

The Holy Spirit: Our Advocate

As Jesus was meeting with his disciples for those important last lessons before he gave himself up to die a brutal death on a cross, he told his disciples he was leaving - yet he was also coming. (John 14:28a) The disciples were very upset and confused hearing that Jesus would only be with them just a little while longer. Jesus said to them, *“Nevertheless I tell you, it is to your advantage that I go away...”* (John 16:7a) Advantage! How in the world could it be to their advantage? Jesus went on to say, *“...for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you.”* (John 16:7b)

- What comes to mind when you think of the word “advocate?”

In John 14:15-17, Jesus tells his disciples the advocate is indeed the “Spirit of truth” that he is sending to be with them. Later in that chapter, Jesus goes on to be more specific about the Advocate, the Holy Spirit, “whom the Father will send in my name will teach you everything and remind you of all that I have said to you.” (John 14:26)

- Think of a time when you desperately needed an advocate. What were the circumstances and what particularly did you hope the advocate would do?
- Consider how the very presence of the Father, the Son, through the Holy Spirit has been planted in your heart. The triune God has taken up residency in your heart! Loving and being loved, we are then commanded to love others as evidence of God’s gracious and merciful presence in our hearts. (John 14:23) How strong is the evidence we convey in this regard?
- How might meditating on the privilege of having the Holy Spirit, the Advocate, in your life as a gift from God inspire you to be an advocate, out of love, for others? What might that look like?

“Breathe on me breath of God, fill me with life anew, that I may love the way you love, and do what you would do.” (Breathe on Me Breath of God, Edwin Hatch, 1878)