

# LESSON 7

## THE HOLY SPIRIT TRANSFORMS US

### OBJECTIVES

1. To recognize that the Holy Spirit has the power to transform our lives.
2. To know the importance of bearing the fruit of the Holy Spirit.
3. To understand what it means to be filled with the Holy Spirit.

### MEMORY VERSE

"Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered."

(Romans 8:26)

### PRAYER

Thank You, Lord for gathering us here to have class together in Your holy name on this blessed Sabbath. We give You praise and pray that You will help us to focus and learn in class today. We know that You have poured out Your precious Holy Spirit on us, so that we can become better Christians and overcome our weaknesses. May You continue to guide us in our class today.



### Overview

#### 1. Bible Discovery and Spiritual Teachings

- a. How Can the Holy Spirit Transform Us?
  - The Holy Spirit Cleanses and Sanctifies Us
  - The Holy Spirit Gives Us Power
  - The Holy Spirit Guides Us to Understand the Truth
  - The Holy Spirit Helps Us to Bear Fruit
- b. How Can We Be Filled With the Holy Spirit?

#### 2. Linking to the Ten Basic Beliefs—The Holy Spirit

#### 3. Life Application

- a. The Holy Spirit in Action
- b. Testimony: Be Transformed by the Holy Spirit

#### 4. Activity—The Fruit of the Holy Spirit



### Background Knowledge for Teachers

The Holy Spirit came down after Jesus Christ ascended to heaven. Jesus Christ had commanded His disciples to remain in Jerusalem until the Holy Spirit had come (Ac 1:4, 8). The Holy Spirit would give them power so that they would be able to witness to the people about the gospel of Jesus Christ. On the Day of Pentecost, the disciples prayed together and it was then that there was a sound from heaven like a rushing mighty wind that filled the whole house. Tongues of fire rested on each of them, and they were filled with the Holy Spirit and began to speak in tongues. After being filled with the Spirit, Peter and the other disciples knew that they had received the promised Holy Spirit, and, with great power, began to preach the gospel to the people.



## Reaching Out to Your Students

Students in Elementary 2 should already know to pray for the Holy Spirit and may know that it is important. However, they may have difficulty explaining why it is important to them. Therefore, it is crucial to emphasize the importance of receiving the Holy Spirit, not only because we need it to enter heaven, but also because it has the power to change our lives. There may be a few students in your class who have already received the Holy Spirit. This lesson presents a great opportunity for those students to share how the Holy Spirit has changed them. Hearing the experiences of their peers can encourage the students who have not yet received the Holy Spirit to persevere in their prayers.



## Opener

*5 Minutes*

[Draw or show a picture of a caterpillar on the board.] Ask the students: "What will happen to this caterpillar as it eats and grows?" [Wait for students to respond.]

Yes, the caterpillar will eventually create a cocoon and evolve into a beautiful butterfly. [Show a picture of a butterfly.] Now, let us compare these two pictures. What do you see that is the same or different? [Wait for students to respond.]

The caterpillar went through a transformation, or change, to become the butterfly. Today, we also go through a transformation when we receive the Holy Spirit. Let us look into the Bible to see how the Holy Spirit can spiritually transform us.



## Vocabulary

**transform:** to change in form or in appearance  
**sanctify:** to make free or pure from sin or guilt  
**quench:** to put out or to stop



## Bible Discovery & Spiritual Teaching

*30-35 Minutes*

The Holy Spirit is the Spirit of God and the Spirit of Christ. We know that we have to receive the Holy Spirit to enter into heaven (Eph 1:13-14). Did you know, though, that the Holy Spirit can actually help us in our daily life? The Holy Spirit has the power to transform our lives. Let us look at the different ways that we can change through the Holy Spirit.

### **The Holy Spirit Cleanses and Sanctifies Us (2 Th 2:13)**

We must give thanks to God for choosing us for salvation and for giving us the Holy Spirit to sanctify, or cleanse, us for our sins. As human beings, we are very weak, so without the Holy Spirit, it can be difficult to live a holy and pure life. God gives us the Holy Spirit so that we can overcome our weaknesses. The Holy Spirit will help us to be holy and also make us more sensitive to sin. For example, when we are filled with the Holy Spirit, we will feel guilty when we sin. The Holy Spirit is what softens our hearts and allows us to be aware of our sins so that we

can repent for them. This is how the Holy Spirit continues to sanctify us every day.

### **The Holy Spirit Gives Us Power (Acts 1:8)**

Jesus Christ Himself promised us that the Holy Spirit will give us power. In Acts 2, Peter stands up and speaks to a large crowd after he receives the Holy Spirit. Peter's powerful preaching cut to the heart of the men because he had the Holy Spirit abiding in him. Today, the Holy Spirit can also help us to preach the gospel to our friends, as well as guide us in our servitude to God. Not only will the Holy Spirit give us power to serve, but He will also give us the strength to overcome the sins in our life. In Paul's letters to the churches, he would often pray for the churches, so that they could be strengthened through the Holy Spirit (Eph 3:16). This means that if we are filled with the Holy Spirit, we will also have the spiritual strength to resist sin and live the holy life that God wants us to live.

### The Holy Spirit Guides Us to Understand the Truth (Jn 16:12-13)

Before receiving the Holy Spirit, there were many things that Jesus Christ said to His disciples that they did not understand. The disciples were often confused by the words of Jesus Christ. However, He promised the disciples that the Holy Spirit would guide them to understand and remember what He had spoken to them. This came true, as recorded in the Acts of the Apostles! After the Holy Spirit came down, the disciples were able to remember the words of Jesus Christ in their preaching. Today, in our walk of faith, the Holy Spirit can work in the same way through us. Before receiving the Holy Spirit, we may have a difficult time understanding the truth that is in the Bible. After we receive the Holy Spirit, though, He can open our eyes to understand the will of God through God's words in the Bible. The Holy Spirit will not only guide us and help us understand the words of God in the Bible, but it will also help us live our life according to the teachings in the Bible.

### The Holy Spirit Helps Us to Bear Fruit (Gal 5:22-23)

When we receive the Holy Spirit, not only will we be empowered not to sin, but we will also be able to bear the fruit of the Holy Spirit. From the verse, we can see that there is only one fruit, which has many virtues. These virtues are the characteristics of God: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control. When we have the Holy Spirit, we will

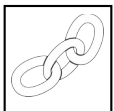
display these virtues naturally and will also stop committing the sins that we committed before. For example, if we are a person who is angered easily, the Holy Spirit will help us to have more patience. In this way, our nature will become more like God's, for He wants us to be perfect, just as He is perfect. The only way that we can achieve this is through the Holy Spirit (Mat 5:48).

### How Can We Be Filled With the Holy Spirit?

After we have received the Holy Spirit, it is important that we continue to pray for the fullness of the Holy Spirit. The Bible teaches us not only to pray for the Holy Spirit but also for the fullness of the Holy Spirit (Eph 5:18). Think of your body as a container or jar; the Holy Spirit is like water that continually flows into us (Jn 4:14). If a container is not completely full, it can easily be moved or pushed over. Conversely, if it is full, then it is a lot more difficult to move. In the same way, when we are filled with the Holy Spirit, it will be harder for us to be swayed by the world to sin. Instead, those who are filled with the Holy Spirit are able to display God's love, purity, and power to the people around them. We need to pray for the fullness of the Holy Spirit, so that God will always abide in us, blessing us with peace, comfort, and joy in our hearts.

#### FOR TEACHERS

Hand out the Bible Discovery worksheet to the students. Give them time to fill in the blanks, and then go over the answers as a class.



## Linking to the Ten Basic Beliefs

2-5 Minutes

### The Holy Spirit

After students have received the Holy Spirit, it is important to encourage them to pursue the fullness of the Holy Spirit. The Holy Spirit not only has the power to seal us as a child of God but more importantly, it has the power to change a person. The continual renewing and transforming power of the Holy Spirit is what aids us in our walk of faith and is something that we have to pursue steadfastly on our journey of faith.



## Check for Understanding

5 Minutes

- 1. Who is the Holy Spirit?** It is the Spirit of God or the Spirit of Christ.
- 2. How can the Holy Spirit transform us?**
  - a. The Holy Spirit can cleanse and sanctify us.
  - b. The Holy Spirit can help us to bear spiritual fruit.
  - c. The Holy Spirit can give us power to serve God.
  - d. The Holy Spirit can help us to understand the word of God.
- 3. What does it mean to be filled with the Holy Spirit?** It means that we are continually displaying the fruit of the Holy Spirit in our hearts and we do not easily sin.



## Life Application

10 Minutes

### 1. THE HOLY SPIRIT IN ACTION

[Hand out Life Application Worksheet #1 to the students. Read each scenario, and have students match it to one way the Holy Spirit helps us. Answers: A1, B3, C4, D2.]

### 2. TESTIMONY: BE TRANSFORMED BY THE HOLY SPIRIT

[Hand out Life Application Worksheet #2 to the students. Read the testimony to the students, or read together as a class or individually. After reading the testimony, go over the discussion questions.]

1. What are some of the things that Jennifer did when she was praying for the Holy Spirit?
2. What transformation did Jennifer go through?
3. How did the Holy Spirit help Jennifer after she received the Holy Spirit?
4. How are you going to show your determination to receive the Holy Spirit? What can you improve on in your prayer?

**Note:** If there is extra time, now would be a great opportunity to share how you received the Holy Spirit.



## Activity

### The Fruit of the Holy Spirit

10-15 Minutes

**Objective:** To remind the students about the fruit of the Holy Spirit.

#### Materials

- Glue
- Purple, light green, and brown construction paper
- Scissors
- Markers
- Crayons

#### Instructions

1. Cut out nine circles from the purple or light green construction paper.
2. Write on each circle a virtue of the fruit of the Holy Spirit. There are nine in all.
3. After they have finished writing the virtue, have them draw a small symbol underneath the word to represent the virtue. For example, the symbol for "love" can be a heart or two people holding hands. Repeat this for all the virtues.
4. Glue the circles together to form a bunch of grapes. Students can cut out a stem from the brown construction paper and glue it on.
5. When finished, hang it up in the classroom or ask the students to take it home!

#### HOMEWORK ANSWER KEY

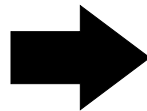
1. True
2. False
3. True
4. Love, joy, peace, longsuffering, kindness, goodness, gentleness, faithfulness, and self-control
5. Answers may vary. Possible answer: It can make us be more aware of our sins and empower us to resist sin.

# THE HOLY SPIRIT TRANSFORMS us

**Directions:** Read the verse and fill in the blanks.

## 2 Thessalonians 2:13

"But we are bound to give thanks to God always for you, brethren beloved by the Lord, because God from the beginning chose you for salvation through \_\_\_\_\_ by the Spirit and belief in the truth."

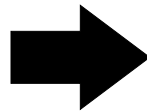


**The Holy Spirit \_\_\_\_\_ us.**

The Holy Spirit makes us sensitive to sin and helps us to live a holy life that God would be pleased with.

## Acts 1:8

"But you shall receive \_\_\_\_\_ when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

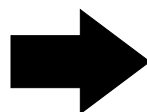


**The Holy Spirit gives us \_\_\_\_\_.**

The Holy Spirit will empower us to preach the gospel and give us the strength to overcome our sinful nature.

## John 16:12-13

"I still have many things to say to you, but you cannot bear them now. However, when He, the Spirit of \_\_\_\_\_, has come, He will guide you into all \_\_\_\_\_; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come."

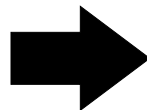


**The Holy Spirit helps us to understand the \_\_\_\_\_.**

The Holy Spirit can open our minds to understand the words of God in the Bible.

## Galatians 5:22-23

"But the \_\_\_\_\_ of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."



**The Holy Spirit helps us to bear the \_\_\_\_\_ of the Holy Spirit.**

The Holy Spirit will help us bear spiritual virtues that will make our nature more like God's.

**Directions:** Draw a line to match each scenario with one way the Holy Spirit helps us.

Amanda is walking home from school, as she does every day. As she is walking, she sees a few bills fall from the backpack of the student in front of her. After noticing that she is the only one who saw the money fall out, she picks up the money. In her heart, there is a quick thought telling her just to keep it. No one would know! The moment the thought comes into her mind, she feels a pang in her heart. The Holy Spirit is reminding her not to sin, and at that moment, Amanda knows what she has to do. After catching up to the student who had dropped the money, she taps him on the shoulder and says, "You dropped this!"

Before receiving the Holy Spirit, Paul had a difficult time understanding what he was reading in the Bible. He could read all the words, but nothing would make any sense. Now that he had the Holy Spirit, he found that he could understand the Bible more than he had before. Also, now when he encountered passages he didn't understand, Paul would pray to God to give him the wisdom to understand.

Timothy's parents were so amazed at the changes in his behavior after he had received the Holy Spirit. Timothy was no longer angry all the time, and was now even willing to help out with chores around the house. Most importantly, he was more gentle and loving towards his younger brother. Seeing his transformation, his parents praised and gave thanks to God, because they knew that it was God's Holy Spirit that transformed Timothy.

Lisa had a difficult time talking to her friends about church, but after she received the Holy Spirit, she was so certain that God existed. She was so excited about the precious gift that God had given her that she actually wanted to share it with her friends. Even though she made the determination to preach to her friends, she still felt nervous. She would question herself, thinking, "What if they think I'm weird?" or "What if they don't want to be friends with me anymore?" She shared her thoughts with her older sister, who encouraged her and prayed with her. The next day during lunch, Lisa spoke to her friends about God, and, to her surprise, her friends were respectful and didn't make fun of her. One friend was even interested in going to church with her!

# THE Holy Spirit IN ACTION

## 1. The Holy Spirit sanctifies us.



## 2. The Holy Spirit gives us power.



## 3. The Holy Spirit helps us to understand the truth.

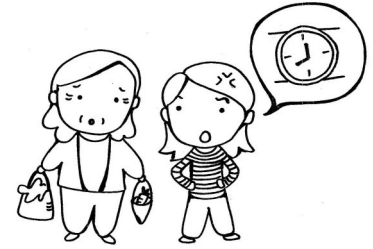


## 4. The Holy Spirit helps us to bear the fruit of the Holy Spirit



## Testimony: Be Transformed by the Holy Spirit

There was a young sister named Jennifer who was always very angry and impatient with her grandmother. No matter what her grandmother did, it would always annoy Jennifer to the point that she would just ignore her. It was impossible for the two of them to get along!



One day at church, there was a special prayer session, and Jennifer was encouraged to go up to the front to pray with all of the other RE students. She really wanted to receive the Holy Spirit because all of her friends had already received it. Her heart was determined to pray to God until she received it. As she knelt down to pray, she asked God to give her the Holy Spirit. It was at this time that God made her think about all the things that she did wrong: how she talked back and disrespected her grandmother. In the prayer, Jennifer was shocked by all the sins that she had committed. She shed many tears of repentance and asked God to help her overcome her impatience and anger. As she prayed and prayed, she suddenly felt



that God had lifted the burden from her heart and replaced it with warmth. Her tears of sadness became tears of joy as she realized that God had helped her. When the prayer ended, the pastor told her that she had received the Holy Spirit. Jennifer was so joyful when she heard the news!

When she got home later that night, Jennifer was so joyful that she couldn't sleep. She began to think about the great gift that God had given her and how she would repay Him. It was at this time that she realized she needed to change her behavior towards her grandmother. God had already forgiven her sins and now it was time for her to repay that love.

In the following months, the relationship between Jennifer and her grandmother slowly improved. Jennifer was able to be more patient when talking to her grandmother. There would still be times when Jennifer would get upset, so she would pray to God to help her have more love. Over time, Jennifer came to understand her grandmother better and they were able to talk to each other naturally. This could only be possible through the power of the Holy Spirit! Praise the Lord!



### Discussion Questions

1. What are some of the things that Jennifer did when she was praying for the Holy Spirit?
2. What transformation did Jennifer go through?
3. How did the Holy Spirit help Jennifer after she received the Holy Spirit?
4. How are you going to show your determination to receive the Holy Spirit? What can you improve on in your prayer?

## E2 Year 3 Book 3 Lesson 7—The Holy Spirit Transforms Us

# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Weekly Bible Reading:** \_\_\_\_\_

**Bible Reading:** Check each box when you complete that day's reading.

**Prayer:** Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

### What I Learned from the Bible This Week

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### Memory Verse

Please write down this week's memory verse. (**Romans 8:26**)

\_\_\_\_\_

### True or False

1. The Holy Spirit can help us to understand the truth in the Bible. \_\_\_\_\_
2. If you bear the fruit of the Holy Spirit, then it automatically means that you have the Holy Spirit. \_\_\_\_\_
3. The Holy Spirit can empower us to resist sin. \_\_\_\_\_

### Short Answer

4. What are the virtues of the fruit of the Holy Spirit?
  
  
  
  
  
5. How can the Holy Spirit help you to be sanctified?