



BIG IDEA

The Holy Spirit is active in all Christ-followers.

ROMANS | LIFE | WEEK 1 OF 5

Life

GOD STORY

The Holy Spirit in You
Romans 8:1-17

KEY VERSE

"You will receive power when the Holy Spirit comes on you. Then you will tell people about me...from one end of the earth to the other."

Acts 1:8 (NIRV)

LEADER TIP

If one of your group's regular leaders is away, take the time to help anyone who fills in become familiar with your usual routines.

My Story

1 | CONVERSATION STARTER (7 minutes)

Chat about the power of wind as well as whether the students have felt someone guiding them when they're making important decisions.

2 | INTRO ACTIVITY (5 minutes)

Look at chemical reaction pictures to illustrate how **the Holy Spirit is active in all Christ-followers**.

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*)

Highlight the importance of the Holy Spirit's guidance and help in our lives through a ball-finding game.

5 | WRAP-UP ACTIVITY (10 minutes)

Read Romans 8:11 and discuss the Holy Spirit.

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

- Prepare your own answers for the following questions in advance and share them to get the conversation started.

INSTRUCTIONS

- Welcome the students and gather them together.
- Check in quickly to see how their week is going.
- Ask:
 - Have you ever had something blow away or blow over on a very windy day? What happened?
 - When you're thinking about important things or making big decisions, do you ever feel as if something (or someone) is guiding you or helping you?
- 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: **The Holy Spirit is active in all Christ-followers.**
- Explain that the Holy Spirit can help us make good choices and be more like Jesus!



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My Story

2 | Intro Activity

SUPPLIES

- Wall-safe tape
- Pictures

BEFORE THE ACTIVITY

- Use wall-safe tape to hang the pictures in different areas of your group's space.

LEADER TIPS

- Engage the students by asking if they've ever done or seen any of these experiments. Invite them to describe what happened.
- If possible, you could do one of the experiments instead of walking to the pictures.

INSTRUCTIONS

- Discuss: What comes to mind when you think about chemical reactions? Do you have a favourite chemical reaction?
- Introduce today's Big Idea: **The Holy Spirit is active in all Christ-followers.**
- Lead everyone to walk to the picture of a science experiment volcano.
- Ask: What's happening in this picture? Which substance is working in another substance to make this happen? (Vinegar and baking soda)
- Walk together to the picture of bread rising.
- Ask: What's happening in this picture? Which substance is working in another substance to make this happen? (Yeast makes dough expand and rise)
- Walk together to the picture of crystal spikes.
- Ask: What's happening in this picture? Which substance is working in another substance to make this happen? (Salt, warm water, and construction paper)

- Walk together to the picture of a pop bottle exploding.
- Ask: What's happening in this picture? Which substance is working in another substance to make this happen? (Mentos and diet soda)
- Gather everyone to sit together.
- Explain that when we commit to following Jesus as the Lord of our lives, we receive the Holy Spirit. **The Holy Spirit is active in all Christ-followers.** It's kind of like when the Mentos goes into the diet soda. If our lives are the soda, and the Holy Spirit is the Mentos, we can see the Mentos working in the soda. The Holy Spirit works in us and through us—helping, guiding, and transforming Christ-followers to be more like Jesus!



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (The Holy Spirit in You, Romans 8:1–17)
 - Life Story (Christ-followers from around the world share how the Holy Spirit is working through them.)
- Invite the students to give a quick recap of what happened in the God and Life Stories.
- Discuss:
 - What's the Key Verse for this series? (Acts 1:8)
 - What stood out to you in today's Life Story? How about the God Story?
 - How do these stories connect with the Big Idea (**The Holy Spirit is active in all Christ-followers**)?

My Story

4 | Application Activity

SUPPLIES

- Ball

LEADER TIP

- Keep the ball somewhere the students would not look for the first half of this activity.

INSTRUCTIONS

- Guide the students to find a partner. If you have an odd number of people, allow a group of three. Two of the students will need to work together.
- Direct one person from each pair to wait outside your group's space.
- Tell the remaining students that you're going to ask their partners to come back in and look for a hidden ball—but there isn't one. Direct them not to reveal that there's no ball!
- Bring the rest of the students back into your space and instruct them to look for the ball.
- After a couple minutes (or when they give up), let them know you tricked them.
- Send the other half of each pair out of your space.
- This time, hide the ball. Make sure everyone sees where you put it.
- Bring the students back into your space.
- Direct everyone who knows where the ball is to guide their partners to find it. Prompt them to give broad directions instead of just stating its location.
- When the ball is found, note that in the first round there was no object and no guidance. That's like our lives without the Holy Spirit. In the second round, there was an end goal and help along the way—just like when the Holy Spirit is active in us!



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Bibles

INSTRUCTIONS

- Make sure everyone has a Bible. Share them if needed.
- Help the students look up Romans 8:11.
- Read the verse out loud.
- Discuss:
 - What do you think this verse means?
 - Who is the Holy Spirit? (One of the persons of the Trinity; when Jesus left the earth, he sent the Holy Spirit to be with us)
 - What work is the Holy Spirit doing in our lives?
 - Do you have any questions about the Holy Spirit?
 - What does the Holy Spirit living and being active in us mean for us?
- Point out that we sometimes forget about or ignore how cool it is that **the Holy Spirit is active in all Christ-followers!**
- Encourage the students to think about how air is around us all the time, but we rarely notice it until it moves as wind. That same air/wind can make big changes in our world!

Our Story

6 | Dismissal

SUPPLIES

- Take-home cards
- Key Verse cards

INSTRUCTIONS

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