



Holy Spirit Traffic Lights!

By Deborah Wassenberg

Introduction:

The Holy Spirit helps us know when to STOP, SLOW DOWN, AND GO.

Bible Lesson: Paul's Missionary Journey

Bible Reference: Acts 16:4-10; John 14:26; Galatians 5:25

Set the Scene:

- Road cones
- Pedestrian crossing
- Street signs
- Use white/yellow chalk or tape to create line markings on the floor

Visuals You Will Need:

1. A super-sized blank traffic light with red, yellow and green circles that can be attached and detached as the story is told
2. Paul and friends
3. Paul and Timothy standing on the road/Asia signpost
4. Paul and Timothy standing on the road/Bithynia signpost
5. Paul praying
6. Paul's dream
7. Early Church Christians praising God

Words:

1. Who can tell me what this is?
What does a traffic light do?
(Discuss)
What does the colour red mean?
(Attach red circle to the traffic light)
What does the colour yellow mean?
(Detach red and attach yellow circle)
What does the colour green mean?
(Detach yellow and add a green circle)
Did you know that following the Holy Spirit's directions is like obeying a traffic light signal?
The Holy Spirit gives us signals to...

- Give us directions
 - Keep us safe
 - Stop us getting confused
2. Paul and his friends were travelling from town to town, telling everyone the Good News about Jesus, and urging the Christians to follow the decisions made by the Apostles and elders in Jerusalem.
They didn't have cars or GPS or maps on phones!
They walked on dusty roads and trusted the Holy Spirit to show them where to go next.
 3. One morning, Paul woke up early, packed his things and said,
'Let's go to Asia.'
(Attach the green light to the traffic light)
There are lots of people there who need to hear about Jesus.'
So Paul and his friends set out.
But as they got closer to Asia, something happened.
Inside Paul's heart, he felt a strong STOP.
(Detach the green circle and attach the red circle)
He knew that it was the Holy Spirit saying,
'No, Paul. Not this way.'
So Paul stopped.
His friends stopped.
'If the Holy Spirit says stop, we stop,' said Paul.
 4. They turned and tried another direction.
(Detach the red circle and attach the green)
'Let's go to Bithynia instead,' Paul said.
So off they went again, walking and praying.
But as they came near the border, Paul felt it again –
a gentle but firm STOP in his heart.
(Detach the green circle and attach the red circle)
The Bible says, 'The Spirit of Jesus would not allow them to go there.'
They had tried two different places, and both times the Holy Spirit said NO.
 5. *(Detach the red circle and attach the yellow circle)*
They didn't rush.
They didn't panic.
They simply SLOWED DOWN.
They prayed.
They waited.
They listened.
 6. That night, while Paul was sleeping, God gave him a dream.
In the dream, Paul saw a man from a place called Macedonia.
The man was waving his arms and calling out:
'Come over here and help us!'
Paul woke with a start.
He gathered his friends and said, 'God has shown us where to go.
We're going to Macedonia!'

(Detach the yellow circle and attach the green circle)

Paul and his friends got a green light to GO!

They packed their things and set off immediately.

7. Because Paul and his friends obeyed the Holy Spirit's STOP, SLOW DOWN, and GO...

Many people in Macedonia heard about Jesus.

Families were changed.

A Church was started.

And God's plan moved forward.

Just like Paul, we can learn to follow the Holy Spirit's signals.

Ministry to the Children:

Just as a driver has to pay attention to the signals on a traffic light, we have to pay attention to the signals the Holy Spirit gives us. This is exactly why Jesus sent Him to us. He is our helper. Get used to hearing His signals. He will save you from bad decisions and keep you safe.

If you get a red signal from the Holy Spirit, He is saying 'STOP'. *(Place the red circle onto the traffic light)*

- You're about to say something mean — and you feel that little tug inside.
- You're tempted to join in with friends doing something wrong.
- You're about to click on something online that doesn't feel right.

The Holy Spirit is protecting you. He loves you too much to let you crash your life. Stop whatever you are doing because it is not safe for you to proceed. God has something better in mind for you.

If you get a yellow signal from the Holy Spirit, He is saying 'SLOW DOWN'. *(Place the yellow circle onto the traffic light)* Slow down and be careful.

- If you're not sure whether something is right or wrong.
- You feel unsure about a decision.
- You're rushing and not listening.
- You're getting upset and need to calm down.

Think. Pray. Ask for help. Pause and check with God before you move forward.

If you get a green signal from the Holy Spirit, He is saying 'GO'. *(Place the green circle onto the traffic light)* You have a 'green light' to go ahead with what you are doing or what you are planning. The Holy Spirit is saying, 'Yes! Do that! This is good. This is safe. This is My plan.'

- You feel encouraged to help someone.
- You want to pray for someone.
- You feel brave enough to do the right thing.
- You have peace about a decision.

Green means God is cheering you on!

Today we heard how Paul wanted to go one way, then another way, but the Holy Spirit gave him a red light and said, 'STOP.' Then Paul had to slow down and wait. And finally, God gave him a green light and said, 'GO this way!'

Do you know why the Holy Spirit could guide Paul like that? Because Paul belonged to Jesus. Paul had given his whole life to Him. And when you belong to Jesus, the Holy Spirit comes to live inside you and helps you too.

The Holy Spirit wants to guide you every day — to help you STOP when something is wrong, to help you SLOW DOWN when you're unsure, and to help you GO when God has something good for you.

But the very first 'green light' God gives us is this: 'Come to Jesus. Let Him save you. Let Him lead your life.' Before the Holy Spirit can guide your steps, Jesus needs to be your Saviour and your Lord — your Leader, your Guide, your forever Friend. If you want Jesus to forgive your sins, if you want Him to lead your life, if you want the Holy Spirit to guide you like He guided Paul, you can say 'yes' to Him today. You don't have to be perfect. You don't have to know everything. You just need to say, 'Jesus, I want to follow You.'

Prayer: Dear Jesus, Thank You for loving me. Thank You for dying on the Cross to pay for my sins. I repent and turn away from my sins and choose to follow You. I give you my life. Be my Saviour and my Lord. Holy Spirit, guide me every day. Help me know when to stop, when to slow down, and when to go Your way. Amen.

Memory Verse: Psalm 143:10

You are my God. Show me what you want me to do, and let your gentle Spirit lead me in the right path.

Find the Car!

You will need:

- 10–12 **small toy cars** (matchbox size)
- Stickers or tape to attach words underneath
- A printed set of the verse broken into parts, you can adjust the number of pieces depending on the age group.

What to do:

Before the children arrive, hide the toy cars around the room. Make sure some are easy and some are trickier. Their job is to search for the cars and bring the words back to they can be built into the verse. Recite aloud together.

Games:

Red Light, Green Light

One child or parent acts as the "stoplight." When they call out "Green Light!" and show a green colour, players rush forward. When they call "Red Light!" and show a red colour, everyone must freeze.

Run and Rally

You will need:

- Three large coloured circles: **Red, Yellow, Green**
- A whistle or your voice
- A large open space

What to do:

1. Free Run (Green Light)
Children run around the space in any direction.
2. Call the Colours
Hold up a colour OR call it out. Children must instantly respond:
 - **RED — STOP!** Children freeze like statues.
 - **YELLOW — SLOW DOWN!** Children walk in slow motion.
 - **GREEN — GO!** Children run again.
3. Add the Rally Challenges
Every time you call “**RALLY!**” children must run to a designated spot (a cone, a wall, a leader) and complete a quick challenge before rejoining the game.
Choose challenges that reinforce the lesson:

Craft: Traffic Light Biscuits

You will need:

- Vanilla wafer biscuits
- M&M's or Smarties (red, yellow, green)
- Chocolate icing
- Paper plates and bamboo knives or paddle pop sticks
- Hand washing station

What to do:

Children ice the wafers with the chocolate icing and place the M&M's or Smarties to create a traffic light.

Colouring Sheet: Page 6



Holy Spirit Traffic Light

