

## 3-8-26 He Loves Me - Unconditionally Empowered

### Overview

Jesus asks us to do some really hard things, like being kind even when someone is mean, forgiving people who hurt us, and loving others the way God sees them (not just what they did wrong). These things feel impossible on our own! But Jesus sent a super special Helper called the Holy Spirit to live inside us. The Holy Spirit is like God's power living right in our hearts. He helps us do the hard, good things, gives us strength, peace, and reminds us we are God's kids. The message teaches three easy steps to let the Holy Spirit help us a lot: stop saying "no" to Him, stop making Him sad, and invite Him in every day!

### Big Ideas

- 1. The Holy Spirit is our Best Helper** Jesus said it's actually better that He went back to heaven so He could send the Holy Spirit (like a best friend who helps us all the time). The Holy Spirit is called the "Helper" (or Paraclete) who stays right beside us and inside us forever.
- 2. The Holy Spirit Changes Us from the Inside** Think of your body's DNA—it tells every part of you what to do, like what color your eyes are or how tall you grow. The Holy Spirit is like God's special "inside guide" that helps your heart and choices grow good and strong, so you can love like Jesus!
- 3. Three Simple Ways to Let the Holy Spirit Help**
  - **Stop Saying "No" (Resisting):** When you feel a little "uh-oh" in your heart about doing something wrong (like being mean or not sharing), listen and obey instead of ignoring it.
  - **Stop Making Him Sad (Grieving):** Don't keep doing things that hurt God's heart, like being angry all the time or lying. If we keep doing bad stuff, the Holy Spirit might step back a little (but He's always ready to come close when we say sorry!).
  - **Invite Him In:** Just like opening the door for a friend, say, "Holy Spirit, come help me!" He won't push in—He waits for you to ask.

### Fun Questions to Think About

1. What hard thing has Jesus asked you to do lately (like sharing toys when you don't want to, saying sorry first, or being nice to a kid who was mean)? How does it feel?
2. Can you remember a time when your heart felt a little "push" or "uh-oh" telling you to do the right thing? Did you listen, or did you ignore it?
3. How is the Holy Spirit like DNA in your body? (He helps every part of you grow to be more like Jesus!)
4. What makes the Holy Spirit sad sometimes? (Like when we choose mean words or bad actions instead of kind ones.)
5. Where do you need help right now? (Like being patient, forgiving a friend, or telling the truth.)

### Things You Can Do This Week

- Pick one hard thing you're having trouble with (like forgiving someone or stopping a bad habit).
- Say a quick prayer every day: "Holy Spirit, please come help me with [that thing]. I invite You in! Help me be kind/strong/brave like Jesus."
- When you feel that "uh-oh" feeling in your heart (like the Holy Spirit whispering "don't do that" or "do this good thing"), try saying "Yes!" and do it—even if it's small.
- Watch for happy feelings, peace, or extra strength after you listen—that's the Holy Spirit helping you!

- Say sorry quick if you make a mistake—He loves to forgive and help again right away.

### **Fun Group or Family Talk Ideas**

1. Share one hard thing Jesus asked you to do lately. Did it feel yucky, exciting, or super hard?
2. How does it feel knowing God's Helper lives INSIDE you (not just next to you)? Like having a secret power-up!
3. Which of the three things (stop saying no, stop making sad, invite Him in) do you want to try most this week? Why?
4. Have you ever felt like the Holy Spirit was quiet for a while (maybe when you kept doing something wrong)? What helped you feel close to Him again? (Saying sorry usually works fast!)
5. If everyone in your family or group asked the Holy Spirit to help with one tricky thing this week, how could it make home, church, or school happier and kinder? Pray together for each person's "help needed" spot right now!