<sup>15</sup> "If you love me, keep my commands. <sup>16</sup> And I will ask the Father, and he will give you another <u>advocate</u> to help you and be with you forever— <sup>17</sup> the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, <u>for he lives with you and will be **in** you</u>. <sup>18</sup> <u>I</u> will not leave you as orphans; I will come to you. John 14:15-18

On the night that our Lord was betrayed, just before he went to the cross and then back to His Father in Heaven, he gathered his disciples together in the Upper Room and left words of encouragement. Knowing that his disciples would mourn and grieve His passing, Jesus wanted to leave words of comfort and encouragement with them. He promised that He would not leave them alone or as orphans but would come again in the person of the Holy Spirit.

When Jesus walked the face of the earth the Holy Spirit dwelt with them. At Pentecost, with the coming of the Holy Spirit, Jesus promised that the Holy Spirit would not only be with them, but that he would dwell **in** them.

In times such as these it is important to remember that God has not abandoned us or left us helpless or hopeless. The third person of the Trinity dwells **in** us to be our advocate, our helper and our comforter.

As the Holy Spirit lives and dwells within us, He also gives us the capacity to be comforters as well. Many people are in desperate need of comfort these days. It is in times like this that we can be the living reflection of the Holy Spirit to those in need.

**Thought For Today:** Who can you call, write a letter or email to bring comfort and encouragement? May God open your eyes to see who in your family, your friends, your neighborhood or church family who may be in need of comfort today.

**Today's Prayer Focus**: Praise God for the third person of the Trinity, the Holy Spirit. Who does the Lord bring to mind today? Take time to pray for them. Deo Volente.