

Who is the Holy Spirit?

Christians believe there is only one God. But God has shown himself to us in 3 different ways: Father God, Jesus and the Holy Spirit.

Father God is in heaven. He made us.

Jesus was in heaven at the start. Then he was born as a human baby. He died for us and came back to life. Then he went back to heaven. Jesus is human and God.

The Holy Spirit works in the world. Sometimes we picture him as a dove.



Father God, Jesus and the Holy Spirit are not different people. They are joined together as one God. They always agree. They work in different ways. But they always work together.



Some things about God are very hard for us to understand. What does this tell you about God?

The Holy Spirit works in the world

The Holy Spirit was with Father God at the start.	Genesis chapter 1 verse 2
When Father God gave someone a special job, he sent the Holy Spirit to help them.	Exodus chapter 31 verse 3, Judges chapter 6 verse 34
God said that one day the Holy Spirit would live inside his people all the time.	Ezekiel chapter 36 verse 27, Joel chapter 2 verse 28
Jesus said the Holy Spirit would help his disciples after he had gone.	John chapter 14 verses 16-17
After Jesus went back to heaven, the Holy Spirit came to live inside Christians. He helps us follow Jesus.	Ephesians chapter 1 verse 13, Romans chapter 5 verse 5,

The Holy Spirit comes at Pentecost



They were all filled with the Holy Spirit, and they began to speak different languages. The Holy Spirit was giving them the power to do this.

(Acts chapter 2 verse 4, ERV)



10 days after Jesus went back to heaven, it was the festival of Pentecost. Lots of people were in Jerusalem for the festival. They had come from other countries. They spoke different languages.

Jesus's disciples were all together. They heard a strong wind came from heaven. Then they saw fire resting on each other!

The fire did not hurt the disciples. It was a sign that the Holy Spirit had come to help them. They all started talking in languages they did not know!

God had sent his Holy Spirit to live inside Jesus's disciples. This was what Jesus had promised.

The disciples went outside. The Holy Spirit made them brave. They worshipped God in different languages. Peter talked to all the people. He told them the good news about Jesus.



Read: Acts chapter 2 verses 1-6, 14-24 and 38-39



How did the Holy Spirit help Jesus's disciples?

What do you need the Holy Spirit's help with?



Ask the Holy Spirit to help you today.



The Holy Spirit lives inside us

In the past, God told his people to build him a Temple to live in. The Temple was different from normal buildings. It was made of gold and coloured stones. It was a special place to worship God.



God is everywhere. But the Temple was his special home, where he lived with his people.

But God had a wonderful plan. One day he would not live in a Temple. He would live inside his people! Then we would be God's special home!

The Holy Spirit lives inside Christians



Imagine Jesus was coming to live with you for a week. How would you get ready for his visit? What would you do differently while he was with you?



Your body is a temple for the Holy Spirit that you received from God and that lives in you. You don't own yourselves... So honour God with your body.

(1 Corinthians chapter 6 verses 19-20, ERV)

When we start to follow Jesus, the Holy Spirit comes to live inside us. That means Christians are now God's special home!

This is wonderful! It means the Holy Spirit is always with us. He is closer to us than ever before. And he helps us follow Jesus.

But it is serious too. It means our whole lives belong to God. We must love and respect him with everything we do.

God knows we are not perfect. Sometimes we still do bad things. He forgives us when we are sorry. But we must keep following Jesus.



How does it feel to know that you are God's special home?

A new start



When anyone belongs to Christ, they become a new person. Their old way of life has gone. Their new life has begun!

(2 Corinthians chapter 5 verse 17, EASY)



When we decide to follow Jesus, it is the start of a new life. The Holy Spirit comes to live in us. He makes us his home.

The Holy Spirit helps us in 2 ways. He changes us inside. And he makes us strong with God's power.

But we have a part to play in this too. We have to let the Holy Spirit do his work in us. And we have to work with him. We are a team!

What we do → We follow Jesus and learn from him. We try to think and act like him. We try not to do bad things. We try to do what God wants instead.

What the Holy Spirit does → At the same time, the Holy Spirit changes us inside. He makes us strong with God's power. Slowly, we become more and more like Jesus. We become brave and strong. And it gets easier to do the right thing.

This is how we work together with the Holy Spirit.



When we work with the Holy Spirit like this, how might our life change?

Think of something you would like the Holy Spirit to help you with. What is the Holy Spirit's part in this? What is your part?



Thank the Holy Spirit for living inside you and helping you.

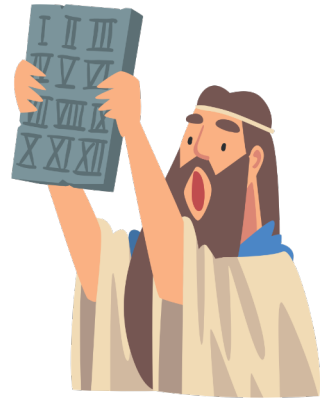


The Holy Spirit changes us

In the past, God gave his people laws. These laws told the people how to love God, and each other.

The laws told God's people what to do. But they did not help them do these things. So the people could not keep all God's laws. They needed help.

God made a promise. He said one day, the Holy Spirit would live inside his people. The Holy Spirit would help them to love God, and each other.



The Holy Spirit leads us



Imagine God gave you a book of laws you must keep. Now imagine God came to live with you and showed you the best way to live each day. Which of these would be better?



Let God's Spirit show you how to live in a good way. Then you will not do the wrong things that you may want to do, as people who are weak and human.

(Galatians chapter 5 verse 16, EASY)

The Holy Spirit is God, living inside us. If we work with him, he shows us the best way to live each day. He shows us how to love God, and love the people around us.

This is why it is good to spend time with God. When we read the Bible and pray, the Holy Spirit talks to us in our minds and hearts. He shows us what he wants us to do. He leads us the right way.

Sometimes it is hard to tell the difference between the Holy Spirit and our own thoughts and feelings. We can ask ourselves:

- Does this sound like Jesus? Is it something God might say?
- What might happen if I am wrong about this?

You can also talk to another Christian and see what they think.



How might these 2 questions help you make a good choice?

Becoming like Jesus



The fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

(Galatians chapter 5 verses 22-23, ERV)



As we spend time with God and follow Jesus, the Holy Spirit changes us inside. We become more loving, patient and kind. This is what Jesus is like.

The Bible calls this 'the fruit of the Spirit'. It is like we are trees growing love, patience and kindness as our fruit. This fruit is good for us, and good for the world.

As the Holy Spirit grows this fruit in us, it gets easier to know what God wants. And it gets easier to do it too! We are becoming more like Jesus.

Here is what Jesus said about what God wants us to do:



'Love the Lord your God... with all that you are... This is... the most important of all God's Laws. The second rule is also important... You should love other people as much as you love yourself. All God's Laws... come from these two rules.'

(Matthew chapter 22 verses 37-40, EASY)

In the past, God's laws told people how to love God and each other. But now, the Holy Spirit shows us how to love God and each other. He changes us and grows good fruit in us, to help us do this well.



Where can you see the fruit of the Spirit in Jesus's life? How would you like to be more like him?

What are some ways we can love God, and each other?



Ask the Holy Spirit to grow good fruit in your life.



The Holy Spirit gives us power

In the past, God chose some people to do special jobs. The Holy Spirit gave them power, so they could do what God wanted them to do.

Now, the Holy Spirit lives inside us, and gives us power. This is God's power. It is the same power that brought Jesus back to life!

The Holy Spirit gives us power to do what God wants us to do.



Power to do good



Imagine you could have amazing power to do one thing. What kind of power would you choose? Why?



[Jesus said,] “The Holy Spirit will come on you and give you power. You will be my witnesses. You will tell people everywhere about me.”

(Acts chapter 1 verse 8, EASY)

The Holy Spirit's power makes us brave and strong. It helps us to say no to sin, and stand up for what is right. It also helps us to tell people about Jesus.

Doing these things can be hard, or even scary. That is why we need the Holy Spirit's help. We do not always feel strong. But the Holy Spirit uses his power to help us keep going, and not give up.



The Lord said, “My grace is all you need. Only when you are weak can everything be done completely by my power.” So I will gladly boast about my weaknesses. Then Christ's power can stay in me... it is when I am weak that I am really strong.

(2 Corinthians chapter 12 verses 9-10, ERV)



Sometimes Christians talk about doing things ‘in God's strength’. What do you think this means?

Gifts from the Holy Spirit



The Holy Spirit helps us with different kinds of gifts. But it is the same Spirit who gives them... God helps each of us with a gift from his Spirit. He does that so that we can help others.

(1 Corinthians chapter 12 verses 4 and 7, EASY)



The Holy Spirit also gives us special gifts. These are to help us show others what God is like, and do good things for each other. The Holy Spirit's gifts help all God's people grow strong, and get to know him better.

Everyone has different gifts from the Holy Spirit. All the gifts are important. The Bible says all of us together are like Jesus's body. We are good at different things, but we all work together. We show the world what God is like.



Whoever has the gift of serving should serve. Whoever has the gift of teaching should teach. Whoever has the gift of comforting others should do that. Whoever has the gift of giving to help others should give generously. Whoever has the gift of leading should work hard at it. Whoever has the gift of showing kindness to others should do it gladly.

(Romans chapter 12 verses 7-8, ERV)



What are some ways the Holy Spirit's gifts help us?

Think about some Christians you know. What gifts has the Holy Spirit given them?



Ask the Holy Spirit to show you what gifts he has given you.

