

LESSON 5
OCTOBER 4, 2026

FAMILY THEME

Who Is the Holy Spirit?

LESSON AIM

Understand who the Holy Spirit is and how He works in the lives of believers.

STUDY TEXT

[John 14:16–26; Acts 2:1–4](#)



Scan to access
handouts and
digital materials
or visit
d6.family/6939



BIG IDEAS

1. The Holy Spirit Is God and Has Been Present and Active From the Beginning of Creation ([Genesis 1:1–2; Psalm 139:7–10](#))
2. The Holy Spirit Dwells in Every Believer ([John 14:16–17; Acts 2:1–4; 1 Corinthians 6:19](#))
3. The Holy Spirit Helps Us Know and Follow Jesus ([John 14:26; 15:26](#))

Encourage learners to memorize the Family Scripture of the Month (**Colossians 2:6–7**) along with family members.

Preview videos in advance. Ads may appear and are not controlled by D6.



AH 5-1



AH 5-2

Leader Lens

As you teach this lesson, remember you are not relying on your own ability alone.

The Holy Spirit helps you understand God's Word and communicate truth clearly ([John 14:26](#)). Take time to pray, asking Him to guide your teaching and work in the hearts of your group members.

Your role is to faithfully share truth and trust the Spirit to do the deeper work.

Connect

Choose the option that best fits your group.

VIDEO: Begin by showing this video that explains the Holy Spirit's interaction with creation: tinyurl.com/D6Thirdmill. Discuss the video with your group. Then say, *Today we will see that the Holy Spirit was active in Creation and continues to work in our lives today.*

GAME: Divide your group into three smaller groups. Assign each group one of the following: "God the Father," "Jesus," or "Holy Spirit." Give each group 60 seconds to list as many words or phrases as they can that describe or are associated with their assigned Person of the Godhead. After time is up, have each group share their responses. Then ask the group assigned "Holy Spirit," *Did you find this more difficult than the others? Did you run out of ideas more quickly? If so, why do you think that is?* After a brief discussion, say, *Many believers feel less confident when talking about the Holy Spirit. Today, we'll look at what Scripture teaches about who He is and how He works in our lives.*

CULTURAL MOMENT: Say, *In movies and TV shows, a "spirit" is often portrayed as something mysterious or even frightening. Ask your group, How have you seen the idea of "spirit" misunderstood in culture?* After discussion, explain that many people carry those same assumptions into their understanding of the Holy Spirit. Then say, *Today we'll look at how Scripture defines who the Holy Spirit truly is.*

Teaching the Truth

Distribute the *Adult Member Outline* (AH 5-2).

Gospel Connection

This lesson helps us understand who the Holy Spirit is and how He works in our lives. The Holy Spirit helps us understand the truth about Jesus, convicts us of sin, and draws us to faith in Christ ([John 16:8–13](#)). When we believe, He gives us new life and comes to dwell within us ([Titus 3:5](#)). Through His work, we are brought into a relationship with God and empowered to follow Jesus.

The Holy Spirit is often the least understood and least discussed Person of the Trinity. Many believers are unsure of how to describe Him or explain what He does, and because of that, conversations about the Holy Spirit are sometimes avoided altogether. Others might associate the Spirit primarily with feelings or experiences rather than with clear biblical truth. Yet Scripture gives us a rich and consistent picture of who the Holy Spirit is, what He does, and how He

is actively at work in the lives of believers today. As we study God's Word, we can grow in both our understanding of the Holy Spirit and our confidence in how He is present and working in our lives.

✧ BIG IDEA 1 ✧

The Holy Spirit Is God and Has Been Present and Active From the Beginning of Creation

[Genesis 1:1–2](#); [Psalm 139:7–10](#)

The Holy Spirit is not a force or an abstract influence—He is a personal being and is fully God. As the third Person of the Trinity, He is fully equal with the Father and the Son, and has been actively at work from the very beginning of Creation. We see the Spirit present at Creation (**Genesis 1:1–2**), revealing that He is fully God, sharing in the nature and work of the Father and the Son. The Bible also shows that God's work in creation is unified: the Father creates, the Son is the Word through whom all things were made ([John 1:1–3](#)), and the Spirit is actively present. This reminds us that the Holy Spirit is not separate from God, but fully part of the one true God.

Live It Out: Recognize and reflect on who the Holy Spirit truly is.

Discuss Together:

- *Why is it important that the Holy Spirit is part of the Trinity and not separate from God?*
- *What difference does it make that the same Spirit present at Creation is still at work today?*

Throughout the Old Testament, God's Spirit was personally involved in the lives of His people. In [Isaiah 63](#), we read of how the Spirit led and cared for Israel as God delivered them from Egypt. Yet even in His faithfulness, the people resisted and grieved Him. This reminds us that the Holy Spirit is not impersonal; He relates to people and can be responded to.

Psalm 139:7–10 highlights another important truth: God's Spirit is always present. There is no place we can go to escape Him. The psalmist recognized both the comfort and the weight of this reality. The same Spirit who guided Israel is the One who knows us fully and is with us always.

Live It Out: Reflect on the reality of the Holy Spirit's constant presence.

Discussion questions are also included on the *Adult Teaching Outline* (AH 5-1) and PowerPoint 5 (editable).



PowerPoint 5



AH 5-3

AH 5-3 (Who Is the Holy Spirit?) discusses misconceptions vs. truth regarding the Holy Spirit. Distribute this to group members.

Go Deeper

The Spirit's work in the Old Testament was often selective and temporary. For example, the Spirit came upon Samson to give him strength ([Judges 14:6, 19; 15:14](#)). Similarly, the Spirit empowered Saul for leadership but later departed from him ([1 Samuel 11:6; 16:14; 19:23](#)). These examples highlight how the Spirit's presence differed before Pentecost.

Apologetics

Some people think of the Holy Spirit as an impersonal force, like energy or a feeling. However, Scripture teaches that the Holy Spirit is a Person who is fully God. Even though the Greek word for spirit (*pneuma*) is a neuter noun, John used the masculine pronouns *He* and *His* in reference to the Holy Spirit. He speaks ([Acts 13:2](#)), teaches ([John 14:26](#)), guides ([John 16:13](#)), and can be grieved ([Ephesians 4:30](#)). These are not qualities of a force, but of a personal being. Understanding this helps us relate to the Holy Spirit not as something we use, but as Someone we know, trust, and respond to.

Discuss Together:

- *What does Psalm 139 teach us about the Holy Spirit's presence in every part of our lives?*
- *In what ways can remembering God's constant presence bring both comfort and conviction?*

From these and other passages, we see that the Holy Spirit has always been present, personal, and active in God's work. However, before Pentecost ([Acts 2](#)), His work in individuals was often temporary and task-specific. He came upon certain people to lead, empower, and accomplish God's purposes.

This prepares us to understand something even greater: in the New Testament, the Holy Spirit's work would expand in a new and personal way for all believers. He would dwell in every believer.

✧ BIG IDEA 2 ✧

The Holy Spirit Dwells in Every Believer [John 14:16–17; Acts 2:1–4; 1 Corinthians 6:19](#)

While the Holy Spirit has always been present and active, something changed in a significant way in the New Testament. Before Jesus returned to the Father, He promised His disciples that the Holy Spirit would come to be with them and in them ([John 14:16–17](#)). This outpouring of the Spirit was prophesied by Joel ([Joel 2:28](#)) and fulfilled at Pentecost, when the Spirit was given not just to a few, but to all who would believe ([Acts 2:1–4; 2:16–17](#)).

Live It Out: Consider what changed when the Holy Spirit was given to all believers at Pentecost.

Discuss Together:

- *Why is it significant that the Holy Spirit now dwells in every believer, not just a select few?*
- *What does this change reveal about God's desire for a personal relationship with us?*

In the Old Testament, the Spirit of God came upon certain individuals for specific purposes—empowering leaders, prophets, and others to accomplish God's work. However, this presence was often temporary and selective. In contrast, the New Testament reveals that the Holy Spirit now dwells within every believer. What was once selective is now personal and permanent.

In [1 Corinthians 6:19](#), the apostle Paul reminded believers that their bodies are temples of the Holy Spirit who lives within them. This means that every

follower of Christ is not only guided by the Spirit but indwelt by Him. God's presence is no longer experienced in a limited or external way but is now internal and ongoing.

This indwelling is not based on spiritual maturity or special status. It is a gift given to all believers at salvation. The same Spirit who was present at Creation and active throughout the Old Testament now lives within us, empowering us to grow, to obey, and to live in relationship with God. He is also the One who gives us new spiritual life, bringing about the transformation that makes us part of God's family ([John 3:5-8](#); [Titus 3:5](#)).

Live It Out: Reflect on what it means that the Holy Spirit lives within every believer.

Discuss Together:

- *How does knowing that the Holy Spirit lives within you affect how you view your daily life?*
- *In what ways could remembering the Holy Spirit's presence shape your choices or priorities this week?*

✧ **BIG IDEA 3** ✧

The Holy Spirit Helps Us Know and Follow Jesus

[John 14:26](#); [15:26](#)

Because the Holy Spirit now dwells within every believer, He is actively at work in our daily lives. He is not distant or passive, but personally helps us grow in our understanding of God and our relationship with Christ. Jesus taught that the Holy Spirit would guide His followers into truth, remind them of His words, and help them understand what He had revealed ([John 14:26](#); [16:13](#)).

The Holy Spirit's role is not to draw attention to Himself, but to point us to Christ. In [John 15:26](#), Jesus said that the Spirit would testify about Him. One clear sign of the Spirit's work in a believer's life is a growing understanding of who Jesus is and what He has done.

Live It Out: Pay attention to how the Holy Spirit helps you know and understand Jesus.

Discuss Together:

- *What are some ways the Holy Spirit helps us better understand God's truth?*

Go Deeper:
**What If I Don't Feel
the Holy Spirit?**

Many believers expect to always feel the Holy Spirit's presence, but Scripture teaches that His work is not based on our emotions. The Holy Spirit dwells in every believer as a gift from God ([1 Corinthians 6:19](#)), whether we feel it or not. Feelings come and go, but God's promises do not change. Instead of relying on emotions, we can trust what God has said in His Word. Over time, as we grow in our relationship with Him, we might become more aware of His work, but His presence is constant, even when it is not felt.

Apologetics

It is common to hear people say, “The Holy Spirit told me . . .” But how can we know if something truly comes from the Spirit? Scripture gives us clear guidance. The Holy Spirit always leads in ways that align with God’s Word ([John 16:13](#)). He points people to Jesus, not to themselves ([John 15:26](#)). He produces godly character, not confusion or sin ([Galatians 5:22–23](#)). While the Spirit may guide believers in specific ways, His leading will never contradict Scripture. Learning to recognize His voice involves knowing God’s Word, seeking wise counsel, and responding with humility and obedience.

D6 Discipleship Journals

Remind group members to bring their *D6 Discipleship Journals* each week for lesson notes, sermon notes, journaling, and class discussion. These journals are designed to support discipleship both at church and at home.

- *How can we become more receptive to the Spirit’s work in helping us know Jesus?*

As the Spirit works within believers, He also produces visible change. Scripture teaches that the Spirit forms Christlike character in us, producing fruit such as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control ([Galatians 5:22–23](#)). These qualities are not the result of human effort alone, but the result of the Spirit’s ongoing work in the life of a believer.

Because the Holy Spirit dwells within us, He continues to work in our lives. He teaches us truth ([John 16:13](#)), convicts us of sin ([John 16:8](#)), and strengthens us as we rely on Him to live in a way that honors God ([Ephesians 3:16](#)). He empowers us to resist temptation and make godly choices ([Galatians 5:16](#)), helps us understand and apply God’s Word ([John 14:26](#); [1 Corinthians 2:12–13](#)), and gives us the words and courage to speak about Christ when we have the opportunity ([Luke 12:11–12](#); [Acts 1:8](#)). He also assures us that we belong to God and strengthens our confidence as His children ([Romans 8:14–16](#)).

As He works within us, this transformation is ongoing, shaping us to become more like Christ. In all of this, His purpose is clear: to make Christ known ([John 15:26](#)) and to shape us into His likeness ([Galatians 5:22–23](#)).

Live It Out: Respond to the Holy Spirit’s work in your life this week.

Discuss Together:

- *How have you seen the fruit of the Spirit growing in your life over time?*
- *How has the Holy Spirit been working in your life recently to make you more like Jesus?*

Respond

Use one of these options to help your group put this lesson into practice this week.

FAITH AT HOME: Encourage group members to take one intentional step this week to talk about the Holy Spirit with their family, friends, or roommates. This could be as simple as asking, “Who is the Holy Spirit?” or “What does the Holy Spirit do?” during a meal or drive time. Remind them that they do not need to have all the answers because the Holy Spirit helps us understand and speak truth. Encourage them to read one of the key passages from this lesson together (such as [John 14:26](#) or [Acts 2:1–4](#)) and talk about what it teaches. The goal is not perfection but creating space for ongoing conversations about God and His Word in the home.

SHARING ONE’S FAITH: Encourage group members to look for one opportunity this week to share what they have learned about the Holy Spirit with someone else. This could be a believer who needs encouragement or someone who has questions about faith. A simple way to begin is by sharing how the Holy Spirit helps us understand truth, gives us new life, and points us to Jesus. Remind group members that they do not have to rely on their own words because the Holy Spirit gives wisdom and helps us speak when opportunities arise ([Luke 12:11–12](#)). Pray for boldness and be attentive to conversations God may bring your way.

REFLECTION: Encourage group members to spend time this week intentionally depending on the Holy Spirit in one specific area of their lives. Ask them to identify a situation where they need guidance, strength, or understanding, such as a decision, a struggle with temptation, or time in God’s Word. Then, challenge them to pause and pray, asking the Holy Spirit to help them in that moment. Throughout the week, encourage them to take note of how the Spirit is at work, whether through Scripture, conviction, peace, or growth. This practice helps develop a greater awareness of the Holy Spirit’s presence and work in everyday life. AH 5-4 can help with this.

Notes:



AH 5-4

D6

Principle

Parents may sometimes feel inadequate or unsure of how to lead their children spiritually, but they are not alone. As parents spend time in God’s Word and rely on the Spirit’s help, they can trust the Holy Spirit to give them wisdom, understanding, and the words to share truth with their children. Discipleship in the home is not about having all the answers, but about faithfully depending on the Holy Spirit and pointing the next generation to Christ.

Bible Engagement

Encourage your group members to complete the daily devotions in the *D6 Discipleship Journals* this week and use the journaling pages to reflect on what God is teaching them through personal study, class discussion, and Sunday sermons.



AYG-5

As You Go (AYG-5) is a resource to help parents discuss the truths of this lesson with their children at home. Give copies of this page to those who will benefit from it and encourage them to use it at home this week. *As You Go* is also available for FREE download at [D6curriculum.com/bonus](https://d6curriculum.com/bonus). (No password required.)



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