

Jaxson Harlan Ministry (JHM)

Three-Part Sunday School Series: Getting to Know the Holy Spirit

For children ages 5–9

Ready-to-use teacher guide (*free to share*)

These three short lessons introduce the Holy Spirit in simple, concrete, age-appropriate ways. Each session is designed to last 20–30 minutes and can stand alone or be taught as a series. Language stays concrete, stories and object lessons do most of the work, and every part includes interactive questions so children talk rather than only listen.

Suggested Materials (*keep a simple kit ready*)

- Battery-powered or small handheld fan (or paper fans)
- Clear glass or plastic jar with lid + a few cotton balls or feathers
- Red/yellow/orange tissue paper or crepe paper streamers
- Picture or simple drawing of a dove (or a white paper dove craft)
- Small flashlight or tea-light LED
- Fruit of the Spirit picture cards or real/plastic fruit (apple, banana, grapes, etc.) plus a paper bag
- Simple heart cut-outs or stickers
- Children's Bible or storybook Bible open to key pages
- Optional: wind chime, bubbles, or a pinwheel
- Basic craft supplies (paper, crayons, glue sticks) if you want a take-home activity

These everyday items make the invisible Holy Spirit feel real to young children without needing expensive props.

Part 1: The Holy Spirit Is God's Special Helper Who Is Always with Us

Goal

Children understand that the Holy Spirit is a real Person of God who is close to them, like a helper and friend who never leaves.

Bible Focus

John 14:16–17 (Jesus promises the Helper); *Matthew 3:16* (dove at Jesus' baptism). Keep the reading very short or tell the story in your own words.

Opening (3–4 minutes)

Lesson 1 Suggested Scripture Narrative

Jesus walked down to the river one day. His cousin John was there, helping people show God they wanted to follow Him. Jesus asked John to baptize Him too. When Jesus came up out of the water, something beautiful happened. The sky seemed to open, and God's own Spirit came down like a gentle, white dove and rested right on Jesus. A voice from heaven said, "This is My Son. I love Him, and I am pleased with Him."

Later, Jesus sat with His friends. He knew He would soon go back to heaven, and His friends felt sad. Jesus said, "Don't be afraid. I will not leave you alone. I will ask My Father to send you another Helper. He will stay with you forever. This Helper is the Holy Spirit. The world cannot see Him, but you will know Him because He will live with you and be close to you always."

Jesus' friends still missed Him, but they were glad. They would have a special Helper who would never leave them—the same Holy Spirit who came like a dove.

Welcome the children by name.

Simple prayer: *"Dear God, thank You for sending us Your Holy Spirit. Help us learn about Him today. Amen."*

Quick icebreaker: *"Raise your hand if you have ever needed help tying your shoes, finding a toy, or feeling brave. Who helped you?"* Let a few share. Then say: *"God gave us a special Helper who is even better than any friend or parent—He is always with us."*

Object Lesson / Illustration

Hold up the fan (or paper fans). Turn it on and let children feel the air. Ask: *"Can you see the wind? No—but you can feel it and see what it does."*

Show the jar with cotton balls or feathers. Blow gently or wave the fan so they move. *"The Holy Spirit is like the wind. We cannot see Him, but He is real and He moves in our lives."*

Show the dove picture. *"When Jesus was baptized, the Holy Spirit came down like a dove. That showed everyone that God was with Jesus in a special way. The same Holy Spirit wants to be with us."*

Teaching Points (keep short)

- God is Father, Son (Jesus), and Holy Spirit—three Persons, one God.
- The Holy Spirit is not a ghost or a feeling; He is God's own Spirit who lives with people who love Jesus.
- He is called the Helper or Comforter because He stays close, helps us, and never leaves.

Interactive Questions

1. "What is something you cannot see but you know is real?" (**wind, love, air we breathe**)
2. "How does it feel when someone helps you when you are scared or stuck?"
3. "Why do you think Jesus wanted us to have a Helper who stays with us all the time?"

Simple Application

Give each child a small heart sticker or paper heart. Say: *“The Holy Spirit lives in the hearts of people who trust Jesus. You can remember that He is always near.”*

Closing

Pray together: *“Holy Spirit, thank You for being our Helper. Help us know You are with us today. Amen.”*

Optional song: a simple chorus such as *“Holy Spirit, You Are Welcome Here”* (or any familiar kids’ song about God’s presence).

Part 2: The Holy Spirit Helps Us Grow Good Things Inside

Goal

Children learn that the Holy Spirit helps them become more like Jesus by growing good fruit in their hearts (love, joy, peace, kindness, etc.).

Bible Focus

Galatians 5:22–23 (Fruit of the Spirit). Read or paraphrase only the list of fruit; keep it concrete.

Opening (3–4 minutes)

Lesson 2 Suggested Scripture Narrative

God has a wonderful garden, but it is not a garden you plant in dirt. It is a garden He plants in the hearts of people who love Jesus. The Holy Spirit is the kind gardener who lives there and helps good things grow.

The fruit that grows is not apples or bananas. It is love that shares, joy that smiles even on hard days, peace that stays calm, patience that waits without fussing, kindness that helps, goodness that tells the truth, faithfulness that keeps promises, gentleness that uses soft words, and self-control that stops when we start to be unkind.

These fruits grow slowly, the way real fruit grows on a tree. We cannot make them appear by ourselves. The Holy Spirit helps them grow as we stay close to Jesus—talking to God, listening to His words, and saying yes to the good things He shows us. When the fruit grows, other people can see it and it makes their hearts happy too.

Welcome and short prayer.

Icebreaker: “*What is your favorite fruit? Why?*” Let children call out answers. Then say: “*God’s Holy Spirit grows special fruit inside us—not apples and bananas, but good things like kindness and joy.*”

Object Lesson / Illustration

Hold up the paper bag with real or plastic fruit hidden inside. Pull out one piece at a time and name a Fruit of the Spirit that matches in a simple way (e.g., apple = love, banana = joy, grapes = kindness).

Use the tissue-paper “*fire*” streamers or flashlight. Wave the streamers gently. “*At Pentecost the Holy Spirit came like wind and fire. Fire gives light and warmth. The Holy Spirit gives us power to shine with good fruit.*”

Optional: blow bubbles or use a pinwheel to show that the Spirit’s work can be gentle and happy.

Teaching Points

- When we trust Jesus, the Holy Spirit lives in us and slowly grows good things in our hearts.
- The “fruit” is not something we force; it grows as we stay close to God (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).
- Even young children can show these fruits with the Spirit’s help—sharing, using kind words, being patient when waiting.

Interactive Questions

1. “Which fruit of the Spirit do you think is easiest for you? Which one is harder?”
2. “When has someone been kind or patient with you? How did that feel?”
3. “How can the Holy Spirit help you when you feel angry or want to be mean?”

Simple Application / Activity

Children choose one fruit they want the Holy Spirit to grow in them this week. They can draw it or take home a small fruit sticker/card. Encourage them to pray: “*Holy Spirit, help me grow more _____ this week.*”

Closing

Thank God for the Holy Spirit who helps us grow. Short group prayer or song about being kind/loving.

Part 3: Listening to and Following the Holy Spirit

Goal

Children understand that the Holy Spirit guides them (through the Bible, prayer, and a quiet sense of right and wrong) and that they can say “yes” to His leading in everyday choices.

Bible Focus

John 16:13 (the Spirit guides into truth) and a simple reminder of *Acts 2* (the Spirit gave the first believers power and boldness). Keep the focus practical.

Opening (3–4 minutes)

Lesson 3 Suggested Scripture Narrative

After Jesus went back to heaven, His friends waited together in a house, just as He had told them. Suddenly they heard a sound like a strong, rushing wind. It filled the whole house. Then they saw what looked like little flames of fire sitting on each of them—but the fire did not burn anyone. The Holy Spirit had come, just as Jesus promised!

Right away the friends felt brave. They went outside and began telling everyone about Jesus. People from many different places heard them speaking in their own languages. Peter stood up and told the big crowd the good news. That day thousands of people believed in Jesus.

The same Holy Spirit still comes to help us. He is like a gentle light that shows us what is true and what is the kind, right thing to do. He helps us listen to God's words in the Bible, He helps us pray, and He gives us courage to follow Jesus in small everyday choices—sharing, telling the truth, and being kind even when it is hard. We can say “yes” to Him, just like those first friends did.

Welcome and prayer.

Icebreaker: *“Have you ever heard a quiet voice inside that said ‘that’s not kind’ or ‘you should help’? That can be the Holy Spirit helping you.”* Let a few children share simple examples if they want.

Object Lesson / Illustration

Use the flashlight in a slightly darkened corner or under a table. “The Holy Spirit is like a light that helps us see the good path.”

Return to the fan/wind idea: “Sometimes the Holy Spirit’s leading feels gentle, like a soft breeze that shows us which way to go.”

Show the dove picture again. “The Holy Spirit is gentle like a dove, but He is also strong. He helps us be brave to do the right thing.”

Teaching Points

- The Holy Spirit speaks to us mainly through the Bible, through prayer, and by giving us a sense of peace or a gentle warning.
- He never tells us to do something mean, scary, or against what the Bible says.
- We can practice saying “yes” to Him in small everyday choices: sharing, telling the truth, helping someone, stopping when we start to argue.

Interactive Questions

1. “What is one good choice you made this week? Do you think the Holy Spirit helped you?”
2. “If you feel the Holy Spirit telling you to be kind, what could you do next?”
3. “Why is it important to listen to God’s Helper instead of only doing what we feel like?”

Simple Application

Children think of one small “yes” they can say to the Holy Spirit this week (help at home, use kind words, include a lonely friend). Optional craft: decorate a small paper dove or heart that says “*Holy Spirit, help me listen.*”

Closing

Pray: “*Holy Spirit, thank You for being our Helper and Guide. Help us listen and follow You this week. Amen.*” End with a familiar song or a group high-five of encouragement.

Extra Teacher Tips for Ages 5–9

Keep each teaching segment under 5–7 minutes; move quickly to questions and movement.

Repeat the key idea often: “The Holy Spirit is God’s Helper who is always with us / grows good fruit / helps us do the right thing.”

Use the children’s names and celebrate every answer.

If a child asks a hard question (“How does the Spirit live inside me?”), answer simply: “God is big enough and wonderful enough to be close to every person who trusts Jesus. We don’t have to understand everything to know He is real and good.”

Safety and sensitivity: never pressure children about “feeling” the Spirit; focus on His character and the fruit He grows.

These three lessons give children a warm, concrete introduction to the Holy Spirit as Helper, Fruit-grower, and Guide. Teachers can adapt the length, add their own songs, or expand the crafts as needed. The materials list uses items most classrooms already have or can gather inexpensively.



**THE HOLY SPIRIT
IS OUR HELPER
WHO LIVES IN US.
JOHN 14:16**