



BIG IDEA

God blesses us as his children by giving us the Holy Spirit.

EPHESIANS | FAMILY | WEEK 3 OF 4

Blessed

GOD STORY

Blessed with the Holy Spirit
Ephesians 1:13–14

KEY VERSE

We have been set free because of what Christ has done. Because he bled and died our sins have been forgiven.
Ephesians 1:7a (NIRV)

LEADER TIP

The Family series focuses on how we're brought into relationship with God through the persons of the Trinity—from God's desire to adopt us into his family to Jesus' rescue to the work of the Holy Spirit.

My Story

1 | CONVERSATION STARTER (7 minutes)

Chat about the best gifts the students have gotten from their parents and the gift of the Holy Spirit that God gives to his children. Introduce today's Big Idea.

2 | INTRO ACTIVITY (5 minutes)

To highlight the Trinity, work in groups of three to do a series of actions.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story segments. Recap and discuss the teaching.

My Story

4 | APPLICATION ACTIVITY (12 minutes*)

Read and discuss Ephesians 1:13–14 and Acts 1:4–9. Use play dough to express how the students feel that the Holy Spirit is shaping them.

5 | WRAP-UP ACTIVITY (10 minutes)

Encourage the group to pray blessings over one another.

Our Story

6 | DISMISSAL (2 minutes)

*Extend as needed and adjust timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIP

- Use the Conversation Starter to set the tone for your group's time together.

INSTRUCTIONS

- Welcome the students and gather them together.
- Check in quickly to see how their week is going.
- Ask:
 - What's the best gift a parent has ever given you? Why was it so great?
 - God, our heavenly Father, also gives us gifts. What kinds of gifts do you think he gives us? Why do you think he gives them to us?
 - Who or what is the Holy Spirit?
- Depending on the size of your group, have the students share their stories with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **God blesses us as his children by giving us the Holy Spirit.**
- Explain that God is always with his children. Sometimes, people say we have "Jesus in our heart." In truth, Jesus sits at the right hand of God in Heaven. The Holy Spirit works through us, helping us to become more like Jesus!

2 | Intro Activity

SUPPLIES

- None

INSTRUCTIONS

- Ask: What is the Trinity?
- Explain that the Trinity is our best explanation of God as three-in-one. He's one God but also three different persons: Father, Son, and Spirit. It's a tough concept but it's also cool because it means that by nature God is loving in and among himself!
- Guide the students to get into groups of three people. A leader could join a group if needed.
- Tell the groups that they're representing God as Father, Son, and Spirit.
- Direct each group to stand in a huddle and place their arms around one another's shoulders.
- Instruct them to do the following tasks by working together as a fully united group of three:
 - Walk to and touch three different walls (or spots that work well in your group's setting).
 - Rotate in a circle one way, then switch and go in the opposite direction.
 - Jump up and down in unison three times.
 - Pick up an item on the floor.
 - Sit down and stand back up three times while staying linked!
- To wrap up, discuss the students' experiences working in a united group of three.
- Point out that these tasks that were so difficult for them to do together were fairly simple. The Trinity of Father, Son, and Spirit works in perfect unity in all things!



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (Blessed with the Holy Spirit, Ephesians 1:13–14)
 - Life Story (Learn about bald eagles and their amazing instincts.)
- Recap the video teaching. Discuss:
 - What's the Key Verse for the Family series? (Ephesians 1:7a)
 - What stood out to you in today's Life Story? How about the God Story?
 - What is today's Big Idea? (**God blesses us as his children by giving us the Holy Spirit.**) How does it connect with the stories?



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My Story

4 | Application Activity

SUPPLIES

- Bibles
- Play dough
- Scrap paper or clipboards

INSTRUCTIONS

- a. Make sure everyone has access to a Bible.
- b. Direct half of the students look up Ephesians 1:13–14 and the other half to look up Acts 1:4–9.
- c. Invite a volunteer from the Ephesians group to read the verses out loud.
- d. Discuss:
 - What do you think it means that Jesus “identified you as his own” (NLT)?
 - How do you identify something as your own? What do you do to show someone that your stuff is yours?
- e. Explain that God identifies us as his own by giving us the Holy Spirit, which is way cooler than him writing his name on us in marker! In Ephesians, Paul writes that Jesus promised us the Holy Spirit. We can read about this promise in Acts 1:4–9.
- f. Ask a volunteer from the Acts group to read the verses out loud.
- g. Read verses 4, 5, and 8 again to highlight them.
- h. Give each student some play dough and a piece of scrap paper or a clipboard to use as a work surface.
- i. Note that the Holy Spirit helps shape us. When we read the Bible, pray and listen for God to guide us, and desire to do what God wants for us, the Holy Spirit helps shape our thoughts and actions.
- j. Direct everyone to form their play dough into something that represents the Holy Spirit shaping them. For example, they could make a symbol for an area in their lives where they need the Holy Spirit to shape their thoughts or actions.
- k. As the students work with their play dough, discuss: Can you think of a time when you had the option to do the right thing (or the wrong thing), and there was a little nudge inside you that encouraged you to do the right thing? What happened?
- l. Invite the students to share their play dough creation with the rest of the group.

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My Story

5 | Wrap-Up Activity

SUPPLIES

- None

LEADER TIPS

- Set the tone for this activity. Let your group know that you believe they can be spiritual leaders for one another! Encourage them to be serious for a moment and pray for one another.
- Numbers 6:24–26 (NLT) provides an example of praying a blessing over someone: “May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace.”

INSTRUCTIONS

- a. Divide the students into groups of two or three people.
- b. Remind everyone that the Holy Spirit is meant to be a blessing in our lives.
- c. Encourage the students to pray a blessing over one another. Explain that this means praying that things would go well in their lives.

Our Story

6 | Dismissal

SUPPLIES

- Take-home cards
- Key Verse cards

INSTRUCTIONS

- a. Take a few moments to pray for the students if you have not already done so.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have all their take-home materials.
- d. Ensure the adult teaching is over before dismissing the students.