

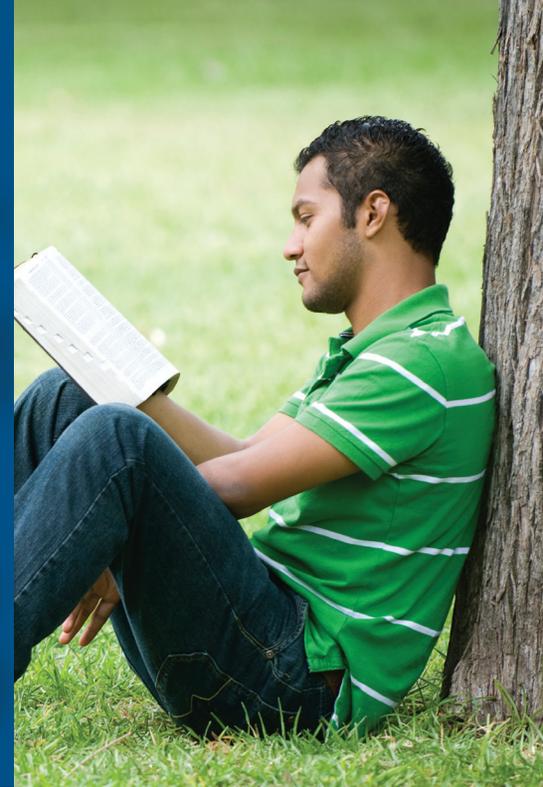


KID for Teens: Leader's Guide

Invisible Friend

The Holy Spirit is a vital friend for every Christian. Today we'll discover some of the exciting things that his friendship can do for our lives and our spiritual growth.

23



- Marker pens/felt pens
- CD Player and CD of soft worship music

Icebreaker:

- Cotton balls – cotton wool
- Drinking straws
- Tables with smooth surfaces
- 1 sheet of A4 sized card per table
- Pencil
- Ruler
- Sticky tape
- Scissors

Word Search:

- Copies of Word Search studies - 1 study per person

Family Focus Time:

- Cups and pure water or pure juice
- Family Discussion Cards - 1 card per family

Praying Together:

- No extra equipment needed this week

Jesus and Me (JAM) Session:

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

Take-away Menu (optional):

- Heart shaped balloons (or other shape if hearts are not available)

Mission Possible:

- Holy Spirit table signs printed onto attractive paper or thin card (see resources)
- White table cloths – 1 per table to cover the table top
- A3 sheets of white paper – 1 per table (or use 2 separate A4 sheets instead)
- Pens – 2-3 per table
- Tea light or candle in a storm lantern or other safe container
- Soft, attractive blanket or quilt
- Hot water bottle in a cover filled with hot water
- A mug of hot chocolate and a plate of cookies
- A jug or two of pure fresh water
- Some attractive drinking glasses – 1 glass per person if possible
- Large, attractively wrapped box, or selection of quality gift bags in toning colours
- A directional compass
- A remote controlled toy (try to find one that isn't very noisy!)
- A small blackboard, chalks and a blackboard eraser
- An electric fan with thin ribbons tied to the guard that stream out when the fan is turned on
- 2 heart-shaped balloons (plus spares) one inflated and one flat
- A leather-bound Bible
- An attractive new notebook and pencil
- A collection of art and craft materials
- A model or picture of a dove, or some white feathers
- An electrical socket extension cable
- A first-aid kit
- An apron
- A small hammer
- A magnifying glass
- A hand mirror
- A pair of glasses
- A map
- A microscope
- A pair of binoculars
- A battery
- A Sat Nav
- A handkerchief

You will need...

By the end of the session, the group members will:

- Know that the Holy Spirit wants to be our close friend.
- Feel a longing to have a closer friendship with the Holy Spirit.
- Respond by inviting the Holy Spirit to help them grow and develop their Christian characters so that they can become more like Jesus.



23 KID for Teens: Leaders Guide: Invisible Friend



Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (previous page).
3. Work with another team member and plan who will manage each section of the session.

Leadership Personal Preparation:

What does the Holy Spirit mean to you? How close a friendship do you have with him? How has he helped you to become more like Jesus? What has his power helped you to do? What exciting adventures have you had together? If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

Welcome and Prayer – 5 mins

Say:

“ Think about your best friend. What kind of things do best friends do for each other? (Encourage people to call out their ideas). Today we're going to discover what having an invisible and supernatural friend can mean for our lives... This special friend wants to be best friends with every Christian, but some Christians are afraid of him, some have no idea that he wants to be their closest friend, and some never invite him to spend time with them. This special friend is the Holy Spirit. ”

Icebreaker - 8 mins

You will need:

1. Articles listed under Icebreaker (page 1)
- Before the session set up as many rectangular tables as you need, and turn them into 'blow football' pitches.
 - Cut the sheet of A4 card in half from top to bottom so you have 2 long, narrow strips of card.
 - Mark the centre of each piece of card with a pencil. Fold the two smaller ends so that they meet at this centre point. Crease them firmly and open them out again until they form a 90 degree angle with the centre section. This is a goal. Make two for each table.
 - Stick a cardboard goal to the centre of each short side of a rectangular table using the tape. The two short arms should extend towards the centre of the table.
 - Divide people into teams of 2 or 4.
 - Ask the teams to try and blow the cotton ball into the opposite goal, standing only behind the short end of the table, and only moving the ball by blowing through the straw.
 - Nothing must touch the balls when they are in play, except the air blowing through the straws.
 - A goal is scored when a cotton ball hits the back of the cardboard goal.
 - Allow 5 minutes of competitive fun and then call everyone together.

Ask: 'How easy was it to guide a cotton ball by blowing through a straw? What can you learn about the Holy Spirit by doing this activity?'





KID for Teens: Leaders Guide: 23 Invisible Friend



Mission Possible - Discovering our invisible friend - 25 mins

You will need:

1. The resources listed under Mission Possible on page 1.
 - Before the session starts, arrange the tables with the instruction cards and all the equipment. If you have long tables you can put 2 cards on one table. Allow plenty of space between each section so that people don't feel rushed or crowded.
 - If you had to use all your tables for the football game recruit helpers to quickly transform them into the Holy Spirit tables.
 - If necessary, cover the activities with extra tablecloths to prevent people from being distracted by them. Remove the cloths when you are ready to begin this section. Invite group members to visit as many of the tables as possible and to write down any of their ideas on the paper provided on the tables. Allow 20 minutes for this activity.

Holy Spirit Discovery Feedback

- Spend a few minutes feeding back.
- Ask people to find a partner and give the pairs two minutes to list three reasons why the Holy Spirit is a really good friend to have.
- Allow another few minutes for the pairs to feed back some of their ideas to the larger group.

Word Search – 25 mins

You will need:

1. Paper and pens
 2. Copies of Word Search studies - 1 study per person
 3. CD player and CD of soft worship music
- This Word Search is to be done individually.
 - Give people the space and peace to study this alone.
 - During the study, play some quiet, worshipful music.
 - Allow time for everyone to read through the information about inviting the Holy Spirit to help them.

Family Focus – 15 mins

You will need:

1. Drinks and cups
 2. Family Discussion Cards
- Serve drinks.
 - Let the everyone re-assemble into their family groups, collecting a drink on the way.
 - Give each family a discussion card.

Praying together - 7 mins

- Invite one person at a time to say one thing that they would really like the Holy Spirit to help them with in their lives. If someone doesn't want to describe their need out loud, it is important to respect their request for privacy.
- Then ask everyone else in the family to pile their right hands gently on top of the person's head.
- Let them take it in turns to pray a sentence prayer for the Holy Spirit to help the person towards their spiritual goals.
- Continue the pattern until everyone has been prayed for in this way.

JAM Session (Jesus and Me) - 5 mins

You will need:

1. CD player and CD of soft worship music
 2. One set of 'Jesus and Me' Journal Pages per participant
- Give out the Jesus and Me journal pages for this week.
 - Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

Take-Away Menu

You will need:

1. Heart-shaped balloons or other balloons
- Give each person a flat balloon to remind them of the importance of being filled with the Holy Spirit. A flat, airless balloon isn't much fun, or much use. It needs to be filled with invisible air to bring it 'alive' and make it useful and interesting.

Closing Prayer

HOLY SPIRIT - Fire

On the table is a lit candle that represents the fire of the Holy Spirit. In what ways is the Holy Spirit like a burning fire? Write your ideas on the paper provided on the table.

ACTS 2:3-4

1

HOLY SPIRIT - Wind

On the table are a fan and an inflated balloon that represent the Holy Spirit as a powerful, rushing or mysterious wind.

Contrast these objects with the flat, airless balloon.

How is the Holy Spirit like a powerful wind?

Write your ideas on the paper provided on the table.

JOHN 3:8, ACTS 2:3

2

HOLY SPIRIT - Dove



On the table is a dove or some white feathers that represent the Holy Spirit as a descending dove.
In what ways is the Holy Spirit like a dove?
Write your ideas on the paper provided on the table.

MATTHEW 3:16-17

3

HOLY SPIRIT - COMFORTER

On the table are some things that represent the Holy Spirit as a Comforter, such as a blanket, quilt, handkerchief, hot water bottle, mug of hot chocolate, etc.

In what ways does the Holy Spirit comfort us?

Write your ideas on the paper provided on the table.

JOHN 14:16

(SOMETIMES TRANSLATED 'ADVOCATE')

4

5

On the table are a blackboard, some pieces of chalk and a blackboard eraser which represent the Holy Spirit as our Teacher.

How does the Holy Spirit teach us?
Write your ideas on the paper provided on the table.



HOLY SPIRIT - TEACHER - JOHN 14:26

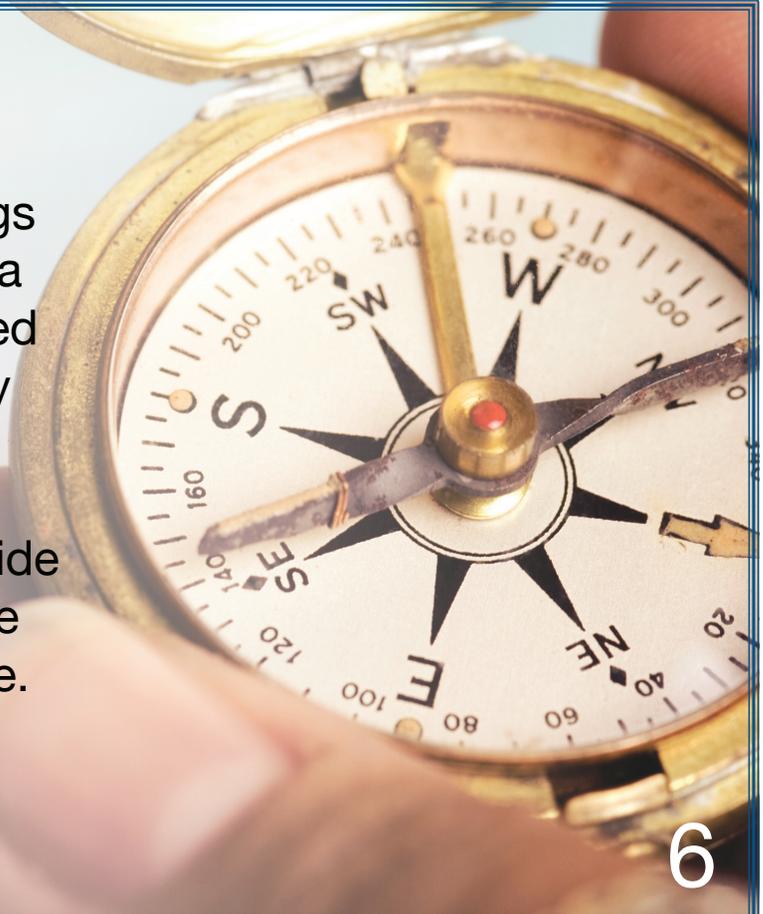
HOLY SPIRIT - Guide

On the table are some things like a compass, a SatNav, a map and a remote-controlled toy that represent the Holy Spirit as our Guide.

How does the Holy Spirit guide us? Write your ideas on the paper provided on the table.

JOHN 16:13

6



HOLY SPIRIT - Water

On the table are a jug of water and some glasses that represent the Holy Spirit as Water.

Take a drink of water if you wish.

How is the Holy Spirit like Water?
Write your ideas on the paper provided on the table.

JOHN 7:37-39

7

On the table are some gift bags or presents that represent the Holy Spirit as the generous giver of good gifts.

What are some of the gifts that the Holy Spirit gives to us?

Write your ideas on the paper provided on the table.



HOLY SPIRIT - GIVER OF GOOD GIFTS

1 CORINTHIANS 12:1-11

8

HOLY SPIRIT - INSPIRATION

On the table are a Bible, some art materials and a notebook and pencil that represent the Holy Spirit as our Inspiration.

How does the Holy Spirit inspire us?
Write your ideas on the paper provided on the table.

1 CORINTHIANS 2:9-13

2 PETER 1:20-21

9

HOLY SPIRIT - HELPER

On the table are an apron, a hammer and a first-aid kit that represent the Holy Spirit as our helper.

How does the Holy Spirit help us when we're struggling, or when we don't know what to do?

Write your ideas on the paper provided on the table.

JOHN 14:16-17, 26

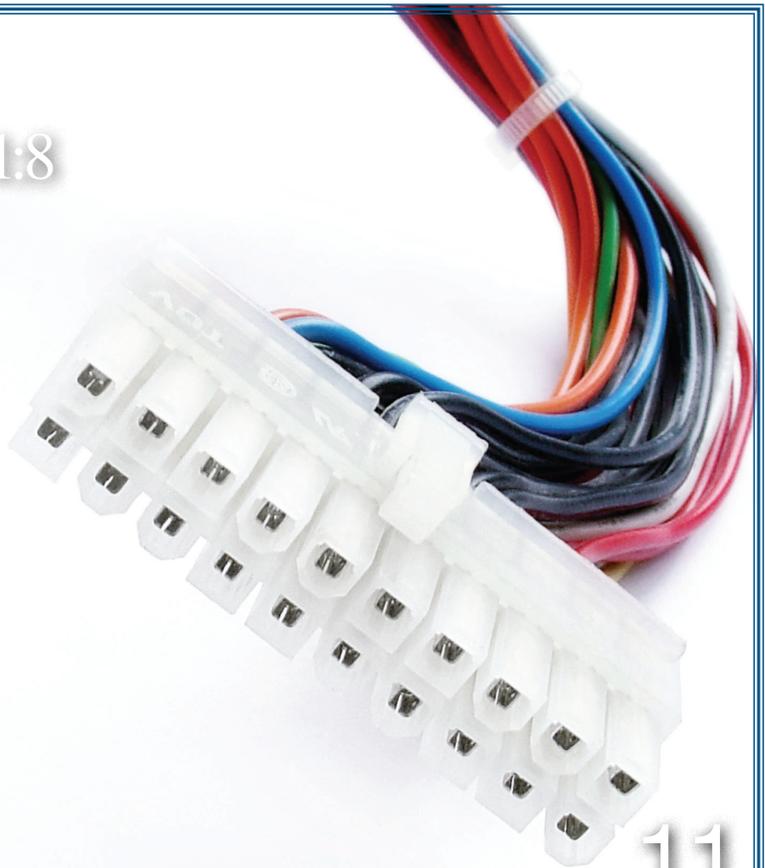
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HOLY SPIRIT - POWER SOURCE - ACTS 1:8

On the table are some batteries and an electrical extension cable that represent the Holy Spirit as our power source.

What does the Holy Spirit give us power to do? Write your ideas on the paper provided on the table.



11

On the table are some things like a pair of glasses, a mirror, a magnifying glass, a microscope and a pair of binoculars that represent the Holy Spirit as someone who helps us to see ourselves more clearly. Why does the Holy Spirit want to help us examine ourselves more closely? Write your ideas on the paper provided on the table.

HOLY SPIRIT - OPTICIAN



JOHN 16:8

12



23 KID for Teens: Handout: Invisible Friend Word Search - Spirited!



What did you personally learn about the Holy Spirit during the discovery activity?

How much does God want to help you have the gift of the Holy Spirit's friendship? *Luke 11:11-13*

What do we need to do so that we're ready to be friends with the Holy Spirit? *Luke 11:9-10*

God can't make us admit our sins, or fill us with a desire to change our lives. But the Holy Spirit can help us by...

John 16:8

John 16:13

He doesn't show us our sins to make us feel bad, or to shame us, but because he loves us, and wants to help us become as much like Jesus as we possibly can.

Even when the Holy Spirit is our best friend we'll still have to struggle with some things, because we are human beings living on a sinful planet. What are some of the things that will continue to challenge us?

Ephesians 6:12

God cares about us when life is tough, and when we face challenges that sometimes seem too big for us to handle, so he has given us some special promises.

Discover what they are in: Isaiah 41:10; Matthew 28:20b; Matthew 11:28-30; 1 Corinthians 10:13 and write the main points below.





KID for Teens: Handout: Invisible Friend Plug into the Power!



The Holy Spirit is an amazing power-source that we can plug into whenever we need strength, guidance, comfort and wisdom.

Think of something in your life that you long to change, or an area of your life that needs God's help.

Admit that you need the power and help of the Holy Spirit. Be honest with yourself and with him.

Pray for the Holy Spirit to strengthen you and to show you the changes you need to make. Tell the Holy Spirit that you know you can't change all by yourself, and tell him that you need his supernatural power to help you know what needs to be changed.

Ask the Holy Spirit to give you the strength and courage to work with him to make the changes you need to make. We can only grow to become more like Jesus when the Holy Spirit is helping us. We're powerless without him because we'll only end up doing things in our own imperfect way, or we might feel proud of our achievements and begin to think we can grow spiritually without his help, which is never going to work!

Believe that God will do what he has said he will do to help you. Trust him completely. Search in the Bible for the promises that God has made for your specific need. Read them, study them, understand them and use them to inspire your prayers.

Act on what you know to be right, because God has said so, rather than on how you're feeling. Feelings are not very dependable and they can distract you from doing what's right. If you're not sure what to do, keep asking God to send his Holy Spirit to guide you.

Thank God for working in you and building your character to become more like his. Thank him even if you can't see any results just yet, and trust that he is working, even if it is slowly and quietly behind the scenes, or in a different way than you were expecting.

Be confident that God will help you to change when you sincerely want to become like him.

Spiritual growth is a **process**. Sometimes there are instant miracles, but usually the Holy Spirit works with us slowly, over time. He took 40 years to shape Moses into a leader for the Israelites!

It is important not to be discouraged. We must:

- Remember the promises that God has made.
- Know that he has heard our prayers.
- Believe that he will always answer our prayers when we ask him to help us grow spiritually and when we ask him to develop our characters so that we are more like him.
- Trust that he is working in our lives even when we can't see any evidence.

Each time we go through this process we'll learn to trust God more deeply and our characters will reflect more of his character.

LESSON 23 -

FAMILY DISCUSSION CARD

Something new that I discovered today about the Holy Spirit is...

One time when I experienced the Holy Spirit's friendship in a special way was...

I like the idea of the Holy Spirit being like a close friend because...

I would really like the Holy Spirit to help me...

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Jesus and Me: Journal Lesson 23: Invisible Friend: Spirited!



What have you learned about the Holy Spirit during this week's session?

<p>WHAT DO YOU <i>like</i> BEST ABOUT HAVING THE HOLY SPIRIT <i>as your friend</i>?</p>	<p>WHICH METAPHORS AND SYMBOLS OF THE HOLY SPIRIT DO YOU FIND MOST MEANINGFUL?</p>
<p>WHEN YOU THINK ABOUT THE HOLY SPIRIT WHAT QUESTIONS DO YOU HAVE?</p> <p>HOW DO YOU THINK GOD WOULD ANSWER YOUR QUESTIONS?</p>	<p>WHAT DO YOU THINK IS THE MOST IMPORTANT THING THAT THE HOLY SPIRIT CAN DO FOR YOU?</p>





23 Jesus and Me: Journal Lesson 23: Invisible Friend: Spirited!



The three most important changes that I would like the Holy Spirit to help me make in my life are...

1.

2.

3.

Use this list as you pray that the Holy Spirit will be with you and help you to become more like Jesus.

Believe that he will help you.
Find promises in the Bible that give you hope.
Thank him for helping you.
Look for signs of hope and change in your life.
(Philippians 4:8)





23

Jesus and Me: Journal Lesson 23

The Holy Spirit is God living in you



Draw a symbol, picture or diagram to illustrate the Holy Spirit living inside you.

For example:



‘Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.’

- 1 Corinthians 6:19

What does it mean to you to be the temple of the Holy Spirit - the place where he wants to live?





23 Jesus and Me: Journal Lesson 23

Invisible Friend



You're Invited!

Take a blank card and create a special invitation asking the Holy Spirit to come and live in your life and be your best friend.

Explain why you would like the Holy Spirit to be your friend and describe some of the things that you look forward to doing together with him.

HOLY SPIRIT DISPLAY

Make a display of objects that remind you of the Holy Spirit's work and keep them in a jar or bowl where you will see them often.

HOLY SPIRIT REMINDER

Choose one object that reminds you of the Holy Spirit's special friendship with you. Keep it where it will always remind you that he is living inside you and wants to help you to be strong.

HOLY SPIRIT HERO

The Holy Spirit is a special kind of spiritual super-hero who rescues, teaches, helps and guides us. Design a super-hero profile for the Holy Spirit that illustrates his special skills and powers. What might he look like (we know he can look like a dove or a flame of fire)? What can he do? When does he turn up to help us?

Use this imaginative activity in a worshipful way to help the Holy Spirit become more real to you.



