

Meet the Spirit

For teens ages 12–14 · about 45–60 minutes · Buried & Raised · game **Meet the Spirit** · built on **John 14:16–17, Acts 1:8, and Romans 8:9**

Many teens know "Holy Spirit" as church language — a line in a creed, a dove on a banner, or vague power that shows up when the worship gets loud. Fewer know the Spirit as **God** — personal, present, and promised to every believer. Some think the Spirit is an impersonal force like in Star Wars. Some only heard about Him once at Pentecost and filed Him under "history." Baptism candidates need better: the same God who saves through the Son lives in believers through the Spirit. Pentecostal faith expects a real relationship with the third Person of the Trinity.

Before you teach anything, pray.

The Holy Spirit is not a prop for hype. He is God. Some students fear emotional manipulation; some crave God's real presence; some were taught the Spirit retired after Bible times. Ask the Spirit Himself to teach this lesson — with clarity, reverence, and hope for a relationship, not a performance.

The heart of the lesson

The Holy Spirit is **God** — not an it, not a vapor, not a side character. He is the third Person of the Trinity, co-equal with the Father and the Son. Jesus promised another Helper who would be **with you and in you** (John 14:16–17). At Pentecost the Spirit empowered the church for witness (Acts 1:8; Acts 2). Paul is blunt: anyone who does not have the Spirit of Christ **does not belong to Him** (Romans 8:9). If you are in Christ, the Spirit is not visiting — He **indwells**.

You are not alone. The Spirit is God with you.

What does the Spirit do in a teen believer's life? He convicts of sin and points to Jesus (John 16:8–14). He regenerates and makes us new (John 3:5–8; Titus 3:5). He seals and indwells (Ephesians 1:13–14). He teaches Scripture to the heart (John 14:26). He produces fruit — love, self-control, peace (Galatians 5:22–23). He empowers witness (Acts 1:8). In classical Pentecostal faith, believers also seek the Spirit's **filling** for power and service, with tongues as the initial biblical evidence in many experiences (Acts 2:4; Acts 10:46) — but the foundation is relationship with a Person, not chasing a feeling.

The Spirit is not the electricity in the building — He is the Lord in your chest.

Correct the common mistakes: treating Him as a force, not a Person; spooky weirdness only; or "Spirit stuff" for super-Christians but not normal teens. Scripture assigns the Spirit to **every** believer. He is holy — not an excuse for chaos. He glorifies Christ, not Himself (John 16:14). Teens preparing for baptism should know they are stepping into a life where God Himself takes up residence and walks with them daily.

JOHN 14:16-17

"I will ask the Father, and he will give you another Helper... the Spirit of truth... he dwells **with you and will be in you.**"

ACTS 1:8

"You will receive power when the Holy Spirit has come upon you, and you will be my **witnesses...**"

ROMANS 8:9

"Anyone who does not have the Spirit of Christ does not belong to him."

How the session flows

- 1 Not a force — a Person.** Hook: what teens think "Spirit" means vs. John 14. ~7 min
- 2 God with you.** Indwelling, witness, fruit — Pentecostal hope. ~12 min
- 3 Play the game.** "Meet the Spirit" on screen. ~12-15 min
- 4 Quiet honesty.** Reference card — do I know the Spirit? ~5 min
- 5 Worksheet.** Verses, true/false, application. ~15 min
- 6 Welcome the Helper.** Prayer to know the Spirit personally. ~8 min

Screen for the game, printed reference cards and worksheets, pens, optional Pentecost / Acts 2 visual, soft worship for closing prayer, leaders ready for students who want to ask about Spirit baptism.

Leading it, part by part

Not a force — a Person

Ask students to finish the sentence: "The Holy Spirit is like ____." You'll hear wind, power, vibe, ghost, dove. Gently correct: Scripture uses wind imagery (John 3:8) but always speaks of the Spirit as **He** — teaching, willing, grieving, sending. Read John 14:16–17. Jesus calls Him *another Helper* — like Jesus Himself walking beside them, but now *in* them. That's not Star Wars. That's God choosing to live inside believers.

God with you

Walk through three jobs teens can remember: **IN** (indwelling — Rom. 8:9), **OUT** (witness — Acts 1:8), **UP** (fruit and holiness — Gal. 5:22–23). Connect to baptism path: you turn to Christ, are buried and raised in water, and the Spirit who raised Christ lives in you (Romans 8:11). Pentecost is not only history — it's the pattern of Spirit-empowered church life. Name continuationist hope plainly: God still fills, still speaks through Scripture, still gives gifts, still transforms teens at school on a Tuesday.

Guardrails: the Spirit never leads against Scripture; He glorifies Jesus; He is holy, not chaotic. Avoid hype that scares skeptical students. Offer wonder that invites relationship — "You are not alone in the hallway, the group chat, or the dark."

Play the game

Run "Meet the Spirit" — Round 1 sorts Bible truth from wrong ideas, Round 2 drills key verses, Round 3 applies to loneliness, courage, and prayer, Round 4 lightning. Twelve to fifteen minutes. Debrief: "What wrong idea about the Spirit did you use to carry?"

Quiet honesty

Hand out the reference card — five quiet minutes, just between them and God. Students assess whether the Spirit feels real, scary, or ignored. Invite a one-sentence ask: "Holy Spirit, show me You're here." Nobody collects the card.

Worksheet

Structured learning — John 14:16–17 fill-in, Romans 8:9 true/false, match Spirit roles, one "this week" step to walk with the Spirit. Different from the card's heart-work.

Welcome the Helper

Close with simple prayer: thank the Father for sending the Spirit, thank Jesus for paving the way, welcome the Spirit to teach, comfort, and empower. Invite students who feel far from God to ask for personal encounter — no emotional pressure, no forced outward display. Offer leaders for questions about indwelling, filling, and tongues. Land the line: *You are not alone. The Spirit is God with you.*

Take it further

- What does John 14:16–17 teach about the Spirit being with and in believers?
- Why is it wrong to call the Holy Spirit an impersonal "it" or force?
- What does Acts 1:8 promise — and how does that matter at school?
- What does Romans 8:9 say about belonging to Christ and having the Spirit?
- How is the Spirit's fruit (Galatians 5:22–23) different from faking niceness?
- What does John 16:14 teach about the Spirit's focus — Himself or Jesus?
- Where do you most need to remember "God with you" this week?
- How does knowing the Spirit is God change how you prepare for baptism?

A final word

Teens don't need spooky stories or vague energy. They need to meet the Helper Jesus promised — God Himself, closer than their phone, holier than their best day, and gracious in their worst. Teach the Spirit with Scripture, play the truth loud, let the card be honest, and hold the door open for relationship. The third Person of the Trinity is not background music. He is God with you.