

### LESSON 3

## THE HOLY SPIRIT AND PRAYER

### LESSON AT A GLANCE

**WONDER TRUTH:** The Holy Spirit Helps Us Pray

**SCRIPTURE:** [Romans 8](#)

**GOD'S BIG STORY:** Paul encourages Roman followers of Jesus by teaching them that the Holy Spirit leads and helps God's children pray.

**Free Play**

**Declaration**

**Worship**

**Snack**

**God's Big Story**

**Prayer and Blessing**

**Activity: Ball Bounce**



## LESSON 3 FOR LEADERS

### INVITATION

*We invite you to pause, listen, and shift your gaze toward the Father ...*

As I read Scripture, it's easy to pick up on the miraculous works of the Spirit. Like how the Spirit filled believers in [Acts 2](#) and thousands were saved, or how the Spirit guided Paul and his friends on their missionary journeys, and especially the miracles of healing and opening prison doors. All very exciting! But the Spirit also works in the hearts and minds of believers in quieter ways. Our God is wondrous like that. He can move in a crashing storm or a small whisper. The work of the Spirit is mighty even when that work is helping us pray.

Read Paul's words in [Romans 8:14–17](#) and [22–27](#). To understand that the Spirit helps us pray, we must first understand we are children of God. Just as I want to hear from my kids about how their days went or what they're excited about or how they're struggling, God wants to hear from His children. The Spirit gives us the boldness to go before the Creator of the universe as our Father! We can pray to Him in any way we need. And when times are so difficult we can only cry out, the Spirit intervenes again, speaking on our behalf to the Father when we don't even know what to say. How do these truths bring you comfort in times of struggle?

**DID YOU KNOW?****FOUNDATION BUILDING BLOCKS****WHO?**

The Apostle Paul had a significant ministry in the first century, especially as the Lord's chosen instrument to proclaim His name to the Gentiles ([Acts 9:15](#)). Paul authored a significant portion of the New Testament, including the epistle (letter) to the Romans.

**WHAT?**

The Holy Spirit frees us from the power of sin. The leading of the Spirit marks us as God's adopted children who can call God Father. The Spirit helps us pray, going to God on our behalf and aligning our hearts with His will.

**WHERE?**

Paul wrote the epistle to the Romans at the end of his third missionary journey while staying in Greece. He likely wrote from Corinth, since Phoebe—who Paul commends to the Romans—was from the church in Cenchreae (sen-KREE-ay), located near Corinth ([Romans 16:1–2](#)).

**WHEN?**

The epistle to the Romans was written around AD 56 or 57. Paul was setting out for Jerusalem to bring an offering to the Lord's people. He was planning to go to Spain after that, stopping in Rome along the way ([Romans 15:24–26](#)).

**CONNECTING TO GOD'S BIG STORY**

Jesus defeated the power of sin and death on the cross. The presence of the Holy Spirit makes Jesus' victory a lived reality for His followers. With the Spirit's help, believers experience freedom from sin and newness of life as God's children, awaiting future glory.

## Free Play

### As kids arrive...

Greet the kids warmly and welcome them to church. Help them find a toy or activity to enjoy. This is a great opportunity to get to know those in your class!

## Clean Up

### At the end of free play...

Play the Clean Up video and encourage kids to help put away toys and activities to prepare for worship, snack, and story time. After working together to clean up, gather kids to get started.

## Declaring God's Wonder

**Welcome to church today, friends! I am so glad to be here with all of you. Repeat after me and do what I do:**

**Thank You, God, that You made me!** *(Kids repeat words and motions.)*

Make prayer hands, then point up to God and to yourself.

**And I am Your kid!** *(Kids repeat words and motions.)*

Put your hands on your hips.

**Jesus loves me so much;** *(Kids repeat words and motions.)*

Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.

**His love for me is big.** *(Kids repeat words and motions.)*

Hold your arms up high and wide above your head.

**The Holy Spirit leads me,** *(Kids repeat words and motions.)*

Bring your arms down from the sky, making a path in front of you.

**And I can follow You.** *(Kids repeat words and motions.)*

March like you're following the leader.

**My life can tell Your story,** *(Kids repeat words and motions.)*

Hold your hands in front of you like an open book.

**I'm a wonder; this is true.** *(Kids repeat words and motions.)*

Put your hands up, shaking your fingers, celebrating ("praise hands").

## Intro

**Praying is when we talk to God. We can talk with God anytime, anywhere, about anything. Let's play a game to practice all the ways we can pray.** This game is like Simon Says, but there

are no tricks. Use the phrase “Simon Prays” every time you give a directive. **All the ways that Simon Prays are ways that we can pray too.**

Say the following statements and encourage the kids to act out what you say:

- **Simon Prays with eyes closed.** Encourage the kids to close their eyes.
- **Simon Prays with eyes open.** Encourage the kids to open their eyes.
- **Simon Prays while on his knees.** Encourage the kids to kneel.
- **Simon Prays sitting down.** Encourage the kids to sit down.
- **Simon Prays with hands folded.** Encourage the kids to fold their hands.
- **Simon Prays with hands open.** Encourage the kids to open their hands.

Vary directives and speed of directives to get kids moving, but every directive is an example of a way that a person can pray, helping kids understand many of the ways we can talk to God.

**Our Wonder Truth today is THE HOLY SPIRIT HELPS US PRAY.**

Encourage the kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

**THE HOLY SPIRIT**—*Point up.*

**HELPS US**—*Bring palms together in “prayer hands” in front of you.*

**PRAY**—*Keep palms together and bring them into a vertical prayer position.*

## Worship

**SUPPLIES:** Worship music videos

**Today in God’s big story, we’ll learn how God gives us His Holy Spirit to lead us and help us pray.**

Play songs and encourage the kids to sing and dance with you.

## Snack

**SUPPLIES:** small paper cups, cheerios, pitcher of water

Gather kids around tables and serve snack. While kids eat, begin the Bible story.

## God’s Big Story

**SUPPLIES:** Bible

**Our story today is a great story from the Bible about the Holy Spirit.** Encourage the kids to say, “Holy Spirit.” **Let’s find out from the Bible how the Holy Spirit helps us.**

**Friends, we can talk to God all the time. This is what prayer is! We can talk to God in a loud voice.** Ask kids to loudly repeat after you, “Hi, God!” **Or we can talk to God in a quiet voice.** Ask kids to quietly repeat after you, “Hi, God.” **We can talk to God when we are standing up.** Ask kids to quickly stand up with you. **We can talk to God when we are sitting down.** Ask kids to sit back down.

**We can talk to God about anything, anywhere, and anytime, and if we ever aren’t sure how to pray, God promises to give us a helper. Our helper is the Holy Spirit. The Holy Spirit is our powerful, wise, and loving helper. The Holy Spirit helps us pray. When we’re sad, we can talk to God.** Ask kids to make a sad face. **When we’re happy, we can talk to God.** Ask kids to make a happy face. **The Bible says that when we don’t know what to say, the Holy Spirit can help us. The Holy Spirit prays the right thing for us. What a great helper!**

Invite the kids to move with you into a kneeling position. **Followers of Jesus are God’s children, and we can talk with God about anything. We don’t have to worry about saying the wrong thing. The Holy Spirit is our helper. The Holy Spirit helps us pray.**

Stay kneeling while you pray together.

## Prayer and Blessing

**Father God, thank You for giving us the Holy Spirit to help us pray. In Jesus’ name, Amen.**

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands were open to receive something. Tell them to listen and receive the blessing as you speak it over them.

**Blessing:** May God bless you this week, and may the Holy Spirit remind you that He helps you!

## Activity: Ball Bounce

**SUPPLIES:** lightweight playground ball

Gather the kids and hold up a lightweight playground ball. Bounce it to one child and encourage that child to say the Wonder Truth: The Holy Spirit Helps Us Pray. Then see if that child can bounce the ball back to you. Bounce the ball to another child and continue until all the kids have said the Wonder Truth. To make it harder, play another round and bounce the ball two times to each child, then three times. Continue and see how many bounces you can get.

**We can remember that the Holy Spirit helps us pray. This week, remember that we can talk to God all the time—that’s prayer! The Holy Spirit helps us pray. We can talk with God about anything. When we’re sad, we can talk to God. When we’re happy, we can thank God. The Bible says that when we don’t know what to say, the Holy Spirit can help us. The Holy Spirit prays the right thing for us. What a great helper!**