



# All Christians' Fellowship International

INTERACTIVE SUNDAY SCHOOL OUTLINE FOR YOUTHS AND YOUNG ADULTS

## Foundations

### Our Helper

### Overview

#### Summary

In this sixth lesson of the Foundations series, you and your students will focus on the person and work of the Holy Spirit. The Holy Spirit often gets less attention than the Father and the Son, but is equally God, a member of the Trinity. The Holy Spirit is God's personal presence who comes to dwell in each of God's people. The Spirit is our helper, advocate, and comforter who empowers us to overcome sin and obey God's Word as we follow Jesus. When we are filled with God's Spirit, we are like a plant that bears good, godly fruit. We should seek the Spirit's guidance in every area of our lives. Because of the Spirit, we know we are never alone.

#### Key Takeaways

1. The Holy Spirit is a member of the Trinity.
2. The Holy Spirit is our helper.
3. Christians bear the fruit of the Spirit.

#### Scriptures

Romans 8:11-17 / John 14:15-17 / Galatians 5:22-25 / Matthew 7:20

# Lesson 6 Script

## Introduction

Have you ever wondered what it would be like if Jesus was still living in the flesh on the earth with us? What if he didn't return to heaven but rather just lived here forever... Where do you think he would live? What would he like to eat? How would he dress?

We might think the world would be a better place if Jesus was still here physically with us, but I'm not sure. I wonder if the world would fight over him even more, trying to lay claim to him and use him like a chess piece. Jesus knew he couldn't stay here forever and told his disciples he had to get out of their way. He needed his disciples to be his witnesses throughout the whole world.

When Jesus ascended back to heaven, he promised his followers they wouldn't be alone. Jesus said the Holy Spirit would come to them. God's presence would no longer just be in the world but would dwell in the lives of God's people. God's Spirit was no longer confined to temples, but God would make his home in us. God's own presence, here to help, empower, and comfort us. Here to stay.

## Transition

Over the last few weeks, we've been using Plato's cave allegory to unpack the foundations of Christianity. We've talked about how a life of sin is like being shackled in a cave, believing the lies of shadows and captors instead of knowing God's truth. We said that salvation is like coming out of the cave, free to live in the reality of God's glorious light. But sometimes, even though the light is beautiful and what we were made for, adjusting to it can be difficult. It turns out that the cave really formed us, and breaking those cave habits can be hard. It's like stretching out after being all cramped up... you've got to get everything moving again.

In the Christian faith, the Holy Spirit keeps us moving. The Spirit guides us throughout this world and empowers us to live like Jesus. The Spirit convicts us of our sins and helps us say "no" to temptation. The Holy Spirit is with us, no matter where we go, transforming us into Christ's likeness day by day.

Understanding the person and the work of the Holy Spirit are key components of the Christian faith and daily life. So, let's get started!

## Point #1: The Holy Spirit is a member of the Trinity.

Can you try for a moment to picture the Holy Spirit? It might be hard! You might be tempted to imagine a ghoulish figure like Casper the friendly ghost or just see a bright light force or something like that. But the Spirit isn't a ghost or a force. The Spirit also isn't a feeling or a vibe. The Holy Spirit is God. Our human brains work really well off of images, and since we aren't given any physical images of the Spirit, it can be hard to wrap our minds around who he is. And if something is hard to comprehend, it can be difficult to relate to. But the Holy Spirit isn't an "it" or an object. The Holy Spirit is someone you can have a relationship with!

Like the Father and Jesus the Son, the Holy Spirit is a member of the Trinity, our word for understanding how Christians follow one God who is three persons. Sometimes we give a lot more attention to Jesus and the Father than we do the Holy Spirit. This may be understandable, but we ought to strive against it. The Holy Spirit is equal to the Father and the Son in glory, power, and divinity. The Spirit is God in the same way the Father and the Son are! We can pray to and worship the Holy Spirit who does things only God can do like create,

give God's gifts, and raise us from the death of our sins. Hear these beautiful words from the apostle Paul as he tells his audience in Rome about the power of the Holy Spirit:

The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children. Romans 8.11-17

The Holy Spirit brings us into the family of God. We are no longer slaves to the cave, and God doesn't treat us like slaves either. God treats us as his sons and daughters. The Holy Spirit helps us feel at home with God. When we decide to follow Christ, we need a lot of help. It's not like we step into the light and suddenly everything is perfect. Since Jesus isn't physically here with us, we need someone showing us the way. And this is what the next point is all about...

## Point #2: The Holy Spirit is our helper.

In the Gospel of John, Jesus has a long discussion with his disciples the night before he dies. He knows things are about to get hard for his followers, and he won't always be there in the flesh to show them the way. That last night, Jesus promises his disciples that they will not be alone; help is on the way! This is what he says about the Holy Spirit:

"If you love me, obey my commandments. And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you." (John 14:15-17)

Now this is something to be excited about. Let's dive into this a little deeper. Jesus calls the Holy Spirit our Advocate. An advocate is someone who fights for another, who defends and supports someone in need. The Spirit is our help in times of trouble, no matter what the trouble is. The Spirit helps us by revealing truth to us - by empowering us to put our faith into action - by encouraging us to say no to temptation, become stronger than our sin, and obey God's commands.

But the Holy Spirit isn't just someone who pushes us like a coach trying to get us in good spiritual shape. The Spirit also understands our pain. Sometimes this word "Advocate" is translated as "Comforter." The Holy Spirit soothes us in our distress. He helps us repair relationships and restores our souls.

And the coming of the Helper doesn't just help us. The Spirit teaches us to be helpers, too. If the Holy Spirit indwells each of our lives, then our lives are going to bear witness to the goodness of God. This means that the Holy Spirit helps us live out the transformation we experience when we step out of the shadows.

## Point #3: Christians bear the "fruit" of the Spirit.

Can you imagine being at the beach, looking up the trunk of a palm tree to see if there are coconuts, ... and finding grapes? No, of course not! Coconuts grow on coconut trees, and grapes grow on grape vines. That's just how it is: The plant produces the type of fruit that it is. And so it is with us. If we are followers of Jesus, rooted in the Father's love, and filled with the

Holy Spirit, then we are going to “produce good fruit.” That is to say, our lives will be filled with the evidence of the transforming power of God.

Galatians 5: 22-25 says, **But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.**

Let’s hear those things one more time... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Aren’t those beautiful things? Can you believe that you’re the kind of person who can be marked by such ways of living? We all can be with the Holy Spirit’s help. Like Galatians said, we can follow the Spirit’s guidance in every area of our lives. Listening for God’s help is not just for when we are at church or for when we’re trying to figure something out about the Bible. The Holy Spirit wants to help us follow God’s way and see God’s truth in everything we do, whether it’s at school, home, work, or in our relationships or hobbies.

When we live out the fruit of the Spirit, people notice. Jesus says in Matthew 7:20, **“Yes, just as you can identify a tree by its fruit, so you can identify people by their actions.”** When our lives are marked by these qualities, it gets the attention of folks still chained in the cave. It says, there’s another world! There’s another way!

So let me ask you: Are you marked by love? Do you feel joyful, patient, and kind? Would others say you are known for goodness and faithfulness? Are your ways gentle and self-controlled? We could probably all use some help in more than one of these qualities.

If you’re feeling like you could use some help... don’t forget: The Helper has come! As we conclude [tonight], let’s remember that God’s presence is here for us. Not just all around us but wanting to dwell in each of us. That leads me to say this...

## Closing

We ought to actively seek the Spirit’s help on a regular basis. This is not something just for people stuck in the cave; this is for us all! We can pray to the Holy Spirit, just like we can to the Father or to Jesus and ask for God’s presence and guidance.

Let’s take a moment to pray individually but together. Think first for a second... What might you need the Spirit to help you overcome? Go ahead and ask him... [pause]

Is there any area of confusion you need the Holy Spirit to shine God’s light on and reveal the truth about to you? Ask the Spirit to reveal it to you and help you see rightly. [pause]

Is there anything in your behavior that you need the Spirit to transform? Invite God’s presence to change you. [pause]

Is there anything in your life where you could just use some comfort? Ask the Spirit to meet you in the hurt. [pause]

Finally, let’s remind ourselves once again of something Jesus promised his followers over 2,000 years ago... we are never alone. We never have to be without God’s help, and God doesn’t get tired of helping us. If you were looking for a sign to not give up on yourself or on God, here it is! God is never going to quit on you!

## Discussion Questions

1. Do you feel the struggle between the "passions and desires of your sinful nature" and the desires the Holy Spirit has given you? If you feel comfortable, tell us about it.
2. How do you think we learn to hear the Spirit's voice?
3. What would it practically look like to seek and follow the Holy Spirit's guidance in your daily life?