

Never Alone

O God, you have prepared for those who love you such good things as surpass our understanding: Pour into our hearts such love towards you, that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Look

Alone time. Sometimes it's really nice to have alone time. But, sometimes we really need people near us.

1. In what situations in your life do you prefer to be surrounded by people?
2. When do you want/need to be alone?
3. Are people helpful to you when you are in crisis, or do you feel overwhelmed by people when you are in a crisis?

Book

[John 14:15-21](#)

As Jesus talks to his disciples about his impending death, he promises them that he will send an Advocate to be with us forever so that we will not be alone. Other bible translations use different names for this Advocate, such as Comforter, Intercessor, and Helper.

1. How does it make you feel that Jesus has promised not to leave us alone?
2. Which of these names for the Holy Spirit resonates the most with you: Advocate, Comforter, Intercessor, or Helper? Why?

Took

Jesus never promised that our lives would be easy and free of suffering and pain. But, Jesus did promise that we wouldn't be alone. Jesus promised to send the Spirit to be with us. Sometimes the Spirit is at work within us, and sometimes the Spirit is at work for us in the people around us.

1. Are you aware of the Spirit at work in your life now? Do you seek out, or look for, the presence of the Holy Spirit in your life?
2. How do you usually recognize the Holy Spirit?