

LESSON 3

THE HOLY SPIRIT AND PRAYER

LESSON AT A GLANCE

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: Those who are led by the Spirit of God are children of God. —Romans 8:14

CURIOSITY

BELIEF

FAITH

- Welcome Question: What's a subject in school you sometimes need help with?
- Curiosity Questions
- Word of Wonder: Romans 8:14
- Word of Wonder Activity
- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time
- LARGE GROUP
- Responding in Worship: Prayer Stations



[Holy Spirit Our Helper Spotify playlist](#)

INVITATION

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

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Helps Us Pray

SCRIPTURE: Romans 8

WORD OF WONDER: Romans 8:14

As I read Scripture, it's easy to pick up on the miraculous works of the Spirit. Like how the Spirit filled believers in Acts 2 and thousands were saved, or how the Spirit guided Paul and his friends on their missionary journeys, and especially the miracles of healing and opening prison doors. All very exciting! But the Spirit also works in the hearts and minds of believers in quieter ways. Our God is wondrous like that. He can move in a crashing storm or a small whisper. The work of the Spirit is mighty even when that work is helping us pray.

Read Paul's words in Romans 8:14–17 and 22–27. To understand that the Spirit helps us pray, we must first understand we are children of God. Just as I want to hear from my kids about how their days went or what they're excited about or how they're struggling, God wants to hear from His children. The Spirit gives us the boldness to go before the Creator of the universe as our Father! We can pray to Him in any way we need. And when times are so difficult we can only cry out, the Spirit intervenes again, speaking on our behalf to the Father when we don't even know what to say. How do these truths bring you comfort in times of struggle?

—Kramer Mize

Ministry Volunteer

Contributor to Wonder Ink

LESSON 3 FOR LEADERS THE HOLY SPIRIT AND PRAYER

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

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?

The Holy Spirit frees us from the power of sin. The leading of the Spirit marks us as God's adopted children who can call God Father. The 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 death on the cross. The presence of the Holy Spirit makes Jesus' victory a lived reality for His followers. With the Spirit's help, believers experience freedom from sin and newness of life as God's children, awaiting future glory.

LESSON 3 ELEMENTARY

Large Group or Small Group

Spark curiosity, encourage exploration, and get kids thinking about the wonder of God.

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Helps Us Pray

SCRIPTURE: Romans 8

WORD OF WONDER: Romans 8:14

Pre-Service Connection (15–20 min)

RESOURCES: Coloring Page, whiteboard, poster paper, or butcher paper, writing utensils

Small group leaders should be seated in place in their small groups 20 minutes prior to service time. Have play stations with various board games, activities, or use games from the extra Games & Activities Guide to keep children occupied and engaged WITH you. This time is important to build relationships, welcome new kids, and keep structure in the room - you should be an active participant with them!

Learn the kids names, and make sure they all know yours too!

Warmly welcome new friends, and introduce them to your group. Allow quieter kids who don't engage with the board games to color. Involve them in the curiosity questions.

As kids arrive..

Invite them to write/draw the answer to the Welcome Question: on the designated board:

“What’s a subject in school you sometimes need help with?” Set out sheets of paper and colored pencils.

While kids are playing in their opening activity groups..

Pose the following “I’m curious” questions. Say “I’m curious...” before each question and give kids a chance to think about and answer each one. After each question, consider having kids share their ideas with a neighbor before you call on one or two of them to share with the group.

- **What’s something you asked for recently?**
- **If God were right in front of you, what would you ask Him for?** (If some kids realize that God is here with them through the Holy Spirit, that’s great! Thank them for sharing, and affirm the truth that God is with us.)

Small Group Begins

After the Opening Activity, Large Group Leader will begin small group time by reading the Welcome Question aloud and inviting everyone to open their Bibles and begin.

WORD OF WONDER

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

—Romans 8:14 (NirV)

Word of Wonder

SUPPLIES: Bibles (1 per kid)

The Word of Wonder in the Holy Spirit Our Helper series is Romans 8:14. The verse says that God’s children are led by the Holy Spirit, and today we learned that one way the Holy Spirit leads us is by helping us pray. Let’s read it together!

Invite kids to open their Bibles to Romans 8:14. Ask a few volunteers to read it aloud in different ways—quickly, slowly, with an accent, etc.

Discuss these questions:

- **How does the Holy Spirit lead us?** (Answers might include: through Scripture, through the wisdom of other Jesus-followers, through wise thoughts and ideas.)
- **What does it mean to you to be God’s child?**

Word of Wonder Activity

SUPPLIES: scissors (prep only), paper clips (1 per small group, prep only), blindfold (1 per small group)

RESOURCES: Word of Wonder Sheet NirV (1 per small group)

Make It Inclusive! For some kids, wearing a blindfold can be uncomfortable or even scary. Allow kids to simply keep their eyes closed tightly instead of wearing a blindfold.

Ahead of time, print the Word of Wonder Sheet NirV (one per small group). Cut out the slips along the dotted lines. Use paper clips to keep the six slips in each set together.

Ask for a volunteer who wouldn’t mind wearing a blindfold. Put the blindfold on him. Give the other kids the slips of paper with the verse on them and ask them to scatter the papers on the floor. They will lead the blindfolded kid to find the papers by saying “left,” “right,” “hot,” and “cold.” Once he’s found all of the slips, he can take off his blindfold and kids can work together to put the verse in order. Play multiple times with different kids wearing the blindfold.

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Romans 8:14

Wonder Ink LESSON 3 WORD OF WONDER SHEET NIRV PAGE 5

Small Group Discussion: Younger Kids

SUPPLIES: Bibles (1 per kid); Bible Story Picture (1/SG)

Help kids use the table of contents in their Bibles to find Romans 8. As kids find the passage, explain that Today we're reading a letter from Paul to the people in Rome who loved Jesus. He told them that God's Spirit helps us and shows us we are God's children. Even when life is hard, the Spirit talks to God for us and helps us know we're never alone.

Read Romans 8:14–17; 22–27 aloud. Then discuss the following:

Notes! Have kids turn to the Notes Pages on the back of the Coloring Sheet and write the Scripture and any words that stand out to them.

- **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?**
- **When we follow Jesus, we are God's kids, and the Holy Spirit helps us pray. What do you think this tells us about the Holy Spirit?**

The Holy Spirit reminds us that as followers of Jesus, 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.

Small Group Discussion: Older Kids

SUPPLIES: Bibles (1 per kid), Bible Story Picture (1/SG)

Help kids use the table of contents in their Bibles to find Romans 8. As kids find the passage, explain that today we're reading from a letter Paul wrote to the Christians living in Rome. He told them that everyone who follows Jesus is God's child and has the Holy Spirit to help them. Even when life is hard or we don't know what to pray, the Spirit helps us and reminds us that we belong to God.

Turn to Page 3 of this guide and help kids understand the context of this passage.

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. Then discuss the following:

Notes! Have kids turn to the Notes Pages on the back of the Coloring Sheet and write the Scripture and any words that stand out to them.

- **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)*
- **As followers of Jesus, 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)

RESOURCES: [Prayer Station Sign Sheets](#), [World Map Sheet \(1 sheet or 1 sheet per kid\)](#), [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 church supports missionaries in certain countries, you may want to highlight that for the kids or even bring in a picture of the missionaries.

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, 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.



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Leader 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 church-supported missionaries live and work.

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!

