

# First Family Foundations

*Building a foundation of Faith for Families.*

## Unit 6 — Heaven Bound

### Lesson 3 — We are not alone. The Holy Spirit is with us to guide and help us overcome sin.

#### Introduction —

Jesus told His disciples that He was going away so that another helper, the Holy Spirit, could come and live with us. When we really desire to do right, the Spirit gives us the power to make it so. Overcoming our sinful tendencies is no picnic, and it never will be in this life. So we need to take seriously God's offer of help. Tell your kids it's something we need to ask for again and again, day after day after day.

#### Here's the Activity:

##### Gather

You will need supplies to do the chore you choose.

##### Go

Decide on a chore that your family can do together — cleaning out the garage, weeding the garden, putting away groceries.

With a spirit of enthusiasm, lead your family in undertaking this task. Put on cheerful music, sing together as you work or tell knock-knock jokes.

##### Share

Discuss how much easier it is to finish a job when the whole family pitches in. Compare this to how the Holy Spirit gladly helps us live as God wants us to.

Thank everyone for helping. Wrap up your talk together with a walk in the park or around the neighborhood. While your family's getting in its exercise, recite this slogan: "Walking in the Spirit is like a walk in the park. Walking without the Spirit is like walking in the dark!"

Have everyone repeat the slogan two or three times to help them learn it. Encourage them to practice saying it during the week so they can talk about it at your next family night.

When you return home from your walk, close in prayer. Allow each person to share concerns and answers to prayer. Thank God for listening and for caring about your family. Record your requests so you can refer to them in the future as you see God answer them.