Personality Transformation

Scope and Sequence | Doctrinal Truth: Holy Spirit

Lesson Objective | Students will learn key attributes of the Holy Spirit and how they can be changed by the power of the Holy Spirit.

Sticky Statement | The Spirit is in you to change you.

Key Verse | 1 Corinthians 2:11

Definitions | Intellect: the capacity for knowledge  
Sovereign: one who exercises supreme authority or rule

Checklist | 1. A PowerPoint is available for this lesson.  
2. The “Emotions” video [link](https://teachersource.wol.org/resource/SBS18/7-2/0:44). (Lesson Content)  
3. A “Gender Reveal” video [link](https://teachersource.wol.org/resource/SBS18/7-1/1:24). (Lesson Content)  
4. A list of “Would You Rather” questions. (Lesson Content)

4. Leading Personality – [link](https://teachersource.wol.org/resource/SBS18/7-4)  
   [link](https://en.wikipedia.org/wiki/Extraversion_and_introversion/)
I. Because the Holy Spirit is **Divine**, He is Powerful.

   Through the **power** of the Holy Spirit, you can become totally different and overcome any inhibitors to your usefulness for God.

II. Because the Holy Spirit is a **Person**, He is Intimate.

   A. Because the Holy Spirit has **intellect**, He can give wisdom.

      The Holy Spirit **knows** the things of God intimately.

      **Intellect** means “the capacity for knowledge.”

      **The Spirit is in you to change you.**

   B. Because the Holy Spirit has **emotions**, He cares for you.

      The Holy Spirit has emotion and **cares** about how you live.

   C. Because the Holy Spirit has a **will**, He gives you direction.

      **Sovereign** means “one who exercises supreme authority or rule.”

      The Holy Spirit has a will and desires to give you **clear** direction for living.

      **The Spirit is in you to change you.**

**Hook**

*Teacher’s Note: Begin the teaching time by making the following statement: “All of us have some form of personality that contributes to how we interact with others and how we behave in the world around us.” After making the statement, ask the students if they agree or disagree with the statement by raising their hands.*

“All of us have some form of personality that contributes to how we interact with others and how we behave in the world around us.” Listen closely as I repeat, “All of us have some form of personality that contributes to how we interact with others and how we behave in the world around us.” How many of you would agree with that statement? [Ask for a show of hands.] How many of you would disagree with that statement? [Ask for a show of hands.] Occasionally, you might hear someone make a comment like, “She has no personality,” but even that statement reveals something about the personality of that person. Agree or disagree, the fact is we all have personality traits that make up who we are.

When the experts talk about basic personality types and differences, the two that are referred to repeatedly are: “introverts” and “extroverts.” How many of you have ever heard of those two personality types? [Ask for a show of hands.]

*Teacher’s Note: Before asking the next two questions, assign someone to count and record each number.*
Introverts are generally said to be shy and quiet. How many of you would consider yourselves to be primarily an “introverted” person? Raise your hand if you can be described as “shy or quiet.” [Have someone count hands and write down the number.]

Extroverts, on the other hand, are often described as more outgoing and social. Stand up and yell if you can be described as “outgoing or social.” [Again, have someone count the number of students who stand up and yell and write that number down.]

**Teacher’s Note:** Ask the person recording how many of each personality types are in the room. Use this knowledge throughout the lesson when referring to the introverts and extroverts. IE: “All 22 of the introverts” or “All 15 of you extroverts.”

It’s possible that you could be somewhat of a combination of the two, but is there anyone here who truly believes they don’t belong in one of these categories at one time or another? Of course not!

Why did God create you and me with the kind of personality traits we possess? The answer lies in the simple fact that He created us to serve Him; and we’re all given “tools” that make us effective in His service. Some of you may doubt that God could ever use you because you’re shy, or you aren’t the outgoing, excitable type. To you, it may seem that God made a mistake because your personality consistently creates issues with your friends, your parents or others and may tend to drive them away. If you are wondering if God could ever use you there is good news: God has given you a resource with incredible power and that resource is His Holy Spirit.

You do not need to be limited by your personality. With the help of the Holy Spirit of God, your personality can become something that is transformed and used incredibly by God. The goal of this lesson is not simply for you to learn key attributes of the Holy Spirit, but also how you can experience life transformation by the power of the Holy Spirit despite your personality. The question is, “Will you allow the person of the Holy Spirit to change you in such a way that you will be more like Christ regardless of your personality?”

**Lesson Content**

The more you learn about someone, the more they can have an impact on your life. This is true about the Holy Spirit as well. Let’s get to know some key attributes about the Holy Spirit and see how those attributes can help create life transformation in our lives.

I. **Because the Holy Spirit is Divine, He is Powerful.**

To say that the Holy Spirit is Divine means that He is God. The Holy Spirit is recognized as God throughout the Bible. One example is found in Acts 5:3-4. [Read Acts 5:3-4.]
In this passage, a man named Ananias lied about the selling price for a certain piece of land he had owned. The Apostle Peter, having the supernatural empowerment of the Holy Spirit, immediately recognized Ananias’ deceit and challenged him on the sin he had committed. In verse 3, Peter asked him, “Why has Satan filled your heart to lie to the Holy Spirit…?” Then, in verse 4, Peter tells Ananias, “You have not lied to men but to God.” The Holy Spirit is the third person of the Godhead. We refer to God as God the Father, to Jesus as God the Son, and the Holy Spirit as God the Spirit. All three are God and all three are one. This truth is known as the “Trinity.” It is important to remember that when we refer to the Holy Spirit, we are talking about God.

He is the God of all creation (Colossians 1:16), and when He transformed us through our faith in Jesus, His Son, He made of us a new creation (2 Corinthians 5:17). We are not limited to what we once were. Our direction is not bound or limited to where we once were headed. Instead, through the power of the Holy Spirit, you can become totally different and overcome any inhibitors to your usefulness for God.

As you yield to Him, the Holy Spirit can make you a bold witness for Him and He can help you overcome a sin that you may be struggling with. Only God can do the work in your life necessary to change you to become more like Him. Because the Holy Spirit is God, that life change is possible. Truly, the Spirit is in you to change you.

So, the Holy Spirit is God and is powerful. If that is true, how can we ever relate to Him? Knowing that the Holy Spirit is “spirit” is intimidating enough, but realizing that the Holy Spirit is God takes that intimidation to a new level. Since He is a “spirit,” is He really a person at all? The next truth that we will learn about the Holy Spirit will help us in the area of relating to Him despite the fact that He is both a Spirit and God.

How many of you have ever seen a “gender reveal” on social media? A gender reveal is a creative way for expecting parents to let everyone know the gender of the baby soon to be born. Usually, in these videos, the person watching is kept in suspense while the parents perform some unique action that results in the color pink or the color blue being displayed for all to see. Sometimes, when the couple is expecting twins, the results will be blue and pink as they reveal not only the gender, but the fact that they are also having twins. By using the gender reveal video, it allows everyone to know how to refer to the baby. If the color is blue, we refer to the baby as a “he.” If pink, we refer to the baby as a “she.”

**Teacher’s Note:** If you have access to a short video of a gender reveal of a friend, you could show it at this time. If you don’t have one, you could use the gender reveal video here: [https://teachersource.wol.org/resource/SBS18/7-1/](https://teachersource.wol.org/resource/SBS18/7-1/) (1:24).

Have you ever thought about how to describe the Holy Spirit? Is the Holy Spirit a “he”? Is the Holy Spirit a “she”? Since the Holy Spirit is a “spirit,” is the Holy Spirit even a person at all or just an “it”? How would you refer to the Holy Spirit? [Allow time for the students to respond.] We are going to allow the Word of God to be the source that reveals to us some attributes about the Holy Spirit so we will know how to refer to Him.
II. Because the Holy Spirit is a **Person**, He is Intimate.

So, to be clear, we are making the claim that the Holy Spirit is, first of all, God, but also a person. If this claim is true, He can be personal with you.

Even though the Holy Spirit is a spirit, the Bible is clear that He is a person. In order for someone to be a person, that person must possess three personality traits: intellect, emotion, and will. By looking into Scripture, we can see that the Holy Spirit possesses all three of these personality traits and by possessing those characteristics can be referred to as a person. First, the Holy Spirit has intellect.

A. Because the Holy Spirit has **intellect**, He can give wisdom.

*[Ask a student to read 1 Corinthians 2:10-11.]*

In 1 Corinthians 2:10-11, we see that the Holy Spirit examines, or searches, the depths of God to reveal them to unbelievers. The end of verse eleven reveals the fact that the Holy Spirit **knows** the things of God intimately.

The word “intellect” simply means **the capacity for knowledge**. Knowledge is one aspect of one’s intellect, and the fact that the Holy Spirit “searches” (or examines) and “knows” is a clear evidence of His intellect. Intellect is one key component of His personality. He has knowledge and He gives us knowledge as He teaches us. His goal in giving you knowledge is not to simply make you smart or more knowledgeable. Remember, **the Spirit is in you to change you**.

**Teacher’s Note:** *To demonstrate how we, as God’s highest form of Creation, have an intellect, have the students raise their hands if they know the answers to the following quiz: (Use these questions, or make up questions of your own.)*

Let’s take a simple quiz to test your intellect. If you know the answer to these questions, just raise your hand and we’ll see how you do.

**Question 1:** What happened in the United States on September 11, 2001, that made a lasting change in the way we travel and the way we view “terrorism”?

**Teacher’s Note:** *The correct answer would be something to this effect: The event we typically label “9/11,” when terrorists hijacked four airplanes full of passengers, took over the controls, flew two jets into the World Trade Center Towers in New York City, another into the Pentagon building in Washington, D.C., and crashing a fourth into a field in Pennsylvania. The total death toll on 9/11 was just under 3,000.*

**Question 2:** In mathematics, what is the value of Pi and how is it explained?

**Teacher’s Note:** *The correct answer would be something to this effect: Pi is the ratio of the circumference to the diameter of a circle. Regardless of the size of the circle, the value of Pi is a constant, irrational number (meaning that the number has no ending). Taken to the 3rd digit, Pi is equal to 3.141.*
For those of you who were able to answer these questions accurately, how did you know the answer? Even though the events of 9/11 happened before many of you were born or before many of you were old enough to remember, you weren’t born with that knowledge were you? You learned about it, which demonstrates that you have intellect.

Just as you’ve demonstrated the ability to know certain facts through your intellect, the Holy Spirit has a personality that is marked by His ability to know things. I think we’d all agree that a “thing” (like a chair or a table) can’t “know” things, but a person can. With this information, we should clearly not refer to the Holy Spirit as an “it.”

Romans 8:27 talks about “the mind of the Spirit” which is another indication of His intellect. This verse also clearly refers to the Spirit in the masculine form. [Read Romans 8:27.] The way the Scriptures reveals the Holy Spirit helps us relate to Him in a more personal way.

Remember what the three parts of personality were? To be a person, one must have intellect, emotion, and a will. It is pretty clear from the Word of God that the Holy Spirit has intellect.

Not only does the Holy Spirit have intellect, as we will see in a minute, He has emotions as well.

**B. Because the Holy Spirit has emotions, He cares for you.** Before we discuss the emotions of the Holy Spirit, take a look at this short video clip about emotions.

**Teacher’s Note:** Show the following 44-second humorous video clip about emotions: [https://teachersource.wol.org/resource/SBS18/7-2/](https://teachersource.wol.org/resource/SBS18/7-2/)  (0:44).

You just saw a wide range of emotions demonstrated on the face of an actress. You saw happiness, sadness, fear, worry, anger, frustration and a bunch more. Though these looked ridiculous when streamed together, the truth is that God gave us a great gift when He made us as creatures with emotions, or the ability to have feelings. Love, happiness, joy, anxiousness, sadness…these are all common emotions we experience from time to time. Imagine how dull life would be if we lacked the ability to respond to the things or people around us with real emotion or feelings.

The Holy Spirit displays emotions too. In Ephesians 4:30, we are encouraged this way, “…do not grieve the Holy Spirit of God…” Question: How can an “it” be grieved? It can’t. You can’t cause grief or sorrow or sadness to a chair!

**Teacher’s Note:** As you ask the next question, be sure to remind the students to be appropriate in their responses.

What are some things that cause you grief? [Allow the students to answer.]
What are some things that would cause grief for the Holy Spirit? [Allow the students to answer.]

It is clear that our actions can bring out the emotions of the Holy Spirit. By understanding that the Holy Spirit has emotions, we see another proof of His personality. Even though our point for reading this verse was to show that that Holy Spirit has emotions, we should make it a goal in life to obey this verse by doing nothing to grieve the Holy Spirit. The Holy Spirit has emotion and cares about how you live.

Someone remind me, what are the three parts of personality? In order to have personality, someone must have what three things? [Allow for the students to answer.] Personality is seen by intellect, emotion, and a will.

Not only does the Holy Spirit have intellect and emotions, He also has a will.

C. Because the Holy Spirit has a will, He gives you direction.

Teacher’s Note: To illustrate how we all make choices in exercising our own will, offer the students the opportunity to select their preferences in the following choices by simply raising their hands. If the following scenarios are not fitting for your group, you can find 100 “Would you Rather” questions at the following site: https://teachersource.wol.org/resource/SBS18/7-3/. If you feel that your group needs a break from sitting, you could have the students move to one side of the room or the other to indicate which they prefer. E.g.: “Would you rather eat burgers or pizza? If you would rather eat a burger, stand over there on the left side of the room. If you would rather eat pizza, stand over there on the right side of the room.”

Ok, as each of the following choices are called out, raise your hand to indicate your preference. It’s a simple “one-or-the-other” choice you’ll be making.

1. Would you rather eat pizza or burgers?
2. Would you rather drink Coca-Cola or Pepsi?
3. Would you rather eat soft serve ice cream or hand dipped ice cream?
4. Would you rather listen to music through your headphones by yourself or at a concert with 10,000 other people?
5. Would you rather build something or destroy something?

Did you learn anything from this exercise? [Allow students to answer.] Yes, you found out who preferred what, but you also learned something about the will. We all choose what we like. Your ability to choose (your will) makes up part of your personality. You can make a choice because you have a free will to make these choices.

Just as every person can exercise his own will in making certain choices, the Holy Spirit possesses a will and decides when and where to assert His choices. As God is sovereign over all things, the Holy Spirit chooses according to His will and His sovereign plan. Remember, the Holy Spirit is God.

One way the Spirit’s will is demonstrated is in the way each believer is gifted for serving God. In 1 Corinthians 12:11, this gifting is granted “just as He wills.” [Ask a student to read 1 Corinthians 12:11.]
Do you get how significant that is? God is sovereign over all things. Sovereign means “one who exercises supreme authority or rule.” God exercises supreme authority or rule over all things. This verse tells us that the Holy Spirit sovereignly decides how He wants to equip you to serve Him better. The Spirit’s exercise of His will in that kind of decision is much more meaningful than our choice between pizza or burgers!

Teacher’s Note: If you did not use “pizza or burgers” question, simply change the end of the previous sentence to something that you asked during the “Would you Rather” exercise.

The Holy Spirit has a will and desires to give you clear direction for living. He has sovereignly equipped you with the gifts and abilities you need for life and given you the ability to willingly use those gifts to serve Him.

Connection

Okay, so the Holy Spirit is God and we know that the Holy Spirit is a person because it is clear from the Word of God that He has intellect, emotions, and a will. But, without trying to be disrespectful, “So what?” While all that is good information, how can that information impact you? If you leave here after this message and simply believe that the Holy Spirit is God and is a person, that is great; but our encounter with the Holy Spirit needs to move beyond simple facts about Him. The Spirit is in you to change you, but you have to let Him.

Let’s begin with the first truth we learned about the Holy Spirit: “The Holy Spirit is divine.” Think about that fact for a minute. In 1 Corinthians 3:16, the Apostle Paul reminds us of a life changing truth about the Holy Spirit. Listen to this verse. [Read 1 Corinthians 3:16.] Did you hear that? “The Spirit of God dwells in you!” What a thought! Since the Holy Spirit is God, those who have trusted Christ as Savior have God in them.

The Apostle Paul repeats the same truth in 1 Corinthians 6:19 as well. [Read 1 Corinthians 6:19.] Wow! Just in case you didn’t know, your body is the temple of the Holy Spirit! You have God inside of you!

When Jesus was here on the earth, He was called Emmanuel which means, “God with us.” While God with us is good, God in us is better. As you yield to the direction of the Holy Spirit who is in you, you have the power to make choices that will reflect your love for Christ! You don’t have to be limited by your personality. As you yield to the Holy Spirit, the power of God Himself can direct your steps. Will you tap into the power of the Holy Spirit that is in you and allow Him to transform your decision making?

If someone described themselves as an introvert, how could knowing that the Holy Spirit is God and is in them transform their life? [Allow the students to respond.] If someone described themselves as an extrovert, how might this truth about the Holy Spirit change them? [Allow the students to respond.]

Not only did we learn that the Holy Spirit is God, we also learned that the Holy Spirit is a person. He uses all three parts of His personality to change you as well. Because the Holy Spirit has intellect, you know that He can give you wisdom.
Because the Holy Spirit has emotions, you know that He cares for you. Because the Holy Spirit has a will, you know that He can give you direction.

Do you need wisdom for daily living? Ask the Holy Spirit for it today. Have you ever felt like no one understands you or even cares for you? The Holy Spirit can be the comforter that you need. Have you ever felt lost in what decision to make? The Holy Spirit can give you direction as you yield to His will.

No matter if you are an introvert or an extrovert, will you allow the Holy Spirit to use the personality God has given you to bring the change you need in your life?

Regardless of any limitations you may feel that you have, the truth is that the person of the Holy Spirit grants you gifts according to His will, not according to your will or someone’s preconceived ideas. You may think that you are limited or trapped in the basic personality and abilities you now possess, but God may have other plans for you. Are you interested in growing into the sharpest, most effective instrument you can possibly be for God? The Spirit is in you to change you; let Him.

You are not bound by the limitations of your personality. You are special to God, and He has a specific plan for your life. Not everybody is called to serve God in the same way; but all believers are called to serve. Will you yield to the direction of the Holy Spirit as He shapes you to be conformed to the image of Jesus Christ?

Don’t hide behind your current personality as an excuse for not yielding to the Holy Spirit. Don’t allow who you are right now to stop you from becoming an effective tool for God through the transforming power of the Holy Spirit. Take a minute to do a self-assessment. Pick one personality trait you have that is stopping you from being effectively used by God and begin to pray for the transformation of that trait by the Holy Spirit. Ask God for His power to change that personality trait from one of weakness to one that you can use for His glory.

Ask a trusted friend to help you see ways that your personality may be standing between you and a greater work for God. Keep in mind that this is not an exercise to root out some sin in your personality, since there’s nothing inherently sinful about many personality traits. However, sometimes we are all blind to our own weaknesses.

It could very well be that you simply need to grow in an area that would make you more effective. In that case, refusing to grow or being unwilling to grow could highlight the sin of pride or indifference to God’s will. We don’t readily see what others see in us. So, having a good friend help you is important. Name it. Write it down in the form of a commitment or goal, asking God to transform you through the Holy Spirit to make of you what He wants you to become. Then, follow the Holy Spirit’s prompting as He nudges you to take action. Take full advantage of the Holy Spirit’s power, which is transforming power, because the Spirit is in you to change you.
I would like those of you who consider yourself an extrovert to stand up. Go ahead. Stand up. Now that all of the extroverts are standing, partner with someone who is seated. The goal is for an extrovert to be partnered with an introvert. Once everyone has a partner, share one truth that you have learned about the Holy Spirit with each other. As you are comfortable, pray for your partner and thank God for your partner’s personality and ask God to help him use his personality to become more like Christ. This may be a stretch for those of you who are introverts, but begin now to allow the Holy Spirit to use your personality to encourage someone else. **The Spirit is in you to change you.** Allow that change to begin today.

**Teacher’s Note:** Be sure that all of the adult leadership participates in this exercise as well. Make sure everyone has a partner, even if it is not one introvert with an extrovert. Also, this is a chance to insert the idea that perhaps the biggest need a student might have at this point is yielding to the Holy Spirit to trust Christ as their personal Savior. If that is the case, you could ask anyone who needs that change in their life to partner with a student or adult leader who is willing to share the Gospel with them so they can begin a relationship with Christ.

**Sticky Statement**

The Spirit is in you to change you.

**Small Group Discussion Questions**

1. **In what ways have you noticed a personality trait hindering someone in their service to God?** *(Possible discussion points: It is easy to observe extreme shyness in a friend that ends up making them too fearful to stand up for what they know is right or to share the Gospel. You may have seen someone with excessive aggressiveness who seems to always want their own way and are pushy about getting it. Encourage discussion without the use of specific names.)*

2. **Which one of the personality traits of the Holy Spirit is the most meaningful to you?** *(Allow each of the students to give their answer and discuss why that personality trait was meaningful. Help guide a discussion about how that personality trait will impact future decision making.)*

3. **What is one part of your personality that you will yield to the Holy Spirit this week?** *(Help the students understand that they don’t have to give up their personality to yield to the Holy Spirit, but rather let them see ways that the Holy Spirit can use their personality to change them to be more like Christ.)*