was over the surface of the deep, and *the Spirit of God* was hovering over the waters." (Genesis 1:2).
3. Even people in the Old Testament had the Holy Spirit come on them, and they did amazing things:
 - Joseph could interpret dreams and had so much wisdom that Pharaoh said: "Can we find anyone like this man, one in whom is the spirit of God¹?" (Genesis 41:38) and appointed him as the Prime Minister of Egypt.

¹ This shows that even a non-believer like Pharaoh could see that Joseph had supernatural wisdom. However, the Holy Spirit was on Joseph, not in him.

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- Samson had great strength when the Spirit came upon him. He tore a lion apart with his bare hands (Judges 14:6) and struck down 1000 Philistines who were trying to kill him.
 - The Spirit of the Lord came powerfully upon David since he was anointed by the prophet Samuel as king (2 Samuel 16:13), and he was able to play music which helped King Saul feel better when he was disturbed by an evil spirit. David was also able to face the giant, Goliath boldly with only a sling and five stones, defeat him and save the people of Israel from their enemies, the Philistines.
4. But the Spirit would leave the people in the Old Testament when they sinned. That's why David prayed to God after he sinned, *"Do not...take your Holy Spirit from me."* (Psalm 51:11)

THE HOLY SPIRIT IS IN US

LESSON

Today, when you hear the amazing things that these people did, you may wish that you could be like Joseph, David or Samson. But, do you know we have something far better than them?

The Holy Spirit is in us. They only had **the Spirit on them**, not the Spirit in them.

WHY WE CAN HAVE THE HOLY SPIRIT IN US

As God is holy and man is sinful, God the Spirit could not live in sinful man. Because Jesus died for us on the cross, Jesus took our sins away and made us clean, the Holy Spirit can now live in us. So when we come to believe in Jesus, God gives us the Holy Spirit. Joseph, David or Samson lived before Jesus' death on the cross.

"Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree") ... that we might receive the promise of the Spirit through faith." (Galatians 3:13-14)

JESUS SAID THE HOLY SPIRIT WILL BE IN US

Before Jesus was arrested and crucified, he told his disciples (and that includes every one of us who believes in Jesus), *"And I will pray the Father, and He give you another Helper, that He may abide with you forever."* (John 14:16); *"the Spirit of truth ...you know him, for he lives with you and **will be in you.**"* (John 14:17). When the Holy Spirit is in us, we have Jesus and the Father in us as the Holy Spirit is also the Spirit of the Father and Jesus. (Romans 8: 9-11, Galatians 1:1)

THE HOLY SPIRIT WILL NEVER LEAVE US

Unlike David, we need not worry about the Holy Spirit leaving us when we sin. The Holy Spirit will always be with us (Matthew 28: 20) and never leave us (Hebrews 13:5). He is with us 24/7, i.e. 24 hours a day, 7 days a week. He is always with us to comfort us and help us with our problems.

We have it so much better than David and all the people in the Old Testament!

THE HOLY SPIRIT IS IN US

YOUNGER KIDS' VERSION: God's Spirit Lives in Me!

Today we are going to learn about a very special friend, God's Holy Spirit.

The Holy Spirit is God, just like God the Father and Jesus are God. There is only one God, but He is three persons — God the Father, God the Son Jesus, and God the Holy Spirit.

The Holy Spirit is our special friend who lives inside everyone who believes in Jesus.

In the Bible, before Jesus came, God's Holy Spirit helped some people do amazing things!

- The Holy Spirit helped Joseph understand dreams and be very wise.
- The Holy Spirit gave Samson super strong muscles so he could fight the bad guys.
- The Holy Spirit helped David play music that made King Saul feel better.

Back then, the Holy Spirit only came on people for a little while each time.

But after Jesus came and washed away our sins, something even more amazing happened! Now the Holy Spirit can live inside everyone who believes in Jesus forever! He'll never leave us.

The Holy Spirit is like your best friend who never leaves you. He helps you make good choices and reminds you how much God loves you. He gives you joy and peace inside. He is always with you!

To help make these abstract ideas more concrete, you could act them out with props:

- * Put on a coat when the Holy Spirit comes on them temporarily
- * Take the coat off when the Holy Spirit lifts
- * Put on a t-shirt or draw a heart on yourself when the Holy Spirit lives in you forever after Jesus

Keep the stories brief with younger kids, focusing on the main point - God's special friend the Holy Spirit lives in me forever!

THE HOLY SPIRIT IS IN US

ACTIVITY

SONGS

Every move I make

<https://youtu.be/Dgf1YzscBLE>

MEMORY VERSE

*"He lives with you and **will be in you.**"* (John 14:17)

Take some time to reflect on what Jesus has done — that He has cleaned us perfectly so we can have the Holy Spirit in us. What a wonderful gift!

CRAFT

Make a friendship bracelet or necklace while talking about the Holy Spirit being our friend

Make a "God's Special Friend Lives in Me" sign or picture frame

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 1

REVIEW & HOOK

Last week, we learnt that the Holy Spirit is God.

There are 3 persons in the Godhead, God the Father, God the Son, which is Jesus and God the Holy Spirit. There is one God.

We also learnt that people in the Old Testament like Joseph, David and Samson only had the Spirit on them, not the Spirit in them.

But we have the Holy Spirit in us, and He will be always with us (Matthew 28: 20) and will never leave us.

HELPER

Usually, when we use the word “helper”, we think of helpers as people we employ to help with housework or to look after children or old people. These helpers are very important as they make life easier for a lot of people, especially working parents or the elderly/sick.

Do you know that the Holy Spirit is known as “the Helper”? But unlike the helpers who can only help with housework and looking after people (physically), the Holy Spirit can help us with so many things.

As He is God, and He is all powerful, He is our Super Helper. He is the best Helper that we can have!

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 1

LESSON

Jesus told his disciples (and that includes every one of us who believes in Jesus), *“And I will pray the Father, and He give you another Helper, that He may abide with you forever—”* (John 14:16, NKJV)

“But the Helper, the Holy Spirit whom the Father will send in My name, He will teach you all things, and remind you of all that I said to you.” (John 14:26, NASB)

“When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning.” (John 15:26-27)

Today, we will learn about how the Holy Spirit helps us.

HE TEACHES US ALL THINGS

The Holy Spirit can give us wisdom and understanding in everything we need help with. E.g.

- The apostle Paul was not a trained sailor, but once, when he was aboard a ship to Malta, the Holy Spirit told him that it was unsafe to sail, although the experts (the captain and owner of the ship) thought it was safe. When they sailed, the ship was caught in a storm and was later broken into pieces, but Paul and those on the ship survived. (Acts 27: 9-44).
- Last week, we also learnt how the Spirit helped Joseph to interpret dreams and gave him so much wisdom that a person who did not know God, i.e. Pharaoh, could say, “Can we find anyone like this man, one in whom is the spirit of God?” (Genesis 41:38) and appointed him as the Prime Minister of Egypt.

Ask the Lord to help you and let him guide you in things you need help with — school work (mathematics, Chinese, Bahasa Malaysia), dealing with our parents, family, friends and teachers. Sometimes he may ask you to listen to people who can give you good advice. There are times that he may even tell you to do your homework or spend time studying. When that happens, just do what he tells you to do.

[it's important to teach children to tell the difference between what is from the Holy Spirit and evil spirits: The Holy Spirit will not ask us to do something that will hurt us or other people. He is just like Jesus — when he was on earth, you don't see Jesus hurting other people. Only evil spirits try to get people to hurt themselves, but we don't have to be afraid of them as the Holy Spirit is more powerful than them and he is in us. When the Holy Spirit lead us, we have peace. (Philippians 4:6-7). When you are feeling fearful or worried, or are not sure whether the Holy Spirit is telling you something, tell your Christian parents or grandparents about it].

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 1

HE REMINDS US OF EVERYTHING JESUS SAID

What are some of the important things that Jesus said? Just to mention three:

- Jesus said that he loves us and that there is no greater love than someone would lay down his life for his friends (John 15:13). We know that Jesus loves us very much because He gave his life for us. If you find yourself thinking about how much Jesus loves you, it is the Holy Spirit reminding you.
- Jesus said he gives us eternal life and no one can snatch us out of his hand (John 10:28)
- Jesus said, "I have come that they may have life, and have it to the full".

When we remember what Jesus said to us, we do not have to be afraid because we know He will take care of us.

THE HOLY SPIRIT, OUR SUPER HELPER

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YOUNGER KIDS' VERSION: God's Spirit is our Super Helper

Ask the kids if they have ever needed help with something that was too hard to do alone (tie shoes, carry something heavy, reach something up high, etc).

Explain that God has given us a very special helper called the Holy Spirit who lives inside everyone who loves Jesus.

Read John 14:15-17, 26.

The Holy Spirit helps us in many ways, just like a good friend! Give examples:

- Helps us learn about God — explain that the Holy Spirit teaches us about God's love.
- Helps us make good choices — give an example of a time the Holy Spirit can help us choose the right thing to do.
- Gives us power — just like someone pushing you on a swing gives you power to go higher. The Holy Spirit gives us power to live for God.

Illustration:

Show a bicycle and talk about how it makes us go faster and farther than just using our own legs. (Ride the bike around to demonstrate, or show a vid of a cyclist on a bike). Explain that the Holy Spirit gives us power just like the bicycle helps the rider go faster/farther.

OBJECT LESSON IDEAS

A flashlight – The Holy Spirit is like a light guiding us in the right direction

A magnifying glass – The Holy Spirit helps us focus on what's important and understand God's truth

A pair of glasses – The Holy Spirit helps us see things from God's perspective

A compass – The Holy Spirit points us towards Jesus

Have the children take turns holding each prop and demonstrate how it can help someone. E.g.:

Flashlight – “I can use this flashlight to help someone find their way in the dark!”

Magnifying glass – “I can use this to help someone read tiny words!”

Explain how these props remind us that the Holy Spirit is our helper who guides, teaches, and points us to Jesus.

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 1

ACTIVITY

SONGS

Every move I make

<https://youtu.be/Dgf1YzscBIE>

MEMORY VERSE

"... the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." (John 14:26)

Younger kids: "The Holy Spirit...will help you." (John 14:26) — use motions or act out the verse

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 2

REVIEW & HOOK

So far, we have learnt that:

- We have the Holy Spirit is in us and he will be always with us (Matthew 28: 20) and will never leave us.
- The Holy Spirit is our Super Helper, who teaches us all things and reminds us of everything Jesus said.

Today we will learn more about what the Holy Spirit does and how he helps us.

ILLUSTRATION: RIGHTEOUS IN HIM

Bring a piece of A5 white paper with some scribbles on it and another piece of A4 white paper that is folded in two.

Hold out the A5 paper and say: "This is how we were before we believed in Jesus. We were sinners, and the scribbles are like our sins".

Put the A5 paper in between the A4. "When we receive Jesus as our Saviour, we are put into Jesus, and we become the righteousness of God in Jesus. God see us righteous because we are in Jesus".

Point to the A5 and ask: "Whose righteousness is this?"

"Yes, it's Jesus'. Even if we mess up and do something wrong, we remain righteous because God sees us in Jesus."

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 2

LESSON

THE HOLY SPIRIT REMINDS US THAT WE ARE RIGHTEOUS

When Jesus was still with His disciples, He knew he was going back (physically) to be with His Father.

Since Jesus knew that his disciples would not be seeing him anymore, Jesus told His disciples that the Holy Spirit will remind them that they are righteous (John 16:10) because they are in Jesus. Whenever they sin or messed up, the Holy Spirit will also remind them that God has forgiven them and still loves them.

Can you remember one of the disciples who messed up? Peter.

(Judas cannot be used as an example because he committed suicide before Jesus died for the sins of man)

After Jesus was arrested, Peter had denied knowing Jesus 3 times (John 18:15-17, 25-27) because he was afraid that he would be caught as well. Do you remember what Jesus did after He rose from the dead? Jesus asked Peter 3 times whether he loved Him and asked him to feed His sheep, which means look after the other believers/disciples. Jesus could have told Peter that He was disappointed in him and that he had messed up or committed a big sin, but instead He showed him love and forgiveness (John 21:15-18). We know that Peter later became the leader of the early church and boldly shared the gospel. When he was told to stop sharing about Jesus, he even said: "We cannot help speaking about what we have seen and heard." (Acts 4:20)

Since we also are Jesus' disciples, the Holy Spirit will remind us that we are still righteous **even when we sin**, and that God has forgiven us and still loves us. We are righteous because Jesus gave us His righteousness.

Even though there will be times we do wrong things, we don't want to keep sinning because we are righteous and we have Jesus' life. Jesus loves people and does everything well. He died to so that we can have his life — the best life. As we grow to know Jesus more and more, we become more and more like Him.

For example, Alfred hit his younger brother because his brother took his toy. The Holy Spirit will remind Alfred that He still loves him and his brother, as well as to share his toy with his brother. So sometimes, if you find that instead of being angry with someone who did something wrong to you, you want to be kind to the person, it is the Holy Spirit in you, and you can feel his love for that person.

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 2

THE HOLY SPIRIT SHOWS PEOPLE THAT THEY NEED JESUS

The Holy Spirit will show the people who don't believe in Jesus how wrong they are about sin and that they need Jesus as their Saviour. When we share with others about Jesus, the Holy Spirit will speak to their hearts. He will help us to share about Jesus, by telling us how and what to share with our friends and relatives who don't know Jesus. (John 16:8-9)

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 2

YOUNGER KIDS' VERSION: God's Spirit is our Super Helper

Who helps you get dressed? Makes you food? Plays with you? Explain that we all have people who help us.

But God gave us a special helper called the Holy Spirit who lives inside everyone who loves Jesus!

Read John 14:26 – The Holy Spirit teaches us about God and Jesus.

Read John 16:7-8 – The Holy Spirit helps us make good choices.

Introduce a child-friendly character like "Happy Helper" (have a visual aid/puppet). Explain that Happy Helper represents the Holy Spirit.

- Have Happy Helper "whisper" in your ear to remind you that God loves you. Say – "The Holy Spirit reminds us how much God loves us!"
- Have Happy Helper place a sticker on a child that says: "I belong to Jesus!" Explain that when we believe in Jesus, God sees us as righteous because Jesus paid for our sins.
- Have a child pretend to hit another child and act sad. Explain that when we sin, the Holy Spirit reminds us that God still loves us and Jesus washed away our sins.
- Have Happy Helper give the "sinner" child a hug and a clean heart sticker. Emphasize that the Holy Spirit comforts us and reminds us we are forgiven.
- Hold up a sign that says "NO" or "STOP." Explain that the Holy Spirit helps us know when to stop or not do something wrong.
- Have Happy Helper point you towards a picture of Jesus. Say – "The Holy Spirit always points us to Jesus and helps us follow Him."
- Have Happy Helper hand you a Bible. Explain that the Holy Spirit teaches us what God's Word says.
- Give examples of how Happy Helper guides us like a GPS:
 - Helps us turn away from sin
 - Shows us the right way to act
 - Reminds us to love others

Explain that the Holy Spirit helps us remember we are righteous in God's eyes through Jesus. Jesus makes us clean on the inside! Reinforce that the Holy Spirit is our Super Helper who lives in our hearts because Jesus sent Him!

THE HOLY SPIRIT, OUR SUPER HELPER

Pt 2

ACTIVITY

SONGS

Every move I make

<https://youtu.be/Dgf1YzscBIE>

MEMORY VERSE

"... the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." (John 14:26)

Younger kids: "The Holy Spirit...will help you." (John 14:26) — use motions or act out the verse

REVIEW & HOOK

So far, we have learnt that the Holy Spirit:

- is in us and will be always with us (Matthew 28: 20) and never leave us
- is our Super Helper, who teaches us all things and reminds us of everything Jesus said
- helps us to share about Jesus and shows people that they need Jesus
- shows us that we are righteous

Today we will learn more about what the Holy Spirit does.

HOOK

Play a memory matching game with baby animal cards and adult animal cards. Reinforce how the baby animals grow up to look like their parents.

The Holy Spirit is like our special parent that helps us grow up to be more like Jesus. Just like the animals become more like their mummies and daddies, the Holy Spirit helps us act and love others the way Jesus did.

But what if these baby animals did not know who they really were?

For example, once upon a time, there was a chicken farmer who found an eagle's egg. He put it under his hen, and it was hatched. The little eagle was raised in a chicken coop among the other chickens. The eagle grew up doing what chickens do, living like a chicken, and believing he was a chicken.

One day, the little eagle saw a large eagle soaring in the sky towards the bright sun. He stared at the eagle, straightened his body, and stretched his out wings. His wings moved, slowly at first, then surely and powerfully. With the mighty screech of an eagle, he flew into the sky.

It's like that when we have a new life in Jesus. We realise that we are not "chickens" (i.e. like people who don't know Jesus). The more we look to Jesus, the more we see how good He is and the more we are changed to be like Jesus by the Holy Spirit. This is like the little eagle who finally realised that he was an eagle, and he was able to fly upwards like an eagle.

LESSON

THE HOLY SPIRIT CHANGES US TO BE LIKE JESUS

The Holy Spirit glorifies Jesus and what He did on the cross for you and me to make us righteous. When we keep looking to Jesus and remember what He has done for us, the Holy Spirit changes us to be more and more like Jesus.

This happened to Stephen. While they were stoning him, he prayed, *"Lord, do not hold this sin against them."* (Acts 7:59-60). Doesn't that remind you of Jesus? While hanging on the cross, Jesus prayed, *"Father, forgive them, for they do not know what they are doing."* (Luke 23:34)

Remember Paul? Paul used to hate Christians and went house to house to drag them out and throw them in prison. When he came to believe in Jesus, he was miraculously changed into a man who went all out to share the gospel. He wrote many letters to Christians and churches, showing his love and concern. As Paul kept looking to Jesus, he was changed by the Holy Spirit to be like Jesus.

It was Paul who wrote this in the letter to the church in Corinth: *"But we all ... beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."* **2 Corinthians 3:18**

[idea: bring a mirror to illustrate; you may want to stick a picture of Jesus on it with the words "I am a Jesus kid!" so that every time we look at the mirror, we see His glory and remember who we are]

LOOKING AT JESUS

What do we mean by looking at Jesus? Does it mean we should look for a picture of Jesus on the Internet or from Bible books and look at it all day, then we will be changed to be like Jesus? No, we can look at Jesus in God's word.

When we come to the church, we hear about Jesus, e.g. in tNCC Kidz or during communion. The worship songs also point to Jesus. When you read your Bible at home, you will also be reminded of Jesus. For example, you are looking at Jesus when you read about Jesus:

- having compassion on the sick and healing them;
- feeding the 5000 men (++ the women and children);
- stilling the storm, etc.

The same happens when we read the Old Testament, which has pictures of Jesus. When Abraham offered his son, Isaac as a sacrifice, it was a picture of God giving up His only son, Jesus, for us.

THE HOLY SPIRIT, OUR TRANSFORMER

When we look at Jesus, we see how powerful He is and that He is willing to help us. Then we start trusting him to work things out for our good. Instead of doing things our way (e.g. using force on others to get what we want), we are willing to let the Holy Spirit guide us. E.g. someone who often throws tantrums to get what he wants decides to trust God, and, as a result, he becomes more self-controlled and patient. The Holy Spirit is changing him to be like Jesus, who has self-control and doesn't throw tantrums. The more we look at Jesus, we will appreciate that he is the real superhero who is perfect and gave his life for us, greater than the superheroes whom we read about in comics or watch in movies but who don't exist in real life.

ACTIVITY

SONGS

Every move I make

<https://youtu.be/Dgf1YzscBIE>

MEMORY VERSE

"But we all ... beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord". 2 Corinthians 3:18

CRAFT

Mirror-related craft

THE HOLY SPIRIT'S SPECIAL GIFT

REVIEW & HOOK

So far, we have learnt that the Holy Spirit:

- is in us and will be always with us (Matthew 28: 20) and never leave us
- is our Super Helper, who teaches us all things and reminds us of everything Jesus said
- helps us to share about Jesus and shows people that they need Jesus
- shows us that we are righteous
- changes us to be like Jesus

Today we will learn more about a special gift that we get from the Holy Spirit.

HOOK

Once I was taking a trip with my Malaysian friends in Europe. We bought tickets for a train ride, but accidentally got on the wrong train, which we could be fined for boarding the train without a valid (the right) ticket. My friend found out first and he wanted to tell the rest of us, but did not want people on the train sitting near us to know about it. Guess what he did? He started speaking to us in Bahasa Malaysia. Yes, we spoke in our own language which the non-Malaysians did not understand.

Likewise, as we are God's children, there is a special language in which we can talk to him, this is what we call 'tongues'. It's a special language because other people (and even ourselves) don't understand it, only God understands.

ACTIVITY IDEAS

Play a game of telephone where you whisper a message and have the kids pass it down the line. Have the last child say the message out loud. It will likely be garbled. Explain that even when our prayer language sounds like gibberish, God understands it.

Do a silly made-up song and dance at the start of class. Explain that it's like the special way we can pray and praise God. He understands even when it sounds like gibberish to us.

LESSON

BACKGROUND

We first learnt about 'tongues' in the Book of Acts, where on the day of Pentecost, the Holy Spirit came like a mighty wind and the disciples started speaking in tongues. Then, Peter shared the good news of Jesus and about 3,000 people believed in Jesus.

The gift of tongues is a gift that is given to us as God's children. It's like accepting Jesus as our personal Saviour. We accepted Jesus because we wanted to, because only he can save us. In the same way, those of us who want the gift of tongues can receive this gift. Our Father in heaven loves to give good gifts to his children, and this is one of His good gifts.

God gave the disciples this special gift to help them pray and talk to Him.

God can give us this gift too! It's a special prayer language that we can use to talk to God.

When we pray in this special language, God understands what we are saying even if we don't. The Holy Spirit helps us to pray.

"For anyone who speaks in a tongue does not speak to people but to God. Indeed, no one understands them." 1 Corinthians 14:2, NIV

"Those who speak in a tongue build up themselves." 1 Corinthians 14:4. New RSV Updated Version

PRAY IN TONGUES WHEN YOU FIND IT DIFFICULT TO PRAY

Are there times that you find it difficult to pray? There are times you may feel so upset, scared or angry that you don't know how to pray?

"... the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." Romans 8:26.

Tongues is a heavenly language. When we pray in tongues, we may not know what we are praying for, but God knows. The Holy Spirit helps us pray the perfect prayer because we don't use our human thinking to pray. For example, if we are very upset with someone who hurt us, we may pray for God to teach the person a lesson. But the Holy Spirit knows exactly what the person is going through and will help us to pray correctly (e.g. maybe someone close to him is very sick). If you pray in tongues, you won't pray according to your human feelings but are led by the Holy Spirit.

THE HOLY SPIRIT'S SPECIAL GIFT

PRAY IN TONGUES TO BUILD YOURSELF UP

Those who speak in a tongue build up themselves. 1 Corinthians 14:4

Illustrate using a dumbbell. If I want to build up my arm muscles, I exercise using a dumbbell. In the same way, if I want to build myself up to be braver (less fearful), to trust God more, wiser, be more patient, have more self-control etc, I pray in tongues.

In Isaiah 28:11- 12, it says that praying in tongues gives you rest. If you are feeling scared or worried, it will help you to pray in tongues as it will make you less fearful and give you peace.

There was a testimony given by a man who was very fearful and because of this fear, he was getting sicker and sicker and even had to stop working. But then he started looking to Jesus and praying in tongues. Every time he got a panic attack, he would pray in tongues. He got better and better and was totally healed. He was then able to go back to work. He even got promoted to a good position.

(I found illustrations in the lesson on praying in tongues below helpful, and the teaching is also very simple, which is suitable for younger children. <https://youtu.be/BWF5v5fph68>)

Boys and girls, if you would like to receive the gift of praying in tongues, please put up your hand.
(Teachers, please pray for the children to receive the gift of tongues).

THE HOLY SPIRIT'S SPECIAL GIFT

ACTIVITY

SONGS

Every move I make

<https://youtu.be/Dgf1YzscBIE>

MEMORY VERSE

Those who speak in a tongue build up themselves. 1 Corinthians 14:4

CRAFT

Dumbbell-related craft

REFERENCES FOR TEACHERS

Bible Reading (NIV)

For anyone who speaks in a tongue does not speak to people but to God. Indeed, no one understands them; they utter mysteries by the Spirit. 1 Corinthians 14:2

Anyone who speaks in a tongue edifies themselves, but the one who prophesies edifies the church. 1 Corinthians 14:4

For if I pray in a tongue, my spirit prays, but my mind is unfruitful. So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding. 1 Corinthians 14:14-15

Pastor Joseph Prince's sermon notes on praying in tongues

<https://www.josephprince.com/sermon-notes/benefits-of-praying-in-tongues>

Excerpt of Pastor Joseph Prince's message on praying in tongues

<https://www.google.com/search?q=pastor+prince+sermon+notes+5+december+2021&oq=pastor+prince+sermon+notes+5+december+2021&ags=chrome..69i57j33i160l2.25309j1j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:abb2cf48,vid:a40k1sfnT0k,st:0>