

## The Holy Spirit and Balloons Activity

- Today we are going to learn about the Holy Spirit. The Holy Spirit is the part of God that lives in us – right inside of us.....can you believe it? In the Lutheran tradition, we believe that when you are baptized, God gives you the gift of the Holy Spirit. And that Spirit of God will always be dwelling inside of you. Wow! It's humbling to think that God would choose to dwell in me.
- Give everyone a balloon
- Look at the balloon.....it has no energy.....kinda blah.....do you ever feel like that? Sometimes we feel down, depressed, struggles with health, or we are in mourning, or experiencing a broken relationship.
- The Spirit comforts us, showing compassion and care. The Bible tells us that the Spirit intercedes for us even when we do not know how to pray. The Spirit comforts us, gives us strength, gives us healing, gives us peace, and eventually leads us to hope.
- Sometimes we talk about the Spirit being the breath of God. Think of the balloon as you.....and now I want you to blow air into the balloon.....think of the air as the breath of God.....the Holy Spirit living inside of you (don't tie the balloon, just blow it up).....offer help to those who need it.
- What do you notice about the balloon as you blow air into it? (it gets bigger, it changes shape)
- Being filled with the Holy Spirit changes us, too.
- The Spirit helps our faith to grow.
- The Spirit also changes us, often encouraging us to try new things, to change (a word we Lutherans find challenging). The Spirit pushes at our edges.....growing and changing us.
- Now I want you to hold on to your balloon – don't tie it, hold it high in the air. Now when I count to three, I want you to let go of your balloon. Ready? 1—2—3—LET GO!
- Wow! Wasn't that fun?
- Let's learn some things about the Holy Spirit from these balloons....
- When you let go did your balloon stay in one place?
- No, it flew somewhere didn't it? That is like the Holy Spirit. The Spirit is always active, always on the move, always spurring our faith into action, keeping us on the move.
- And when you let go did you know where your balloon was going to end up?
- No, you didn't....could you even find it now? Do you know which one was yours? That is like the Holy Spirit. The Spirit is unpredictable, that means we don't know what the Spirit is going to do or where the Spirit is going to be. And often the Spirit surprises us in exciting and wonderful ways.
- And one more thing....what did you hear when you let of your balloons and they were flying around? Did you hear laughter? That is like the Holy Spirit as well. The Spirit is fun, brings joy and excitement.....and fun and joy and excitement lead to hope.
- Sometimes we are tempted to think that we need more of the Holy Spirit....but ponder this: the question is not "How much of the Holy Spirit do we have?".....but rather....."How much of us does the Holy Spirit have?"

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