

The Holy Spirit Helps Us

Allelu!

Growing and Celebrating with Jesus

Lesson 3, Kindergarten

Lesson 3 Goal

- Your child will learn about the Holy Spirit as the Divine Person of God who lives with us and helps us do what God asks us to do.

Key Points

- The Holy Spirit is the Third Person of the Holy Trinity.
- God the Holy Spirit lives in us and helps us do what God asks.



Parent Reflection

God the Holy Spirit, the Third Person of the Holy Trinity, has loved with God the Father and God the Son since the very beginning, and is joined in their mission (CCC, 743). The Holy Spirit is Breath of God that animates God's Creation (CCC, 703). It is the Holy Spirit who prepares Mary to bear the Christ child (CCC, 722; 744), and causes John the Baptist to proclaim his coming (CCC, 717–719). It is the Holy Spirit who speaks through Peter and proclaims the Good News of Jesus Christ on the day of Pentecost.

From the time of ancient Israel, God makes it clear that one day he will place his Spirit within us, making the human heart his dwelling place (Ezekiel 36:26–27). Jesus echoes this promise, saying he will send his Spirit as Comforter, and that the Spirit would lead his disciples “into all truth” (John 16:13). The Holy Spirit is the Person of God who is closest to us, for he dwells within us.

Reflection Question

How does the Holy Spirit speak to me?

Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

Materials

- Family Activity Sheet
- crayons, colored pencils, or markers
- four balloons
- string
- white drawing paper, 8.5" x 11", cut into quarters
- tape
- Activity Master #2 – Saint Page (Keep the saint's pages from each lesson to gather together a Communion of Saints Book created by your child.)

Preparation Steps

- Make sure your child has a copy of Activity Master #2 (included with this lesson).
- Blow up the balloons.
- Cut string (about 2 feet long) and attach to each balloon.
- Create a model "Holy Spirit balloon" by drawing on a piece of paper a picture of something good that the Holy Spirit helps us do (example: protects us).
- Be prepared to tape your picture to a blown-up balloon with a string attached.

Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

Say the following or similar words: "Now that we are in this prayerful space, let us find the quiet in our hearts so we can talk with God."

Sit together for several seconds of shared silence.

Say, "Today, we are going to pray that we can come to know God more. We will use words and movements. Please listen and do what I do so that you can join me in prayer."

Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

"In the name of God the Father, who gave us the seas,"

- Cup hands near waist.

"and the earth,"

- Extend arms to create a circle in front of you, touching fingertips, arms at about shoulder height.

"and the skies."

- Straighten arms and extend above head, fingertips pointing up.

"And in the name of God the Son, who teaches us all about love,"

- Brings hands to place over heart.

"that God loves us"

- Keep hands on heart.

"and that God wants us to love each other."

- Hug yourself.

"And in the name of God the Holy Spirit"

- Extend arms above head again.

"who comes to us"

- Bring arms down to touch forehead with fingertips.

"in many"

- Move fingertips to lips.

“many ways.”

- Touch fingertips to heart.

*In your name, we pray that we come to know
and love you as you know and love us.*

Amen.

Discovering

The Holy Spirit Helps Us. Turn to the first page of the Activity Sheet and read about how the Holy Spirit is always with us. Begin by telling your child that the Holy Spirit is the Third Person of the Holy Trinity.

Ask your child, “How can the Holy Spirit help you?”

Turn to the second page of the Activity Sheet. Ask your child the “Ask Me!” questions and review the answers.

Exploring

Use the following activities to enrich your child’s understanding of the lesson and of our Catholic faith.

1. The Holy Spirit Is with Us. Turn to the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Give your child crayons or colored pencils. Explain the activity and have him or her complete it.

2. Holy Spirit Balloon Toss. Have your child recall that we can’t see or touch the Holy Spirit. The Holy Spirit is like wind that carries a balloon up into the sky; we can’t see the wind, but we know it’s there. The Holy Spirit helps us to do what God wants, to do what is right, to help others, and to pray.

- Invite your child to draw pictures on the papers you prepared (paper cut into fourths) with each picture showing a different way that the Holy Spirit helps him/her to do what God wants him or her to do.

Give your child the blown-up balloons, and have him/her tape one of the pictures on each of the balloons.

- With the balloons, have your child sit down on the floor with you. Toss one of the balloons in the air and call out your child’s name. Have him/her try to catch the balloon before it touches the ground.

- When your child catches each balloon, he/she removes the drawing from the balloon and holding the drawing, says, “The Holy Spirit helps me... (whatever action the drawing depicts).”

- Repeat these steps several times.

Tell your child that the Holy Spirit helps us in many ways, and that we should be open to his help.

3. The Communion of Saints: Saint Matthew. Show your child the picture of Saint Matthew on the Family Activity page and read about him. Then read more about Saint Matthew to your child (see page 4).

Ask your child:

- ▶ “What was Saint Matthew’s job before he became a follower of Jesus?”
- ▶ “What are some ways you can tell others about Jesus?”

Have your child write and draw about Saint Matthew using Activity Master #2.

Sending

Pray with your child. Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child.

In the name of God the Father, who gave us the seas,

- Cup hands near waist.

and the earth,

- Extend arms to create a circle in front of you, touching fingertips, arms at about shoulder height.

and the skies.

- Straighten arms and extend above head, fingertips pointing up.

And in the name of God the Son, who teaches us all about love,

- Brings hands to place over heart.

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and that God wants us to love each other.

- Hug yourself.

And in the name of God the Holy Spirit

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many ways.

- Touch fingertips to heart.

In your name, we pray that we come to know and love you as you know and love us.

Amen.

Saint Matthew

Filled with the Holy Spirit

Jesus chose twelve men to be his Apostles. One was Matthew. Many Jewish people didn't like him because of his job. Matthew was a tax collector.

Matthew was Jewish too, but he worked for the Romans, who ruled the Jewish people. He had to collect money from the Jewish people to pay the rulers. Some tax collectors also cheated and took extra money. Many people were confused when they saw that Jesus, who they knew was holy, had chosen a tax collector.

But Jesus knew there was good in Matthew. One day he saw Matthew hard at this work. "Follow

me!" Jesus said. Matthew left his work and followed Jesus for the rest of his life!

Matthew had the courage to do this because, like all of Jesus' Apostles, the Holy Spirit had come to him.

After Jesus went back to God in Heaven, Matthew worked hard in many ways to teach about Jesus and his great love. One way Matthew did this was sharing his story of Jesus in what is now known as the Gospel according to Matthew. The Gospel of Matthew is part of the Bible.

DRAW



**Saint
Matthew,
pray for us!**