

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

- Play Stations:
 - Mini Thanks
 - Hands-On Help
 - The Holy Spirit and Prayer Coloring Sheet
- Connecting the Wonder Truth
- God's Big Story / Snack
- Word of Wonder: Romans 8:14
- Circle Time: Woven Together
- LARGE GROUP
- Responding in Worship: Prayer People
- Closing Game: Ball Bounce



Holy Spirit Our Helper Preschool Spotify playlist



LESSON 3 FOR LEADERS

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.



Curiosity

Belief

Faith

Identity

LESSON 3 EARLY CHILDHOOD

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

Play Stations

SUPPLIES: Thank You cards (1 per kid), envelopes (1 per kid), coloring utensils, stickers, building blocks (wooden, brick, magnetic, etc.)

RESOURCES: [The Holy Spirit and Prayer Coloring Sheet \(1 per kid\)](#)

Greet kids warmly as they arrive and briefly explain the play stations. Invite them to play at any of the play stations.

"Welcome to church! While we're getting ready to start, you can play at any of these stations to help get ready for our lesson today. Do you have any ideas of what we'll be learning about today?"

Play Station: Mini Thanks

Set-up: Set out Thank You cards, envelopes, coloring utensils, and stickers.

Play: Invite the kids to use the supplies provided to create cards to share with people they're thankful for. Kids can make as many different cards as time and resources allow. Demonstrate how to put the cards inside envelopes and assist in adding "To" and "From" names on the envelopes as needed.

Play Station: Hands-On Help

Set-up: Set out blocks in an open area.

Play: Challenge the kids to use the blocks to build a tall tower. Explain that there is one rule to building—everyone gets to take a turn to build together. Remind the kids that it is OK if the tower falls, and when it does, they can try again to help build a strong and tall tower. Celebrate when everyone helps.

Leader Tip: You can use these blocks again for the small objects in the Close to the King game.

Play Station: The Holy Spirit and Prayer Coloring Sheet

Set-up: Print one copy per kid of The Holy Spirit and Prayer Coloring Sheet. Set out the Coloring Sheets and coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture of someone who helps them.

Word of Wonder

SUPPLIES: Bible, scissors (prep only)

RESOURCES: Word of Wonder Sheet (1/SG)

WORD OF WONDER

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

—Romans 8:14

Ahead of time, print the Word of Wonder Sheet and cut out the verse papers along the dotted lines.

"Our Word of Wonder talks about how the Holy Spirit leads us. Let's read it together! Read the verse one part at a time and have the kids repeat your words as you go. **Those who are** (pause for kids to repeat phrase) **led by the** (pause for kids to repeat phrase) **Spirit of God** (pause for kids to repeat phrase) **are children** (pause for kids to repeat phrase) **of God** (kids repeat) **Romans 8:14** (kids repeat).

Now let's play a game with our Word of Wonder." Ask for one kid to be the finder and ask that kid to turn and face away from the group and close her eyes. Once you're sure she's not looking, take verse paper #1 ("Those who are") and hide it somewhere in your room.

Tell the kids that the rest of the group should help the volunteer find the paper by saying "close" or "far" as the volunteer moves around the room. Congratulate the group on being such good helpers and then repeat the process with new volunteers until all six parts of the verse have been found. Set the parts of the verse in front of you in order and then encourage the kids to do the motions and say the verse with you.

- **THOSE WHO ARE**—Hold your hands out in front of you with palms together, then open them up.
- **LED BY THE**—March in place like following the leader.
- **SPIRIT OF GOD**—Hands up in front of your head, bringing them down.
- **ARE CHILDREN**—Hands on hips.
- **OF GOD.**—Point up.
- **ROMANS 8:14**—Hold your hands together, then open your palms, as if opening a book.

Gather kids to discuss these questions:

- **What do you think it means to be a child of God?**
- **Who can you pray for who needs help?**

God's Big Story / Snack

SUPPLIES: Bible

Hold up a Bible and show the kids. Tell them today's story comes from the book of Romans in the Bible. Open a Bible and show them where the story is found.

Bible Time Rhyme

Say the Bible time rhyme (with motions) each week before the Bible story to remind kids that what they're about to hear is part of God's big story.

I open my Bible and what do I see? (*Hold your hands together, then open your palms, as if opening a book.*)

God's big story, waiting for me! (*Point to yourself.*)

"Let's hear part of God's big story, which comes from the book of Romans in the Bible."

[Read Romans 8:14–17 and 22–27 from an NIV Bible.](#)

Circle Time: Woven Together

SUPPLIES: ball of yarn

Gather the kids in a circle. **"I'm so thankful that we have the Holy Spirit with us to lead us and help us. Let's talk about some of the things we might be wondering about today. We're going to see how a ball of yarn connects us all to each other—kind of like how prayer keeps us connected to God—and how the Holy Spirit connects us to God through prayer!"**

Hold the ball of yarn in your hands. **I'm going to toss the ball of yarn to another person, and whoever gets the ball of yarn will hold the end of the string. The person who catches the yarn gets to answer a question, then he'll keep holding the end of the yarn and toss the ball of yarn across the circle to another person. That person will also hold a part of string. We'll keep going by tossing the yarn and answering questions to make a web of yarn that is woven around everyone in the circle."**

DISCUSSION QUESTIONS

- **Who promised to give us a special helper?** (*Jesus*)
- **Do you think God wants us to stay far away from Him or come close to Him?** (*come close*)
- **What is prayer?** (*talking with God*)
- **Why do we pray?**
- **What kind of things can you talk with God about?** (*anything and everything*)
- **When is it OK to talk with God?** (*any time!*)
- **What can you do if you want to pray but you're not sure how?**
- **When do you pray? What are things you've prayed about?**

Look how we are all connected by the yarn now! It reminds me that when we trust in Jesus, we are all connected in the family of God. The Holy Spirit reminds us that we belong to God as His children. The Spirit helps us pray and tell God about the things we need. Let's talk to God now in prayer!"

PRAYER TIME

Invite kids to share prayer requests and praises and to pray for each other. Some kids may not be comfortable praying out loud. That's OK! Encourage them to pray silently and to thank God for giving us the Holy Spirit, who helps us pray.

Head to Large Group!

Return and finish the rest of this guide before parents arrive.

Responding in Worship: Prayer People

SUPPLIES: tape, posterboard (optional)

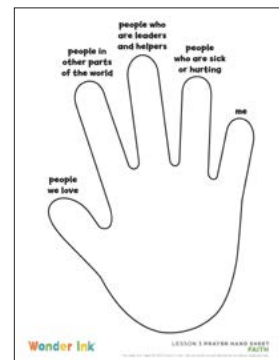
RESOURCES: [Prayer Hand Sheets \(1 per kid\)](#), songs from the [Holy Spirit Our Helper Early Childhood Spotify playlist](#)

Ahead of time, identify a wall or other surface in your room that your kids can see and reach. If you do not have a space large enough to accommodate taping up all of your kids' Prayer Hands Sheets, you can use posterboard or the floor.

"Can everyone hold up their hands? Look at your thumb and fingers. Did you know that just looking at our hands can help us pray? Let's start with your thumb. When you see your thumb, think of a person you love and pray for that person. Keep all fingers up as you describe them.

When you see your index finger (or pointer finger), think of people who live in other cities and other parts of the world and pray for them. When you see the next finger, think of people who are leaders or helpers and pray for them. When you see your ring finger, think of people who are sick or hurt and pray for them. And when you see your pinky finger, think about what you need and pray for yourself!

Provide each child with a Prayer Hand Sheet and coloring utensils. Invite the kids to trace their hand inside the larger printed hand. They can color in their hand or draw pictures of people they are thinking of, as time allows. Collect the sheets at the end of your time and set them aside to be used during your Responding in Worship time. To make the craft more complex, you can purchase disposable gloves (non-latex for kids with latex allergies) and allow the kids to color on the gloves with markers.



"The Holy Spirit helps us and reminds us that 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 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 praises to our good God. Use your prayer hands to quietly pray for the people each finger reminds us of, and when our song is over, everyone can come and tape their prayer hands to the wall so we can see all of our prayers coming together. Remember, your thumb reminds you to pray for a person you love. Your pointer finger reminds you to pray for people who live in other parts of the world. Your next finger reminds you to pray for leaders or helpers. Your ring finger reminds you to pray for people who are hurt or sick. And your pinky finger reminds you to pray for yourself.

Turn on the music. Give the kids an opportunity for a quiet moment to pray, even if it is a short amount of time. Then, one by one or as a group, invite the kids to add their prayer hands to the wall. **Look at all the people we're praying for. If we don't know exactly what to say or how to pray for them, that's OK because the Holy Spirit is our helper. "**

Leader Tip: Depending on the dynamics of your group, moments of quiet might feel awkward or difficult. That's OK! Remember the goal is not perfect silence or stillness, the goal is to create a calm, peaceful, and quiet space, even if it is just for a few seconds.

Closing Game: Ball Bounce

SUPPLIES: playground ball

Gather the kids in a circle with an open space in the middle. Toss a bouncy playground ball across the circle to someone with one bounce and tell the person who gets the ball to say the Wonder Truth: The Holy Spirit Helps Us Pray. That person will bounce the ball (one bounce) to someone else in the circle. Each person who gets the ball will say the Wonder Truth before passing it on. Once everyone has gotten the ball, tell the kids to do the activity again, but this time, they will bounce the ball two times before the next person gets the ball and says the Wonder Truth. Continue again, bouncing the ball three times, then four. The kids may need to step back to widen the circle and create more space between each round.

We can remember that the Holy Spirit helps us pray! This week, remember that we can talk to God all the time—that's prayer! The Holy Spirit helps us pray. We can talk with God about anything. When we're sad, we can talk to God. When we're happy, we can thank God. The Bible says that when we don't know what to say, the Holy Spirit can help us. The Holy Spirit prays the right thing for us. What a great helper!