

# Faith at Home for families

## Activity 12

### Life in the Spirit!



Hello to you all from St Mary's Church! We hope you are all keeping well.

For those of you who go to school in Bottesford, by the time you read this you will have broken up for the long summer holidays. We hope that you will enjoy fun times with your family and friends!

Today is the last in our Prayer Treasure Box series. We wonder how full your box is! Perhaps you'd like to take all the things out to remind yourself of the things you've prayed for. The Activity sheets will stay on St Mary's Bottesford website, so you could look back at the different weeks if you wanted to. You might like to play some of the games again, or collect one of the other things suggested to go in your Prayer Treasure Box.

There will be a new series of Activity sheets during the summer holidays, beginning next week. I hope you'll have a look.

## This week: the Holy Spirit lives in us – wow!

For the story this week, we return to the theme of the Holy Spirit.

If you remember, the Holy Spirit is part of how Christians understand who God is: the Father, his Son Jesus and the Holy Spirit. When those three are together, we refer to them as 'the Trinity'.

- If you'd like a reminder of the Trinity, look back at Activity 7
- Look at Activity 4 for helpful ways to understand the Holy Spirit.

The Holy Spirit is sent by God to help people follow Jesus and love God. Christians believe that when you love God and follow Jesus, the Holy Spirit comes to *live in you*! This is good news, because the Holy Spirit helps you live your best life – life in the Spirit!

You might like to read this week's story from a Bible you have at home, or look it up online, or you can read it at the bottom of this sheet.

The reading is from Paul's letter to the Romans chapter 8, verses 1-11.

## What's your home like?

So, I wonder, what kind of a home you live in?

- Is it big or is it small?
- Is it a house, or a bungalow, or a flat, or a caravan?
- Does it have a garden or a play space?



I imagine that if we were together and I asked you to draw a picture of your home, we'd all draw different pictures, because every home is different!

In our story this week, we find out that when we choose to love God and follow Jesus, the Holy Spirit comes to *live in us* – so, each one of us, each one of our bodies, becomes a home for the Holy Spirit!

- I wonder, what kind of home does the Holy Spirit want to live in?

## Rules for living at home



Now I don't know about you, but when I was your age and lived in my parents' house, there were rules. Things like:

*"Please be home in time for dinner"*

*"If you don't put dirty washing in the linen basket, it won't get washed!"*

I am sure your home has some rules too.

The Bible tells us that in the home that the Holy Spirit lives in, there is one main rule (the Bible uses the word 'commandment'):

*"Love the Lord your God with all your heart,  
with all your soul, with all your strength, and with all your mind"  
and "Love your neighbour as you love yourself." Luke chapter 10 verse 27*

This means if your body is home to the Holy Spirit because you love God and follow Jesus, this is the rule God wants us to live by.

- So how do we live by that rule?
- How can we make sure our minds, our bodies and our hearts love God and our neighbours as much as possible?

I'm sure that if we were all talking together about this, we could come up with a list! So, let me make a few suggestions to get you thinking.

- *Our minds:* Maybe we can choose good friends who help us do the right thing.
- *Our bodies:* We can eat well and do some exercise!
- *Our hearts:* We can remember to thank God for our families and for the good things we have.
- *To love our neighbours:* We can think of others before ourselves and offer to help them.

Phew! From one rule that's a lot to think about doing!

And between you and me, I think this idea of following rules is one of the things that can put people off deciding to love God and follow Jesus.

But there is something else that this week's story reminds us:

- We don't need to be doing all these things before God loves us.
- God loves you and me already, full stop!
- *Always!*

We already have God's love; we don't earn it by being 'good'. If we choose to love God back, and to follow Jesus, we are given the Holy Spirit who comes to *live in us*, to help us try to do the right thing and live our best life – life in the Spirit!



I wonder, what one thing will you do this week  
to show God you love him back?

## Prayer Treasure Box – Idea 12

We thank God that he loves us and  
sends his helper the Holy Spirit to live in us.

- Try to find something for your Prayer Treasure Box that reminds you that you can be a home for the Holy Spirit to live in!
- Perhaps you can put in a toy house from a playset or game
- Maybe you can draw a picture of your house



## A prayer you might like to say

Dear God,

We thank you that you love us and care about us.

Please show us how to love you back.

Please show us how to look after our neighbours

as much as we look after ourselves.

Please bless us and our families in our long summer holidays.

Amen.

## Other 'Life in the Spirit' activities!

### PAPER PEOPLE FAMILY OF GOD

You will need paper, scissors and colouring pens or pencils

- Fold a piece of paper like a paper fan – one way for one fold, then the other way for the next fold, and so on
  - Get someone to help you if you're not sure (*it's a bit tricky to explain it in writing – it would be really easy to show you!*)
- You will need one fold for each member of your family
- Keep the paper folded
- On the bit of paper that is facing you (or at the top of your pile of folds), draw an outline of a person
  - Make sure the arms reach out all the way to the fold on each side
- Cut around your outline
- Open it out and you should have a paper chain of people, one for each person in your family!
- Next draw on their eyes, nose, mouth, ears, hair and clothes so you can tell who's who.
- Each person is a different 'home' for the Holy Spirit! Together, they are the family of God. If all the families joined together, we could be the church!



## Bible Reading

Before we begin the Bible story – a bit for the grown-ups to give some context for the passage.

We come into this world hard-wired to look out for number one – that's our human nature - and we know just how self-centred we can be! So how can we live an alternative way which encourages an unselfish and generous spirit? The Bible recognises our human-ness – both its weaknesses and its vulnerabilities - and story after story in the Bible tells us of people who did what came naturally to them, rather than doing what God asked them to do.

But don't despair! While we might try and be better people, and to an extent old habits and behaviours can be improved upon, God knows we won't manage this on our own (because we're 'only human'). So he sent Jesus to take our old habits and behaviours (otherwise called sin) from us, and to carry these sins for us (See Activity 11). To help us live more God-like lives as demonstrated by Jesus, God sends the Holy Spirit to walk alongside us, to live within us, and to continually help us to be better and more Christ-like people.

Notes for verse 6 'you will die' and 'you will live'. While we understand that our human bodies will die at some point, in verse 6 the idea of death and dying is that sin separates us from God's love so that we are not in a relationship with him. But if you believe and trust in him, then your relationship with him continues after you have physically died, and you enjoy 'eternal life' with him. You may have come across the Bible verse John 3: 16 which sums this up: 'For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life'.

### Romans chapter 8 verses 1-11 – Living by the power of God's Holy Spirit

**1**If you belong to Christ Jesus you won't be punished. **2**The Holy spirit gives life in Jesus Christ. And the Holy Spirit will set you free from sin and death.

**3**God has done what the law of Moses could not do. The things people did made the law weak, but God sent his own Son to earth in the body of a human. Jesus' body was like the bodies which everyone else uses to sin. God sent his Son Jesus because people have done, and continue to do wrong things. And when Jesus died for our sins, God used a human life to destroy sin. **4**He did this so that we might be good people as the Law said we

should be. We are good people if we live the way the Holy Spirit wants us to live, not the way human nature wants to live.

**5**Some people live the way their sinful selves want to live. They think only about the things their bodies and minds want to do. Other people live the way the Holy Spirit wants them to live. They think about the things the Holy Spirit wants them to do.

**6**If you keep your mind on the things your bodies want to do, you will die, but if you focus on the things the Holy Spirit wants, you will live and have peace.

**7**People who only think about the things of this life are God's enemies. They do not obey God's law. **8**If we follow our selfish desires we cannot please God.

**9**Does God's Holy Spirit live in you? If he does, then you are not living the way human nature wants you to live, but you are living the way the Spirit wants. If anyone does not have Christ's Spirit in them, then they don't belong to him.

**10**But if Christ lives in you, you are alive because God has accepted you.

**11**God raised Jesus to life from death! God's Holy Spirit now lives in you, and he will raise you to life by his Holy Spirit.