



**How Can I Survive Difficult Days?**  
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**The Crossing Church**  
**Las Vegas, Nevada**

### **OPENING**

This is week #44 of our Quest 52 journey and we are in the final hours of Jesus' life before He went to the Cross. He was trying to prepare His disciples not only for the next few hours, but for when He will no longer be with them physically. This chapter is about the greatest gift given to us as followers of Jesus – the Holy Spirit – who helps us to survive our difficult days.

### **SCRIPTURE<sup>1</sup>**

**John 14:6** Jesus answered, "I am *the way and the truth and the life*. No one comes to the Father except *through me*."

**John 14:16-18** And I will ask the Father, and he will give you *another advocate* to help you and be with you forever— the *Spirit of truth*. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be *in you*. I will not leave you as *orphans*; I will come to you.

**John 14:25-26** "All this I have spoken while still with you. But the *Advocate*, the *Holy Spirit*, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

**John 16:7-8** But very truly I tell you, it is for your good that I am going away. Unless I go away, the *Advocate* will not come to you; but if I go, I will send *him* to you. When he comes, he will prove the world to be in the wrong about *sin and righteousness and judgment*:

**John 16:12** I have much more to say to you, more than you can now *bear*.

**John 14:13-14** But when he, the Spirit of truth, comes, he will *guide you* into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will *glorify me* because it is from me that he will receive what he will make known to you.

**Isaiah 30:21** Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

### **OBSERVATION**

As the passion of Jesus was coming closer and closer, Jesus still had some teaching moments to go over with His disciples. One confusing subject was His Holy Spirit. In the Old Testament, God

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<sup>1</sup> The NIV translation unless otherwise indicated.

sent the Spirit to give power to various people for specific purposes as He did for King Saul, for example. But the Spirit **came upon** them – **He did not enter** them and live within them going forward. Jesus needed the disciples to understand that He was going away and He had to leave so that the Holy Spirit could come and be their comforter and guide in His place. Forty days after Jesus' resurrection, when He ascended to heaven, His earthly ministry in fleshly form was replaced ten days later by the Holy Spirit at Pentecost. This was already a Jewish harvest festival, but to Christians it was the time when Jesus' Spirit descended with tongues of fire and entered believers' hearts.<sup>2</sup>

**QUESTION: Why do you think Jesus had to go to heaven before the Holy Spirit could come?**

### **APPLICATION**

This concept of the Trinity – Father, Son and Holy Spirit as one God - is difficult for us to understand so you can imagine how confusing it was for Jewish believers. To simplify this concept of the Trinity is to say that three equal Persons make up the Godhead – each with specific purposes to accomplish. We can say that God the Father is Creator and protector and life-giver; that Jesus is Savior and will render judgment in the future. We are imbued with His power when we accept Jesus as our Savior and He says three things about this power that involve the Spirit Person of the Trinity: **1) The Holy Spirit comforts us.** When we are lonely or hurt or bitter, He intercedes for us; **2) He convicts us of sin,** particularly the sin of unbelief. He convicts us of righteousness, and He convicts us of judgment – God will bring judgment and justice. Conviction is not intended to shame us, but to make us aware of our sin as we are made more like Jesus; **3) He guides us** to the right path through the Bible, prayer and the godly counsel of righteous people. When we feel compelled to do something it may be the Spirit guiding us toward truth. No matter what the world says, there is a right and a wrong and Jesus is the standard for what is right.

**QUESTION: What questions do you have about the Holy Trinity and how the Father, Son and Holy Spirit are one God together?**

**QUESTION: When you pray, do you pray to the Father or the Son or the Holy Spirit? How do you decide?**

God inside of us is greater than God beside us. His desire is that we be led by the Holy Spirit because He is an advocate for us, a counselor, a comforter, a battle partner who covers our blind spots and fights on our behalf. So how do we know when He is guiding or convicting or comforting us? We discern this through prayer and peace. It is hard to listen to the Spirit if we don't pray that He will guide and direct us. Often the Spirit tells us to wait or "No. Don't take that path," but we can choose based on the peace He gives. What a great blessing it is to have the Spirit's presence with us all of the time. He helps forgive, make wise decisions, walk away from temptation, overcome addiction, love our enemies, let go of criticism, break the cycle of dysfunction in our families and to love unconditionally. It is the same Spirit that raised Jesus from the dead who lives in us today. What an amazing life we can have in His presence – but it is only available to believers.

**QUESTION: Are you experiencing difficult days? How has this study helped you to persevere through them?**

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<sup>2</sup> Acts 2:1-13

**QUESTION: When have you experienced the power of the Holy Spirit within you?**

Jesus said, “The Father and I are one.”<sup>3</sup> And “If you have seen Me, you have seen the Father.”<sup>4</sup> And “If you know Me, you know what the Spirit is like because we are exactly the same.” How can that be? Because the Father, Son and Holy Spirit are One God.

**QUESTION: If you aren’t yet a believer in Jesus, “seize the day!” This is the time to accept His offer of forgiveness and eternity with Him. What is standing in the way of all that?**

**PRAYER**

Heavenly Father, help us to understand the mystery of the Trinity. The Holy Spirit is often thought of as a third Person, but all three are One God, equally fulfilling together all of our needs to become righteous followers of Jesus. In His name. Amen.

**QUESTIONS**

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<sup>3</sup> John 10:30

<sup>4</sup> John 14:9