

The Spirit beside us: 17-23 May

Bible time  **John 14.15-21**

Jesus promises to send the Holy Spirit to be with us and help us for ever.

Life today

This passage begins with Jesus mentioning the commandments, rules given by God which we should live by. We encounter rules in most aspects of our lives, pretty much everywhere we go. Some rules can be challenging but we have help. Jesus tells us that the 'Spirit of truth' is with us to help and guide us. What does the passage say about how the Holy Spirit will help us to live?

Read the story together then explore it using these questions.

Question time

- Do you know any of the commandments (you can look them up in Exodus 20.1-18)?
- Which rules in your life do you find hardest to follow?
- If you could make a new rule for your home, what would it be?

Activity time

● Paper chain

Have some strips of paper approximately W3cm x L20cm. On each strip, write a life rule you want to follow. Make the strips into a chain. Hang the paper chain somewhere you can see it every day to help you remember your rules. The chain, like rules, can easily be broken, so take care, remember weakness and try hard to keep the rules.

● Follow the rules

Share a meal together, such as a pizza, which has a particular way for assembling the ingredients. Make or buy pizza bases and the tomato sauce. Have a variety of toppings and place everything in the centre of the table. As you assemble the pizzas together, talk about which order the ingredients should be placed on the pizza. Is it important to place them in a certain order? Cook the pizzas and enjoy your meal.



One day, Jesus said to his disciples, 'If you love me, you will keep my commandments. Although I am going away in a little while, I will not leave you on your own. I am going to ask God the Father to send an Advocate, his Holy Spirit. It is the Spirit of truth and it will stay with you for ever.' He continued, 'The world is not ready for the Holy Spirit, because it does not see or know God's Spirit. But you will know the Holy Spirit because it will live in you.'

Jesus said, 'The world will not see me once I have gone away. But you will see me. On that day, you will know that I have returned to my Father. And you will know that I live through you and you live through me.'

'There are other people.' He added, 'who also love me and keep my commandments. They are loved by both me and my Father and I will show myself to them.'

● The Lord's Prayer

Jesus tells us that this prayer is one way to pray. The Holy Spirit also helps us to pray and talk to God. Choose a version that you find most helpful. Pray this version of the Lord's Prayer every day for the coming week. Think carefully about each line of the prayer and what it means for your life. Add a line each to make your own prayers – if you don't know what to say, ask the Holy Spirit to help you.

Prayer time

Father God,
in a world full of rules and regulations
where doing the right thing sometimes feels like
the wrong thing,
where doing nothing is easier than doing
something,
be with us and help us to be strong,
with the help of your Spirit.
Amen.