

# SUNDAY GOSPEL ACTIVITIES

## Family Activity Page

6th Sunday of Easter

John 14:15-21

Take a few minutes to read the Gospel. Jesus is teaching His disciples here and preparing them for what will come, but He is also speaking to you and I. Jesus tells us that when we love Him and follow His commandments, we will never, ever be alone. He promises in this Gospel that He will ask His Father to send a helper, an “Advocate,” to be with them (and us!) always. This Advocate is the Holy Spirit.

The Blessed Trinity—Father, Son, and Holy Spirit—will always give us what we need to sustain us! Often this can be clear to us when we take the time to sit in silence and pray. No matter how unique or lonely our situation may seem, we are never alone. The Gospel we read last week began with Jesus saying, “Do not let your hearts be troubled” (John 14:1). There is no need to be troubled because Jesus is always with us. He will send the Holy Spirit to help us always.

God does not always give us what we pray for specifically, but He always answers our prayers and gives us what we need to sustain and guide us.

Activities:

- Pray “Come, Holy Spirit!” many times throughout this week. It is short and easy to remember to say it often, in every circumstance.
- If someone in your family seems sad or lonely this week, ask how you can help them or “advocate” for them.
- As a family, have you had times where it has been hard to trust that God is with you? How does this Gospel help your hearts to not be troubled?

