

On Sunday Oct. 13, we talked about the Holy Spirit. But before we talk about the Holy Spirit, a quick reminder from class on Oct. 6 when we talked about the Trinity: The Trinity is the belief that there is one God, who exists in three persons; Father, Son (Jesus) and Holy Spirit.

**This is important because the Holy Spirit is the third person in the Trinity.**

In class we watched a video titled: Is the Holy Spirit a person, or wind, or fire or WHAT? You can find it by following this link: <https://youtu.be/rgWgpHXwUGw>

**Sooooo...WHAT or WHO is the Holy Spirit??** Unlike Jesus, the Holy Spirit doesn't have a body—instead, we have stories in the bible about the Holy Spirit showing up in different ways; like wind and fire.

**We read a story in the book of Acts, chapter 2 verses 1-13** (if you don't know the story go read it now...seriously....go read it!!)

In the story the disciples are gathered together when suddenly they heard a loud wind and something that looked like tongues of fire rested above their heads—then they all started speaking in different languages (it would be like if you were suddenly fluent in Spanish or Mandarin)—**The Holy Spirit gave the disciples the ability to share the good news about what God was doing through the life, death and resurrection of Jesus, with other people they normally couldn't communicate with.**

**We also looked at Galatians, chapter 5, verses 22-23 which say :**

“the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.”

**What does that mean??** It means that when we say yes to following Jesus, the Holy Spirit helps us change (in a good way). It can be hard to treat others with love, and to be patient (especially with siblings...) or to have self-control or to be generous to others—but the Holy Spirit can help! **Jesus gave us a promise that we're not alone in trying to follow him, the Holy Spirit is the one who will help us as we try to be more like Jesus.**

**So the truth is, we don't know what the Holy Spirit looks like, except to say it's like the wind: just like the wind, we can't see or touch the Holy Spirit but we can feel the effects of the Spirit's presence in our lives.**

## **Homework:**

The apostle Paul wrote the book of Galatians which has the list of the fruits of the Spirit. But it's not a comprehensive list—it's more like a starting point—we can add to it! One thing that seems missing from the list is **“empathy”: the ability to understand and share the feelings of someone else.**

**Here's your homework for the week**—look for a way to show kindness and empathy with someone—they can be someone in one of your classes, or on a team with you, it could be someone in your family or even a complete stranger. Look for a way to practice empathy and to extend kindness to someone—this doesn't have to be huge—small acts of kindness are important!

**Here's a prayer to help:** God, help me have eyes to see someone who's hurting this week, to stand in their shoes and to practice kindness toward them—and when I find it hard to help them, send your Holy Spirit to encourage and give me the strength so I can help.  
Amen

**Write a few sentences about what you experienced this week by practicing empathy and extending kindness to someone:**