



# THE HOLY SPIRIT AND PRAYER

LESSON AT A GLANCE

■ New Apostolic Church USA



## CURIOSITY

An object lesson, experiment, or activity that sparks curiosity, encourages exploration, and gets kids thinking about the wonder of God.

- Welcome Question: *What's a subject in school you sometimes need help with?*
- Interactive Game: Name That Object!
- Declaring God's Wonder

## BELIEF *Choose either Hear It or Experience It and supplement with the video*

A deep and interactive dive into Scripture that guides kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

- Opening Prayer
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth

## FAITH

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own, emboldening their faith and fostering a deeper understanding of their place in God's kingdom.

- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time

## IDENTITY

An interactive worship response activity that creates space for God to remind kids of these core truths: I am known, I am loved, I am led, and my life can tell of God's wonder.

- Responding in Worship: Prayer Stations
- Blessing Your Kids

## THE HOLY SPIRIT AND PRAYER

LESSON 3

NAC USA

Goals and Objectives

IA 3-5, 7-9, 13-15, 17-19, 27-29 IB 1, 3, 5 IC 1-13

IE 1-3 IIA 3, 6, 10

IIIA 1-3

## 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.

## WORD OF WONDER:

Romans 8:14

*Those who are led by the Spirit of God are children of God.*



Lesson PPT Slides



Lesson PDF Slides



Lesson Printables

# FOR LEADERS

## A MESSAGE FOR CHILDREN'S LEADERS

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

Dear Sunday School Teachers,

As you teach Scripture, it's easy to highlight the miraculous works of the Holy Spirit—how He filled believers in Acts 2, led Paul on his missionary journeys, and performed great miracles like healing the sick and opening prison doors. These moments are exciting and powerful!

But the Spirit also works in quieter ways, moving in hearts and minds, guiding, comforting, and even helping us pray. Our God is wondrous like that—He can move in a crashing storm or a small whisper.

[Romans 8:14–17](#) and [22–27](#) reminds us that we are children of God, and just as a loving parent longs to hear from their children, God longs to hear from us. The Spirit gives us the confidence to approach Him in any way we need. Even when we don't have the words—when all we can do is sigh or cry—the Spirit speaks on our behalf.

As you teach this to your students, remind them that the Holy Spirit is not just a distant force but a close and personal helper. You have the incredible privilege of shaping their understanding of God's love and presence. May this truth bring you comfort and renew your joy in sharing the Gospel with the children in your care!

With love and joy,

**The Faith Arc Team**

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## A ROAD MAP

### 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?

We receive the gift of the Holy Spirit during our Holy Sealing, which completes our childhood in God. The Holy 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 evil on the cross, and conquered death with His resurrection. The presence of the Holy Spirit makes Jesus' victory a lived reality for His followers. With the Holy Spirit's help, we experience freedom from sin and newness of life as God's children, awaiting future glory.



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### WELCOME QUESTION

**SUPPLIES:** paper, colored pencils, whiteboard (optional), dry-erase marker (optional), **Welcome Question Slide**

Before kids arrive, display the **Welcome Question Slide** or write the following question on a whiteboard or chart paper, "What's a subject in school you sometimes need help with?" Set out sheets of paper and coloring utensils.

As kids arrive, warmly welcome them by name, let them know you're glad they're at church, and ask them to Check In.

#### All Ages

Use the feelings chart on the next page and ask each child how they are feeling (refrain from asking "How are you?" as children may be accustomed to responding with "fine"). You may want to print and post the feelings chart in your classroom for ease of use.

- Allow each child to name their feeling or to use a color to name their feeling. Older children might use words, younger children might point to the pictures or use the colors to express their feelings.
- There are no wrong feelings and all feelings should be acknowledged.
- Acknowledge how children feel by giving each child time and space to share anything they might need or want to share in regard to their feelings. For example, you can ask "Why are you angry?" or "What made you sad?"
- If you can, address the feeling (hunger/thirst - provide a snack/drink, sadness - give a hug, joy - give a high five, tired - let the child rest, anger - a calming space, etc.).
- Keep in mind throughout the lesson how each child is feeling and that feelings may change during your time with the child.
- If you notice a change, you may want to allow the child to rename their feeling and again address the feeling if needed.
- Acknowledge all feelings, concerns, joys, and celebrations in your opening and closing prayer. Use a grace-based approach to the learning as feelings will impact how children learn. (adapted from the Zones of Regulation)

Show them the **Welcome Question**, and invite them to share their answers with one another. They can also illustrate their answers if they choose. If you have younger kids, be sure to read the question for them.

**Teaching Tip:** Encourage kids to keep their comments positive as they listen to one another's Welcome Question answers. Each of us has different strengths and areas where we need help, and this is an opportunity to listen to and encourage one another!

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# SOCIAL-EMOTIONAL CHECK IN

Angry



Scared



Panicked



Inconsolable



Happy



Focused



Calm



Proud



Worried



Frustrated



Silly



Excited



Sad



Bored



Tired



Sick



**At your start time...**

Invite the kids together and let them know you're glad you get to worship Jesus with them today. Call on several kids to share their answers to the Welcome Question: **What's a subject in school you sometimes need help with?** Consider sharing your own answer as well. Hearing you share will help some kids feel more comfortable sharing about where they too need a little help.

**Today we're going to learn about God the Holy Spirit, who helps us pray and reminds us of what is true. But, first, it's time to be curious.**

**Teaching Tip:** *If kids are unfamiliar with the Holy Spirit, explain that God is three persons but still one God: Father, Son (Jesus), and the Holy Spirit. This is called the Trinity. The Holy Spirit, who is God, lives in those who have been baptized and sealed, and is our powerful, wise, and loving helper. Assure them we will all learn more about the Holy Spirit throughout this lesson!*

## INTERACTIVE GAME: NAME THAT OBJECT! (REGULAR OR CHALLENGE VERSION)

**SUPPLIES:** **Name That Object Slides or Sheets** (regular or Challenge Version), **Prayer Wonder Truth Slide**

**Teaching Tip (For Older Kids):** *To make this game more difficult for older kids, use the Challenge Version of the **Name That Object Slides or Sheets**. These include the object the kids need to guess along with two words they aren't allowed to use to describe that object.*

Ahead of time, open the Name That Object Slides (regular or Challenge Version) and have them ready to display. If you're not able to display slides, print the **Name That Object Sheets** (regular or Challenge Version). You'll hold each sheet up for kids to see, so if your group or space is large, print multiple sets. See the Leader Tip below about how to utilize the Challenge version of the **Name that Object Slides or Sheets**.

Display the **first Name That Object Slide** (if using). **Today we're going to learn about how the Holy Spirit helps us pray even when we don't know what to say. Let's play a fun game that will challenge us when we don't quite know what to say!**

Help kids pair up. Invite one kid from each pair to sit with her back to the screen and the other to sit facing the screen. (If using the **Name That Objects Sheets**, you can hold each sheet up for one partner in each pair to see.) Explain that on your signal, the kids facing the objects will start describing them to their teammates. Their goal is to get their partners to say the name of the object. Remind them they can't say the name of the object—they have to describe it. If you're using the Challenge Version slides or sheets, then the game is even more challenging because kids will have more limitations on what words they can say.

Display the **Name That Object Slide 2** (image of a bear) and signal kids to begin. When you give the signal, they can switch places and roles with their partners. Play several rounds, advancing to the next slide (**Slides 3, 4, 5, 6, 7, 8, 9**) each time and allowing kids multiple turns as the guesser and the clue giver.

**Make It Inclusive:** *If you have kids who are nonverbal, invite them to play by doing a version of charades. They can act out the object or use gestures to describe it.*

**Teaching Tip (For Younger Kids):** *Describing an object without saying its name can be challenging for younger children as well as kids with verbal processing challenges. Modify the game by having all kids face away from the screen while you describe each object. Once someone guesses the object correctly, invite all kids to turn around and look at the picture.*

Great job describing those objects and listening to your partners! **Describing objects like that can be tough to do, and we don't always know what to say. Today we're going to learn how God gives us the Holy Spirit, who helps us pray when we don't know what to say.** Display the **Prayer Wonder Truth Slide**. Today's Wonder Truth is: **THE HOLY SPIRIT HELPS US PRAY.**

## DECLARING GOD'S WONDER

Write on a white board or chart paper or display the **Declaration Slide**. Read each line boldly and invite kids to repeat after you.

**Thank You, God, that You are good!** (Kids repeat.)

**You made me on purpose, for a purpose.** (Kids repeat.)

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

**You know me, love me, and lead me.** (Kids repeat.)

**Thank You for giving us Your Holy Spirit.** (Kids repeat.)

**Thank You, Holy Spirit, for helping us pray!** (Kids repeat.)

**My life can tell of Your wonder!** (Kids repeat.)

## OPENING PRAYER

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You that we get to be together today to explore Your Word. You are amazing— please help us to understand You more! Thank You for Your Holy Spirit, who leads us and helps us pray! In Jesus' name, Amen.**

## GOD'S BIG STORY

This lesson includes three opportunities for your kids to enter the story – we recommend you choose **HEAR IT!** or **EXPERIENCE IT!** and supplement with the **WATCH IT!** video. **HEAR IT!** is read directly from the Bible. **EXPERIENCE IT!** is an interactive story-telling activity.

### Hear It!

**SUPPLIES:** Bibles (1 per kid), **Prayer Title Slide**

Display the **Prayer Title Slide**. Invite kids to open their Bibles to [Romans 8](#). Let them know that Romans is in the New Testament and was written by a man named Paul.

**Let's start by reading part of God's big story directly from the Bible. Afterward, we will watch and experience more of the story!**

**Teaching Tip:** *You can encourage kids who read aloud to stand as they do so. This way the rest of the kids will hear them better, and it also gives honor to God's Word as it's read aloud.*

Ask a volunteer to read [Romans 8:14–17](#). Then ask two more volunteers to each read three verses of [Romans 8:22–27](#) while the other kids follow along.

### Watch It!

Watch the [Holy Spirit and Prayer God's Big Story!](#)

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## Experience It!

**SUPPLIES:** cardstock, scissors (prep only), Holy Spirit Flame Bag (from Lesson 1), tape or glue (prep only), chair, Bible, crown (optional), throne decorations (optional), flameless tealight (optional), **Holy Spirit Flame Sheet** (1 per 4 kids), **Letter to Rome Prop Sheet**, **Kings and Fathers Slides**, **Crown Sheet**

Ahead of time, print the **Holy Spirit Flame Sheet** on cardstock—as many as needed for your group (four cards per sheet) so each kid can receive a card. Cut the cards along the dotted lines, stack them, and place them inside the Holy Spirit Flame Bag (from Lesson 1). Print the **Letter to Rome Prop Sheet** and roll it to use as a prop. (You won't be reading the letter aloud.) Also print the **Crown Sheet** on cardstock and cut out the crown. Use glue or tape to attach the band to the front of the crown. Or you might want to use an actual crown. If you're not able to display the Kings and Fathers Slides, print the slides on paper; then during the storytelling, hold them up for kids to see.

If you don't have the Holy Spirit Flame Bag from Lesson 1, you can make one. Put red, orange, and yellow tissue paper into a white gift bag so it resembles a present—the gift of the Holy Spirit. It should also look like a lantern, so make sure the flame-colored tissue paper is visible. Tape or glue copies of the Full-size Holy Spirit Flame Sheet (from Lesson 1) onto each side of the bag. Place the stack of flame cards from the of **Holy Spirit Flame Sheets** into the bag. You may also want to put a flameless tealight in the bag.

Set the stage: On one end of your space place a chair as a throne. There should be enough space in front of it for kids to gather near it. If you happen to have a chair that already resembles a throne, use it! If not, consider using some throne decorations (i.e., regal-looking blankets or fabric) to cover the chair. If you can, elevate the chair in some way, such as setting it on a platform. Place the crown (printed or real) on the seat of the throne.

**Teaching Tip:** *Hold onto the Holy Spirit Flame Bag when you're finished with this lesson to use again during the Lesson 4 Experience It! Script.*

Set your props: Place the Bible, the rolled **Letter to Rome Prop Sheet**, and the Holy Spirit Flame Bag with flame cards near where you will begin the storytelling.

Important note: This script works best if there is a large distance between the throne and where you and the kids will sit to begin the lesson. Consider starting at the back of your space, with the throne at the front. Gradually, kids will move forward and sit closer and closer to the throne.

Gather kids as far as possible from the throne and sit where they can see the throne behind you. **Let's imagine there's a king sitting on that throne. A king just like this!** Display the **first Kings and Fathers Slide**, which shows a king who looks disinterested. **What do you see in this picture?** Wait for responses. Prompt kids to describe not only the setting, who's there and what's happening, but also to imagine what the relationship between the people in the picture might be like.

**Let's think about kings in the ancient world. Could just anybody walk into the throne room and talk with the king?** Wait for responses. **Do you think there might have been a long line of people who were waiting to talk to the king?** Pause for responses. **How do you think you might get in to talk to the king?** Point to the screen. Listen to kids' ideas and invite them to demonstrate their answers.

Display the **second Kings and Fathers Slide**, which shows a loving father. **Now tell me what you see in this picture.** Wait for responses. Again, prompt kids to imagine what the relationship between the people in the picture might be like. **What if a loving father like this (point to the screen) sat on that**

throne over there, and you were the king's kid? And what if the king loved you? Would that change how you would get in to talk to him? Pause for responses.

Hand out the Holy Spirit Flame Cards from the Flame Bag as you continue, or ask another leader to hand them out. **During the early days of the church, God worked through a man named Paul. Paul was an apostle—a leader sent out by God to spread the good news of Jesus. Paul spent his days sharing about Jesus and the new life the Holy Spirit brings. The Holy Spirit is God—our powerful, wise, and loving helper. The Spirit is with those who believe in Jesus and have been baptized and sealed.**

**Teaching Tip:** Consider mentioning to the kids that what they are holding in their hands, the image of a flame, is not the Holy Spirit itself but a representation of the Spirit. Remind them that the Holy Spirit is the gift of God's presence with us, so we can't see Him.

Sit or stand near the kids with a Bible and the rolled **Letter to Rome Prop Sheet**. **It can be a little confusing to know who the Holy Spirit is and what He does. Paul wrote a letter** (unroll the letter and hold it up) **to the Roman church to explain more about the Holy Spirit. That letter is now in the Bible** (hold up the Bible), **so we can know more about the Holy Spirit too! Paul's letter** (point to the letter), **which we call the book of Romans** (point to the Bible), **tells us these beautiful truths: the Holy Spirit was sent to be our comforter and helper; the Holy Spirit guides us away from sin; and the Holy Spirit helps us talk with God in prayer and do what pleases God.**

Paul says, **"Those who are led by the Spirit of God are children of God"** ([Romans 8:14](#)). Ask kids to imagine the Flame Bag is like a light or a lantern that shows the way. With the "lantern" leading the way, ask kids to move about halfway to the throne and sit down. **When you were sealed you became a child of God! This means we can go to God just like a son or daughter goes to a loving father who wants what's best for them. The Holy Spirit gives us the power and permission to call God our Father and approach Him without fear because He loves His children completely.** Point to the back of the room. **We don't have to stay back there or wait in a long line to talk to the King! We can come to God our Father anytime.**

**Teaching Tip:** You'll move around a lot in this lesson, so keep the Holy Spirit Flame Bag with you. When you move toward the throne, hold the bag like a lantern as though it's leading you. When you move away from the throne, hold it like a regular bag. The Spirit only leads us closer to God.

**But what if I forget?** Ask kids to stay where they are; then walk by yourself to the back of the room. **What if I do something wrong? What if I sin and feel like I need to be back here? What if I forget who I am?** Pause. **Our helper** (hold up the Holy Spirit Flame Bag) **reminds us who we are.** With the lantern leading, walk back to where the kids are while saying, "I am God's kid," until you reach the kids. **We are God's children. He loves us.** Sit with the kids.

**God promises a new creation—the day when we will be made new in a perfect kingdom that will never end. As His kids, we get to share in this promise! "As [God's] children, we will receive all that he has for us. We will share what Christ receives"** ([Romans 8:17](#)). With the lantern leading, walk with the kids to sit right in front of the throne.

**God's creation is longing for the day when all is made new. We long for that day too. We look forward to a future when we will be raised to everlasting life as part of God's family. In the meantime, we can wait patiently through the trouble and suffering that life sometimes brings. And when we are weak, we can rely on the Holy Spirit to help us. But how?** Ask kids to stay where they are. Walk away from the throne about halfway back. **Sometimes I don't know what to say to God. Sometimes I don't know what to pray for.** Walk further back to where you started. **Sometimes I'm too mad or too sad to even want to talk to God, and that makes me feel like I'm back here.**

Hold up the Holy Spirit Flame Bag. **The Holy Spirit helps us as God’s children to pray to God when we are weak.** With the lantern leading, walk slowly to the throne while saying: **The Holy Spirit helps us pray, even when we don’t know what we should pray for** ([Romans 8:26](#)). In his letter to the Romans, Paul writes, “**But the Spirit himself prays for us. He prays through groans too deep for words. God, who looks into our hearts, knows the mind of the Spirit. And the Spirit prays for God’s people just as God wants him to pray**” ([Romans 8:26–27](#)). That means even when we don’t know what to say to God, the Holy Spirit prays the exact right thing for us. The Spirit prays for us, and God receives it as our prayer. What an amazing truth! What an amazing helper!

Sit with the kids at the foot of the throne. **We are God’s children, and we can talk to God about anything. We don’t have to be nervous about saying the wrong thing. We can talk to our King, our loving Father, whenever we want. He always wants to hear from us.** Place the Holy Spirit Flame Bag on the throne. **The same Spirit who frees us from the power of sin and reminds us we are God’s children will continue to be our helper. The Holy Spirit helps us pray.**

**Teaching Tip:** *For some kids, this might be the first time they hear the good news that Jesus died (and rose again!) so their sins can be forgiven. Consider reminding kids that anyone who chooses to follow Jesus and be baptized and sealed and accept God’s gift of forgiveness and salvation, is a child of God!*

## CONNECTING THE WONDER TRUTH

Display the **Wonder Truth Slide** or write it on a whiteboard or chart paper. Pose the following question to kids to help them connect the Wonder Truth to God’s big story:

**Our Wonder Truth today is THE HOLY SPIRIT HELPS US PRAY. Where did you see our Wonder Truth in the story?** Allow kids to answer freely.

**Jesus beat sin and death when He died on the cross and rose again about 2,000 years ago. But Jesus’ victory isn’t just a faraway event in history. Because of the Holy Spirit, we get to live in the reality of His victory today! With the Spirit’s help, we can experience freedom from sin and new life as God’s children!**

## ELEMENTARY

Divide your group into smaller groups based on age. If your group is already small, stay together for this time.

### QUESTIONS: YOUNGER KIDS

- Who wrote the book of Romans? (*Paul*)
- Who does Paul explain more about in the book of Romans? (*the Holy Spirit*)
- What are some ways the Holy Spirit helps us?
- How does the Holy Spirit help us pray? (*When we don't know what to pray or what to say, the Holy Spirit prays for us.*)
- Why do you think God wants us to know Him as our loving heavenly Father?
- As God's children, we are led by the Holy Spirit, and the Holy Spirit helps us pray. What do you think this tells us about the Holy Spirit?

The Holy Spirit reminds us that, we belong to God as His children. The Spirit helps us pray and tells God about the things we need. Let's take some time to pray together!

### PRAYER TIME: YOUNGER KIDS

Invite kids to share prayer requests with the group. Spend some time praying for those requests and thanking the Holy Spirit for praying on our behalf when we don't know what to say. Consider ending with about 10 seconds of silent prayer, inviting kids to talk quietly to God using words or, if they don't know what to say, to be silent and let the Holy Spirit pray on their behalf.

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## QUESTIONS: OLDER KIDS

- Who wrote the book of Romans? (*Paul*)
- Because of Jesus, what can we call God? (*Father*)
- What does the Holy Spirit remind us? (*that we are God's children*)
- God calls us His children. What do you think this shows us about God?
- What are some ways the Holy Spirit works in your life?
- How do you need the Holy Spirit to help you pray?

The Holy Spirit is a gift—God's presence living within us to remind us we are God's children and to help us pray. Let's take some time to talk to God and thank Him for the gift of His Holy Spirit.

## PRAYER TIME: OLDER KIDS

Invite kids to share prayer requests with one or two others. Take some time to allow kids to pray for one another. Then gather kids and say a prayer of thanks to God for giving us His Spirit to help us pray. Consider ending with about 10–20 seconds of silent prayer, inviting kids to talk quietly to God using words or, if they don't know what to say, to be silent and let the Holy Spirit pray on their behalf.

## RESPONDING IN WORSHIP: PRAYER STATIONS

**SUPPLIES:** masking or painter's tape, small stickers (at least 1 per kid), play dough, paper, coloring utensils, device with Spotify app or speaker, globe (optional), cardstock (1 sheet per kid, optional), [Prayer Station Sign Sheets](#), [World Map Sheet](#) (1 sheet or 1 sheet per kid), [Responding in Worship Slide](#), [Holy Spirit Our Helper Elementary Spotify playlist](#)

Ahead of time, print the [Prayer Station Sign Sheets](#). Follow the instructions to create three stations, and tape the corresponding sign near each one. Also print the [World Map Sheet](#), either one copy for all the kids to use at Prayer Station 1 or print a copy for every kid. Alternatively, have a globe at this station.

Prayer Station 1: Put the [World Map Sheet](#) or a globe at the first prayer station and set small stickers next to it. (You can set one map at the station or make copies of the map for every kid.) Kids can choose someone or someplace to pray for. They can put a sticker on the country they are praying for or on the place where the person lives. If your ministers provide care for congregations in specific countries, consider sharing this with the children or encouraging them to find a country where our Chief Apostle, District Apostle, or Apostles serve God's children. You could bring in a Community magazine to show pictures of God's work around the world. Remind the children that the Apostles today continue the same mission as the Apostles who lived during Jesus' time - to spread the gospel (the teachings of Jesus), bring people to Christ, and to prepare the bridal congregation (those baptized and sealed) for His return.

Prayer Station 2: Place play dough at this station. Consider providing sheets of cardstock for kids to use as play dough mats. Here kids are invited to spend some time praying about a difficult situation in their lives. Remind them we don't always know how to pray or what to say, so they can invite the Holy Spirit to help them pray. They can use the play dough to shape what they're praying about or just play with the play dough as they pray and listen to God.

Prayer Station 3: Put coloring utensils and paper here along with a speaker or device playing music from the [Holy Spirit Our Helper Elementary Spotify playlist](#). Kids can spend time praising God for who He is at this station. They can draw or write their praises and sing along with the worship music.

Gather kids together. Display the [Responding in Worship Slide](#).

**When we follow Jesus' example, the Holy Spirit lives in us and reminds us we are God's children. Because of Jesus, we can be a part of God's family! The Holy Spirit helps us talk to God, even praying for us when we don't know what to say. What an amazing helper!**

**Let's take some time to pray for others and ourselves and to offer up praises to our good God.**

### THE HOLY SPIRIT AND PRAYER

LESSON 3

NAC USA

Goals and Objectives

[IA 3-5, 7-9, 13-15, 17-19, 27-29](#) [IB 1, 3, 5](#) [IC 1-13](#)

[IE 1-3](#) [IIA 3, 6, 10](#)

[IIIA 1-3](#)

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.

WORD OF WONDER:

[Romans 8:14](#)

*Those who are led by the Spirit of God are children of God.*



Lesson  
PPT Slides



Lesson  
PDF Slides



Lesson  
Printables

## ELEMENTARY

**Teaching Tip:** Kids at Prayer Station 1 may need help finding places on the globe or map. Make sure a leader is there to help them. For younger kids or kids who struggle to conceptualize life outside their hometown, leaders can point out specific locations where the NAC church exists in other countries.

Show kids the prayer stations and explain what they can do at each. Then invite kids to choose a prayer station to go to. They can choose to spend all their time at one, or they can rotate through all three. Let kids spend some time praying at the stations and inviting the Holy Spirit to help them lift up their requests to the Father. After several minutes, gather kids back together.

**It's amazing that we have a God who helps us and makes us His children. We can be so thankful that the Holy Spirit helps us pray!**

**Disclaimer:** We have permission from the publisher to use the Spotify music playlist solely for the purposes of the Sunday School hour, Vacation Bible School experiences, fellowship events, or for listening at home. Please note that this playlist is not to be used during the divine service or for any streamed or broadcasted occasion.

## BLESSING YOUR KIDS

Display the **Blessing Slide** or write it on a whiteboard or chart paper. Speak this blessing over your kids, as a group or as individuals. If you bless kids individually, insert each name into the blessing.

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

# GAMES AND ACTIVITIES

## ELEMENTARY

This additional game or activity is optional and can be used in the lesson where a movement break is needed. We've included teaching tips and tips to make the game and activity inclusive for all kids. Printables for the game and activity, if needed, are included in the printable link.

## APPROACHING THE KING (OR QUEEN)!

**SUPPLIES:** masking or painter's tape, pool noodles (2–4), blindfolds (2–4), small objects (such as candy or marbles, enough for at least 1 per kid), crowns (2–4, optional), timer (optional)

**Make It Inclusive:** *This game can be intense for younger kids and those with special needs. If needed, modify the game so kids are the kings and queens and leaders are the ones trying to grab the objects. Kids not actively playing can cheer for and encourage those in the game.*

**Allergy Caution:** *This activity includes possible food allergens!*

Ahead of time, select an area in the middle of your space where kings and queens will stand (2–4 kids total, depending on the size of your group). Mark their spots with tape on the floor (they will stand facing out with their backs to each other). You'll need a blindfold and a pool noodle for each king and queen. Crowns are optional!

Hold a pool noodle and some of the small objects for kids to see. **Today you're going to try to grab these** (show small objects) **without getting tapped by one of these** (wave a pool noodle). **Who wants to be king or queen for the day?** Select 2–4 willing volunteers to be kings or queens. Put them into position (facing out with their backs to each other), blindfold them, give each a pool noodle, and tell them they aren't allowed to move their feet. (Kids who are uncomfortable being blindfolded can simply close their eyes tightly when they are king or queen.)

Spread the small objects in a circle around them (within reach of the length of the pool noodles). Have the other kids stand in a circle around the kings and queens, about 15 feet away.

Say to those kids: **Your job is to grab as many (name of objects) as you can without getting tapped by a pool noodle. But you can only pick up one object at a time! If you get tapped, you must drop the object and run back to your starting position before you try again. Kings and queens, you'll move your pool noodles up and down lightly, not with all your strength. You'll keep your feet in one place, and remember, no peeking! Ready, set, go!**

Play for a set amount of time or until all the objects have been grabbed. If time allows, play multiple rounds with different kings and queens. When finished, collect the objects (if you're keeping them) or let kids each have one. If kids get to keep one, be sure to save some for the kings and queens.

### THE HOLY SPIRIT AND PRAYER

LESSON 3

NAC USA  
Goals and Objectives  
[IA 3-5, 7-9, 13-15, 17-19, 27-29](#) [IB 1, 3, 5](#) [IC 1-13](#)  
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# GAMES AND ACTIVITIES

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## ELEMENTARY

Gather kids back together. **How did you feel about approaching our kings and queens today? Allow kids time to respond.** In God's big story, we learned we can approach God's throne with confidence because of the Holy Spirit. We don't have to be nervous when we talk to God. Through Jesus, and our baptism and Holy Sealing, we are God's children, and the Holy Spirit helps us pray!