

# the way

Jesus-centred Spirit-led Hope revealed



## Kids

# THE WAY



# Kids

## 11 week Kid's Ministry lessons

We have adapted **11 child-friendly lessons** from our Junior Soldiers material to align with the **five Key Principles** outlined in The Way. Each principle is explored through engaging, age-appropriate teaching themes:

- **Discipleship** – Who Is God? · You're the One God Needs
- **Mission** – Standing Up for Others · One Body, Many Parts
- **Evangelism** – Letting Your Light Shine · Creating Faith Pathways
- **Prayer** – Talking to God · Listening to God · Creative Prayer Stations
- **Spiritual Warfare** – Armour of God · Super-Human Power

### Lesson Structure

Each lesson is designed to support leaders and actively engage children, and includes:

#### **LEADER READY YOUR HEARTS & HAND**

A reflection page to help leaders prepare spiritually and practically before teaching

#### **CONNECT**

A 5-minute activity that introduces the main teaching point in a fun and creative way - often includes two activity options

#### **EXPLORE**

Approximately 10 -15 minutes of teaching time where children engage deeply with the Bible story or theme

#### **RECAP & REFLECT**

An intentional space to bring together everything from CONNECT and EXPLORE, helping children reflect, respond, and apply what they've learned.

# LIVE IT OUT

## SPIRITUAL WARFARE



# Kids

## FOR SALVO KIDS

### Super Human Power

based on unit 3 lesson 2

## LEADERS READY YOUR HEART AND HANDS

Before teaching this lesson, take time to reflect, prepare, and pray. You're not just delivering content, you're helping to shape young disciples for a lifetime of faith.

### 1. Pray first

- Ask the Holy Spirit to speak to you and through you.
- Pray specifically for each child in your group—by name if possible.
- Invite God to open their hearts to receive his truth and recognise the Holy Spirit's presence in their lives.

Prayer prompt:

Holy Spirit, guide me as I lead these children. Give me clarity, compassion, and wisdom. Help me to see each child's potential and speak life into it.

### 2. Know the purpose

This lesson helps children understand that God gives them real, lasting power through the Holy Spirit to face everyday challenges and live like Jesus.

- To help children recognise that God's power is not something they make themselves, but something He gives
- To teach that the Holy Spirit is our helper
- The Holy Spirit can help us in our Spiritual Battles
- To encourage children to begin noticing and trusting the Holy Spirit at work in their own lives

### 3. Know the children

Reflect on the following:

- Which child might need extra encouragement?
- Who might be ready to step up and lead in prayer or discussion?
- Who needs to be gently drawn in to participate?

### Ask:

"Holy Spirit, how can I affirm each child's gifts?"

### 4. Explore it for yourself

Before teaching, reflect personally on the following:

- Where do you rely on the Holy Spirit's strength?
- When have you experienced God's guidance, comfort, or courage?
- How have you seen God's power help you face challenges or make wise choices?

When leaders teach from their own personal faith and dependence on the Holy Spirit, children sense authenticity and safety.



## Lesson: Super human power

**Focus:** To 'introduce' the Holy Spirit to the children in our care and emphasis the need for them to learn of the function of the Spirit in the life of faith - a Spirit who empowers, challenges, comforts, guides and loves us.

**Key verses:** John 14:16 (CEV)

**Time:** 45 minutes

### Connect

#### Option A. Experiment time (5 minutes)

##### Supplies needed:

- Plastic Ziplock sandwich bag
- A piece of toilet paper
- 1 tablespoon of vinegar
- 1 ½ tablespoons of baking soda

##### Instructions:

1. Pour the baking soda in the middle of the toilet paper and fold it carefully into a packet.
2. Put the vinegar into the plastic bag.
3. Next, **hold** the folded toilet paper packet of baking soda **inside the bag but away from the vinegar** while you seal the bag with the other hand.
4. When bag is sealed drop the packet into the vinegar, put the bag on the ground and back away.

Note: You usually have about a minute before the bang, depending on how well you folded the paper.

##### Leader:

The two substances mix and produce energy causing a bang or pop.

For somethings to happen, there needed to be power or energy.

##### Ask:

- 'What just happened? Why do you think it happened?'

We saw and heard the bag pop; that means something happened to create that mini-explosion-in-a-bag.

It seems the vinegar acted with the baking soda to create a powerful effect. Today we're going to learn how something can have an influence on something else, and make it more powerful.

## Explore

**LEARNING STYLES:** VERBAL, VISUAL, KINAESTHETIC

### Power and energy: God's power in us (15 minutes)

**Purpose:** To help children understand what power is, where God's power comes from, and how the Holy Spirit gives us strength to face spiritual battles and everyday challenges.

##### Supplies needed:

- Whiteboard/ markers or butcher's paper/ pens

##### What Is Power? (2 mins)

Use a whiteboard or butcher's paper if possible.

Today we're going to talk about power and energy. Let's think about this together.

Ask the group:

- What is power?
- What are some things that need power?
- Can we actually see power? Or do we see what it does?

**Summarise:** Power is something we don't see, but we know it's there because of what it does.

##### Everyday Power - God's Power (2 mins)

Our bodies need food to have energy. Cars need petrol or electricity to run.

Just like these things need power, God knows we need power too — inside power — to help us live well.

##### Ask:

- "So where do you think this power comes from?"

Let children respond, then say:

God gives us His power through someone very special — the Holy Spirit.

When we follow Jesus and ask God for forgiveness, God gives us the Holy Spirit.

The Holy Spirit helps us know right from wrong, gives us strength when things are hard, comforts us when we feel sad or scared, and helps us make good choices.

He's like someone who loves and encourages you — but even better, because He knows what's happening inside your heart. The Holy Spirit also helps us understand and talk about spiritual matters. When you have to talk to someone about Jesus and you might be feeling a bit shy, it's the Holy Spirit who can give you the courage and the words you might need at the right time.

Jesus promised that God would send the Holy Spirit — as a helper who gives us power. The Bible says this power comes from God and is given to everyone who follows Jesus.

### **Summarise:**

Jesus never said life would be easy — but He promised we wouldn't face it alone. The Holy Spirit is God's power with us, helping us stand strong when life feels hard.

### **Illustration: Guided Power**

(4 minutes)

### **Supplies needed:**

- 10 cups
- Chocolates
- Small pebbles or paper clip

### **Set Up and Instructions:**

- Have someone turn their back or leave the room and set up 10 upside down cups in front of them on a table.
- Under one cup put a small chocolate or treat (appropriate for the group), under the other cups put a stone or paperclip.
- Have the child enter the room, stand in front of the cups and - without touching them - select one cup. (This is their one chance to select the cup with the chocolate under it. Hopefully, they'll pick the wrong cup!)
- Have the child guessing leave the room again whilst you re set the cups. Allow other children to see as they will need to assist in the next part.

- Now do it again. Have the child enter the room and stand in front of the table and this time have someone stand behind them, close enough to whisper to them but without touching them.
- The person in front, the cup -chooser, can silently pointed finger towards a cup.
- The person behind them can help whispers to them whether they are 'colder' or 'warmer' until they find the chocolate under it.

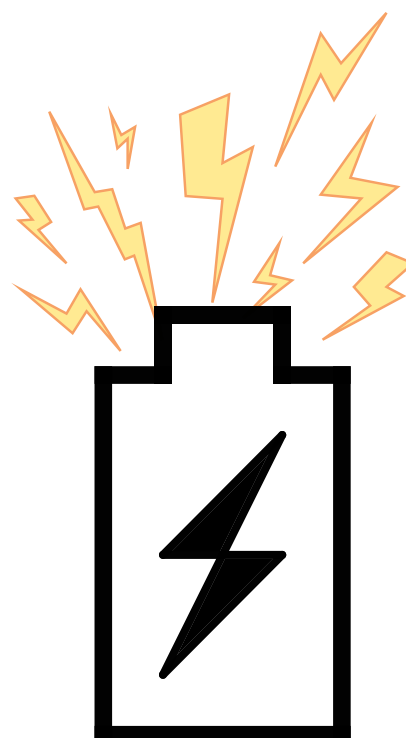
### **Bringing it together:**

What changed from the first try to the second try?

Wait for their response.

It is so much easier when we have someone advising us, guiding us which way to go! We're more in control of what is going on and more confident of success.

Imagine if someone was helping you like this throughout your life, as if someone was whispering in your ear. You'd feel more power in your life to achieve things, stay safe, make better choices and live the life that Jesus would want for you. Well, this is what the Holy Spirit wants to do for you.



# Recap + Reflect

## What + WOW!

Ask the group what stood out to them today or something that made them think WOW!

## Recap:

Today we learned that everything and everyone needs a source of energy to operate. Our bodies need food, cars need fuel — and as followers of Jesus, we need the Holy Spirit. The Holy Spirit is God's power living in us and with the Holy Spirit's help we can live like Jesus. God gives us strength, courage, and guidance to make good choices. Such as love others well and show God's power in our world today.

## Reflect:

As we pause and think about today, has there ever been a time when you felt the Holy Spirit helping you?

Here are a few ways this might have felt:

- Feeling brave enough to talk to someone about God
- Knowing what the right choice was and choosing it
- Feeling comforted when you were sad or scared
- Getting an idea or feeling to help someone

If you'd like to share, we'd love to hear it — but it's also okay just to think quietly.

## Memory verse:

John 14: 16 (CEV)

"The I will ask the Father to send you the Holy Spirit who will help you and always be with you"

(Read the verse together.)

## Leader:

This verse reminds us that the Holy Spirit is God's gift to us — a helper who is always with us, especially when things feel hard.

## Final Questions to Reflect:

- Where might you need the Holy Spirit's help this week? (School, home, friendships, difficult choices)
- Is there something hard right now where you need God's strength?

## Leader:

There are no right or wrong answers. God knows our hearts, and He gives us the Holy Spirit because He loves us and wants to help us

## Close in Prayer:

Dear God, thank You for loving us and for giving us the Holy Spirit to help us. Thank You that we are never alone and that Your power helps us when things are hard. Please help us listen to the Holy Spirit, make wise choices, and live like Jesus every day. Amen.

# Notes + Follow up



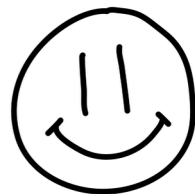
# FAITH IN ACTION

SUPER HUMAN POWER - SPIRITUAL WARFARE

You can experience and perceive the Holy Spirit in your life.

It can help you with

- The ability to know right from wrong.
- Courage to do new things like share your faith.
- Be able to pray with wisdom for people and situations.



## At church:

Reflect about times this weeks when you think you might have had the Holy Spirit 'whispering in your ear'. Maybe you were going to do something wrong but then you thought different and you and didn't do it. Maybe you had a sudden thought to do something nice for someone. You might like to share them with your Big Bud/Junior Soldier leader.



## LIVE IT OUT!



## At home:

When you pray this week, stop for a minute and just listen, be quiet and think about how much God loves you. Sometimes - when we stop talking! - the Holy Spirit puts things into our minds and heart that we hadn't thought of ourselves!



## Get creative:

Design a poster with this week's memory verse and hang it up somewhere where you will see it every day

*Then I will ask the Father to send you the Holy Spirit  
who will help you and always be with you  
John 14:16 (CEV)*

