

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 3 • Unit 10 • Week 4

### GOD'S POWER (HOLY SPIRIT) HELPS US DO RIGHT

**OBJECTIVE:**

To show that God's power (the Holy Spirit) helps us to do right. We see this power at work in Christ's response to temptation (Matthew 4) and in Christ's healing (Mark 5:25-34).

**ATTENTION GETTER:**

Supplies: A blender and a small table lamp (or a couple of other electric-powered appliances).

Say: People have invented all sorts of great appliances. I brought in a couple of my favorites.

Ask: Do you have anything like these in your home? What are they?

Say: Right. My blender comes in handy when I want to make a fruit smoothie or chop something up very fine. And this lamp—well I don't know what I'd do without a lamp. Without its light at night, I'd probably have to go to bed a lot earlier!

Let's just do a little science project here to learn how these things work.

Do: Try to turn on the blender and the lamp, but without plugging them in. Cords and plugs should be visible on the table.

Say: Well, something's wrong here.

Ask: Anybody have an idea? [Hopefully students will notice that the items aren't plugged in.]

Say: Of course! How silly! As fine as these appliances are, they can't do anything without some power! They need electricity to flow through the wires and make them do the job they were meant to do. Without that electricity, they're useless.

## BIBLE LESSON:

Say: Did you know that in a way we're like these appliances? No, we don't need to be plugged into an outlet in order to work. But there is a source of power that God gives that enables us to do His work. It is His Holy Spirit.

Let's read about how God's Spirit worked with the perfect Son of God to learn a bit about the power of God's Holy Spirit.

After Jesus was baptized by John the Baptist, the Bible tells us that they saw the "Spirit of God descending like a dove" on Him (Matthew 3:16). It was right after this that Jesus faced a very severe temptation that required great power to resist.

Do: Read the story of the temptations of Christ from a good Bible storybook or from Matthew 4:1-11.

Say: Jesus was very weak physically. He had been fasting for 40 days.

Ask: Have any of you fasted for part or all of the Day of Atonement? How do you feel when you've been fasting for a while?

Say: Now imagine how Jesus must have felt after fasting for 40 days! And yet He had a great source of strength. In addition to fasting, the Bible tells us that Jesus had been praying. He was very close to God. Jesus was filled with God's power, God's Holy Spirit.

Empowered by God's Spirit, Jesus could say "no" to Satan each time. He didn't allow pride to control Him when Satan taunted "If you are the Son of God..." He was able to see the wrong in Satan's suggestions and answer it from God's Word. Jesus replied "it is written" to each temptation that Satan threw His way.

Let's turn to Acts 10:38 and read what Peter said about Jesus.

Do: Have a student read: "How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him."

Say: The Holy Spirit gave Christ the power to do good, instead of giving in to Satan's temptations. The other thing mentioned in this verse is healing. Certainly Jesus healed many people! I'll read just one story of a healing Jesus performed.

Do: Read the story of Christ's healing the woman with an issue from a good Bible storybook or from Mark 5:25-34.

Say: Jesus healed people countless times. God was with Jesus. Jesus had the power of the Holy Spirit to be able to do good and heal.

Today we in God's Church have access to that power as well. People who have repented and been baptized have received God's Holy Spirit and are "plugged in" to God's power. God also works with young people who haven't yet been baptized. His Holy Spirit works with them also.

We can ask God for the power of His Holy Spirit to resist sin and the temptation to do wrong. Let's think about the fruits of the Spirit.

Ask: How many of the fruits of the Spirit can you remember?

Do: Let students answer. Have them turn to Galatians 5:22-23 to see them all.

Say: These fruits are the result of being "plugged in" to the power of the Holy Spirit. God's power—God's Holy Spirit—helps us do right.

#### **LESSON APPLICATION:**

Do: Have students make a "hot air twirler," a twirling toy that uses the heat from your hands for power, to remind them of the power of God's Holy Spirit.

Supplies: Piece of lightweight paper 3 by 3 inches (one per student)  
Straight pin (one per student)  
Pencil with an eraser (one per student)

1. Fold the square diagonally and then unfold it. Then fold the square diagonally in the opposite direction and unfold it.
2. Once the two diagonal folds are in place, push in a little on opposite sides of the paper. This causes the center to rise about half an inch higher than the sides.
3. Push the point of a straight pin into the eraser of a pencil. Leave an inch of the pinhead sticking straight up from the eraser.
4. Sit down and hold the pencil between your knees.
5. Set the square of paper on top of the pencil so that the head of the pin is right at the center peak, where the two folds come together.
6. Place your cupped hands on either side of the paper so they are about an inch or so away from it.
7. Now just sit with the pencil between your knees, your cupped hands around the paper. But don't move your hands or knees.

What happens and why: Within just a minute the little paper twirler should begin to turn. If you see that the corner of the paper is going to hit your hands when it turns, move your hands back enough to give it room. Keep your hands as close to the paper as possible, however. Once it gets going, the

twirler will spin slowly around and around. The lighter the paper and the warmer your hands, the faster it turns.

The warmth from your hands heats the air near them. Heated air rises. The rising air causes the delicately balanced twirler to spin. (Source: *Amazing Science Experiments With Everyday Materials*, by E. Richard Churchill, 1992, pp. 103-105.)

Say: There is power in the heat from your hands to make that paper move. There is power in the Holy Spirit to help us do right.

**MUSIC:**

Sing "I Sing the Mighty Power of God," verse 1, from the United Church of God hymnal, page 52.

**MEMORY VERSE:**

2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

# *family activity*

## **THE POINT:**

God's power—the Holy Spirit—helps us to do right. We see this power at work in Christ's response to temptation (Matthew 4) and in Christ's healing (Mark 5:25-34).

## **FAMILY TOGETHER TIME:**

Have your child retell the story of Christ's temptation. (Or let your child do it as a play with a sibling or parent and perform it for the family.) Then discuss why Christ responded "it is written..." to each of Satan's temptations.

Have one (or each) family member tell or read a favorite story of Jesus healing someone. Also, consider sharing a true, modern-day healing story.

Talk about some of the fruits of the Spirit. How is God's power—God's Holy Spirit—necessary to produce that fruit?

## **MEMORY VERSE:**

2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind."