

## Supernovas planning for Church at home 22nd March 2020

### Intro

We have been going through a series on Christian foundations teaching the kids in Supernovas the basics to being a Christian. The topics we have covered so far are:

- Who is God?
- Who is Jesus?
- Why did Jesus come to earth?
- Why did Jesus die on a cross?
- How do I become a Christian?
- Reading and applying the Bible
- Praying
- Connecting with church family

This week we are looking at who the **HOLY SPIRIT** is and how He gets alongside us in everyday life.

Normally we do one opener but I've put two in here - you could choose one or do them both if you're looking for time fillers!

### Opener 1

Blindfold your child and tell them where they need to go (for example you may be downstairs and they need to go upstairs and get under their bed). Then you (or a sibling) whisper instructions to help them to get to the destination.

You may want to play this game a few times, especially if you have several children.

At the end of the activity, say that today we're going to be thinking about how someone very special whispers instructions to us as we live our lives everyday. This person is called the Holy Spirit and he is part of God.

### Opener 2

Give your child/children a sheet of paper and ask them to draw someone who helps people. It might be someone like a policeman or nurse or it might be someone more personal to them – a teacher or a parent.

Ask them why they drew the person that they did.

Say that today we're going to be thinking about a very special helper called the Holy Spirit.

### Teaching

*Equipment* - Jug of water, ice cubes, kettle

Ask your child/children what they know/remember about God the Father and Jesus? Ask them what relation Jesus is to God the Father. He's His Son! Say that the Bible says that Jesus is also God – we taught this in a previous session. That's quite confusing!

Say that there's a third person who is also God - the Holy Spirit. There's a special name for these three different people all being God and that's the Trinity – it means 3 in 1.

Say that although this is confusing, you might understand it if you look at this water. Show them the water. Ask what happens when water gets very cold. It freezes and turns to ice – show them the ice cubes. Ask what happens when water gets very hot. It turns into steam – show them the kettle boiling.

Say that although there are three different things here – water, ice and steam, they are actually made of the same stuff. If you warm up the ice, it turns back into water and if you cool down the steam it turns back into water. So it is all the same thing but it can look like three different things.

God is a bit like that. God the Father, Jesus and the Holy Spirit are all complete on their own but they are also completely God at the same time. That makes God very special!

Say that the Holy Spirit is the part of God that comes and lives in our hearts and helps us. What might the Holy Spirit help us with?

### **Activity**

*You will need bandages (or loo rolls if you can get any!)*

Challenge your child/children to bandage you up as much as they can in an allotted time (3-4 minutes). They can bandage legs, arms and heads but it is probably best for them not to bandage the torso!

Admire their handiwork. Say that just like bandages and doctors and nurses are our helper the Holy Spirit takes care of us and helps us.

### **Prayer**

Take some time to pray and ask the Holy Spirit to come and live in their heart. You might like to suggest that they hold their hands out to show God that they want the Holy Spirit to live inside of them.

Sometimes the Holy Spirit comes very quietly but sometimes you might notice that He has an effect on people as He settles on them. Some people feel really happy and might laugh, some people cry, some people shake a bit, some people feel they need to lie down, some people just feel really peaceful. Reassure the children that it's ok to feel none or all of those things. God treats us all differently because we are all different!

### **Memory verse**

*"I will give my Spirit to everyone." Joel 2:28*

Write out and cut up the memory verse. Read it then jumble up the words and get the children to put them in the right order. Get them to say it aloud, then one at a time take words away until they can recite it all from memory.

### **Ending**

Maybe finish your session with a hot chocolate made from ice that's melted into water and then heated to make boiling water with steam coming off to remind the children that the Holy Spirit is part of the Trinity.