



# What Do We Believe?

## Lesson 21

# What Do We Believe?

## Lesson 21: The Holy Spirit: He Helps Us and Speaks to Us

### Scriptures:

John 15:26-27; John 16:8-11; Matthew 28:18-20; Acts 1:8; Acts 8:29; Acts 10:19; Acts 16:6; Romans 8; 1 Corinthians 2; Hebrews 10:15-18; Galatians 5:16-25

### Lesson Goals:

To help the learner understand the presence of God's Holy Spirit in his or her life  
To help the learner to depend on God's Holy Spirit for guidance and strength  
To encourage the learner to listen for the voice of God's Holy Spirit

### Scripture Memory:

**The Spirit himself testifies with our spirit that we are God's children. Romans 8:16**

### The Lesson:

Have you ever needed help? Maybe you tried to lift something that was too heavy. Did someone come along and offer to help you lift the load? What one person can't do sometimes can be done with a partner or maybe partners. Not only is it good to have help in lifting the load, but it is also good to do things together. It just feels good to have someone lend a hand with the task.

Jesus was going back to Heaven. He was entrusting the disciples to carry the load of telling the entire world about Jesus. He knew that they needed someone special to encourage them, to help them, to partner with them, to remind them of what it was like when Jesus walked beside them.

Jesus and God the Father sent God's Holy Spirit to be with the disciples and with all believers who would follow them. Now, the Holy Spirit is in the world, living in each and every believer.

There is a feeling in all of us that is sometimes called a "God hunger." We know, deep down, that there is something missing in our life. That feeling is there because God's Holy Spirit is telling us that we need God. He urges our spirit to seek and find God for ourselves.

God's Holy Spirit tells us when we sin. Some people call it conscience. Some just call it guilt. But, those who are sensitive know that it is the Holy Spirit who lets us know when we sin. He also lets us know that the greatest sin is rejecting Jesus, God's Son, as Savior.

The Holy Spirit leads us to Jesus. 1 Corinthians 2 tells us that God sent His Spirit to reveal things, especially to reveal Jesus, to our spirits. The person who doesn't know God, hasn't accepted Jesus as her or his Savior and cannot understand all that there is about God. There is a difference between knowing about God and knowing God. Those who have the Holy Spirit in them know His voice and can understand spiritual things.

When we accept Jesus as our Savior, the Holy Spirit lives in us. 1 Corinthians 3:16 says, "Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" Since we are the hosts and hostesses of God's Holy Spirit, we should honor His presence in us by living good lives. We should not live so that our bodies, His temple, are mistreated or hurt intentionally. This means that we should not do things that harm us by taking in harmful substances, like drugs and excess alcohol, that can destroy our bodies. We should be careful how much food we eat and what kind of food. We should be careful of what we see, what we hear, what we touch, and what we think. God wants us to be pure.

The truth is that God is also in others and that means that we should treat them with respect. We should try to see that no harm comes to them. This is an important truth about being a Christian. Since

God has chosen to live with and in us, we have a lot of responsibility. We are accountable to God, not only for our own behavior, but for our relationships with others as they try to live for God.

### Life Application:

Do you have God's help as you try to live and do the right thing? Maybe you are thinking, "How can I know if I have God's help?" You have God's help if you have surrendered your life to Him. Surrendering your life is what you do when you put Jesus in control and when you believe that nothing you can do can get you to heaven. If you have done this, you have God's help in the person of the Holy Spirit who lives in you. The Holy Spirit is then your friend who comes to help you. He helps you know what to say, what to do and where to go. The Holy Spirit also prays for you when you don't know what to say. He also helps us to understand all things. The Holy Spirit is a great gift, isn't He? If you have never asked Jesus to take control of your life, do it today. Then you, too, will receive the gift of the Holy Spirit.

When you surrender your life to God, something amazing happens. Romans 8:13 says that, "By the power of the Holy Spirit we can put to death the sin our body commits." We don't have to sin. In fact, Romans 8:4 says that our sinful wants and desires shouldn't control how we live and what we do - the Holy Spirit should control us. Your body becomes God's temple, the place where He chooses to live. Everything we say and everything we do should make God look good.

But haven't you noticed that it's hard to do the right thing? Galatians 5 tells us that our sinful wants and desires are at war with God's Spirit. We want to do one thing and God's Spirit wants us to do another. Galatians continues to tell us that those who always follow their sinful desires don't really know God. People who live impure lives, who drink all the time, who worship other gods, who are always angry and jealous are living by their sinful desires, and Galatians 5:21 says that, "People who live like that will not receive God's kingdom."

That's pretty bad news, but Paul doesn't stop there in his letter to the church in Galatia. Paul continues, "but the fruit the Holy Spirit produces is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. . . . Those who belong to Christ Jesus have nailed their sinful nature to His cross. . . . Since we live by the Spirit, let us march in step with the Spirit."



Planning for Lesson 22  
Creation



- ◆ **Memory Verse Activity** - Make birth certificates. Include the memory verse as well as the student's name. If they remember the day they accepted Christ, write it in. If some of your students are not believers, encourage them to leave the space blank as a reminder of the relationship God desires to have with them.
- ◆ Sing "They'll Know We Are Christians by Our Love," "We are One in the Bond of Love," "Touch Through Me," "Fruit of the Spirit," "Shine, Jesus Shine," "You Have Been Good," "Love in any Language," "No Condemnation."
- ◆ Game time! Choose a fruit. Provide one for each team. Have a relay race by passing the fruit from the first player to the last. Instruct the last player to move to the front of the line and pass the fruit again. Continue this until player one is back at the beginning of the line.
- ◆ Ask for a volunteer from your class to be blindfolded. Explain that you will lead this person around your Bible Study area, simply by speaking instructions. Encourage other students to talk, trying to confuse the blindfolded student. Repeat with as many students as want to. When the blindfolded students have completed the assignment, successfully or not, ask questions about what they were feeling, how difficult or easy it was to hear the correct instructions, etc. Talk about how the Holy Spirit guides us, as believers. How easy is it to follow the directions He gives?
- ◆ Encourage your students to lend a helping hand. Hand shaped cards can be made and given. Your students can begin making this a part of their lives by helping when someone is in need.
- ◆ **Dig Deeper:** A friend shared her story with me. When she was younger, she had a pen pal, someone far away that she wrote letters to. She and her pen pal shared about themselves; where they lived, what they did, what their families were like, etc. They continued writing each other for four years. After those four years, my friend failed to hear from her pen pal again. The pen pal quit writing. They knew many things about each other, but having not met, they didn't know each other.  
There is a difference between knowing about God and knowing God. Information about God isn't sufficient. A personal relationship with God is what we need. We have seen in our lesson that the Holy Spirit leads us to Jesus. 1 Corinthians 2 tells us that God sent His Spirit to reveal things, especially to reveal Jesus, to our spirits. The person who doesn't know God, hasn't accepted Jesus as her or his Savior and cannot understand all that there is about God. Those who have the Holy Spirit in them can hear His voice and understand spiritual things.
- ◆ **Dig Deeper Still:** Read 1 Corinthians 3:16 together. Discuss what has been learned so far about the temple and God choosing to dwell there. Then look at John 1:14. The word "dwelt" or "lived" can be translated "tabernacled." During the temple period, God lived in the Holy of Holies part of the tabernacle/temple. When Jesus was born, God lived (or tabernacled) among us. And when we receive Christ as our personal Savior, God lives in us!

The **Spirit**  
himself testifies  
with our spirit  
that **we** are  
**God's children.**  
Romans 8:16

**But the fruit  
the Holy Spirit produces is**

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**Galatians 5:22-23**

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But the fruit the Holy Spirit produces is l\_ve, \_oy, p\_a\_e, pa\_ie\_ce,  
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# Word Search



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But the fruit the Holy Spirit produces is love, joy, peace, patience,  
kindness, goodness, faithfulness,  
gentleness, and self-control. Galatians 5:22-23