

**John 14:25-26**  
**You Are Not Alone**

A sermon delivered at Calvary Chapel DC Metro  
[www.calvarydcmetro.org](http://www.calvarydcmetro.org)

We have been looking at the things that happened on the night before Jesus died, as He shared the famous Last Supper with His disciples. He has told them that He is getting ready to leave them and that has, understandably, freaked them out a little bit. They still don't fully understand what He is doing and so they're feeling a little anxious and confused.

Which got me thinking about the fact that most of us don't like the feeling of being alone, or being separated from the one we love either.

Mady went out to California for the Crossfit Games in July, and I stayed here with Ben and Karisa, and even though they were here with me, and even though I could talk with Mady through text, emails, phone calls, even Facetime, I still had to battle that constriction in my chest a few times when I was walking down the hall and realized, "OK, I'm alone." It's the same feeling I get when I travel somewhere and, after all the hustle and bustle of the journey, I finally get to my room - something about the emptiness always gets me for a moment.

And we're not even new to this. Mady and I met when I was still in the Marine Corps, I went on trips all the time while we were dating. I proposed and a few days later was on an airplane to help stop the fighting in East Timor, we got married on Saturday and on Tuesday I was sleeping under the stars in the desert of 29 Palms. Separation has always been a part of our relationship, but I've never liked it. And no amount of excitement or adventure or work to be done can make up for the fact, I would much rather have her around.

Some of you are probably feeling a similar loneliness right now. Some of you are new to the City, and you're trying to find your way around and make new friends. Some of you have just dropped your kids off at school - and whether it's kindergarten, jr high, high school, or college, you're worried about them and how they'll do out there on their own. Some of you are new moms and are sitting in the house all by yourself with this little baby and trying to figure out, well, what do I do now?

We all handle it differently, but there is no denying the fact that feeling or being alone is an uncomfortable experience for all of us at some point. Even if you're an introvert, like I am, or describe yourself as someone who likes to get away from it all, the truth is, you still like to have some people around, some of the time. That's why being truly lost is usually so frightening, and it's also why the worst punishment we have, short of the death penalty, is solitary confinement - locking someone up in a room all by themselves for 23 hours a day. They call solitary the 'prison within the prison.'

Being separated from people, whether by punishment, accident, or just the events of life, is not always considered fun or relieving.

So, now think about what you know about Jesus – if you had been able to hang out with Him day in and day out for three years like His disciples did, how would you feel about Him telling you He’s taking off and you can’t come? It helps you understand what these men were feeling.

But then He tried to comfort them with the news that something even better was going to happen. He told them He was going to prepare a place for them in Heaven, but that was years away for most of them. Then He promised something else for right now – He promised He was going to come back and have an even closer relationship with them than what they had been enjoying while they were able to actually touch Him physically – though they couldn’t see Him, they could know that they would never be truly left alone. How’s that going to be possible?

Well, we read some of what He said last week, so let’s go back and revisit that.

John 14: 15 “If you love Me, keep My commandments. 16 And I will pray the Father, and He will give you another Helper, that He may abide with you forever— 17 the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. 18 I will not leave you orphans; I will come to you.”

Jesus promises that although He goes away, the disciples won’t be left alone because God, in the form of the Holy Spirit is going to live *inside* them!

And the same thing is true for you today – if you are a Christian, you need to know the Holy Spirit is not just with you, He is in you. And that means that no matter how alone you may feel - the Holy Spirit is *always* there. If you battle with depression, the Holy Spirit is always there. If you deal with worry, the Holy Spirit is always there. If you deal with acceptance, the Holy Spirit is always there. If you deal with horrible memories of the past, the Holy Spirit is always there. Even when no else is there, or no one else can be reached, or no one else can help, even if your prescription runs out or your pills are lost, God is ALWAYS there – IF you are a Christian. “The world CANNOT receive [Him], because it neither sees Him nor knows Him.” But you can.

Now, that doesn't mean you always have the same sensation of or awareness of, His presence. For reasons I don’t even fully understand myself, sometimes He feels closer than others, but whether we ‘feel’ it or not, He is always near, always inside of us.

As Christians we believe in what is called the Trinity, that the Father, the Son, and the Holy Spirit who dwells in us are all one. They’re not one team of three players, or one God wearing three different hats and playing three different parts, but somehow, in a way we don’t fully understand because we have nothing to compare it to, God is one, but three, simultaneously.

We see this from the very first pages of Scripture where we see “the Spirit of God hovering over the face of the waters” as the world is made. We see it throughout the Old Testament as the Spirit of God spoke to the prophets and others, and the Angel of the Lord, thought to be a pre-incarnate Christ, appeared at times to men. And then in the New Testament we see at Jesus’ baptism that Jesus was standing there in the water, the voice of the Father was heard from Heaven, and the Spirit descended in the form of a dove – all three members of the trinity present at one time, in one place.

So, the Spirit has always been around, He has always been a part of what God is doing; He didn’t just arrive after the resurrection like some new thing. But the way people experienced the Holy Spirit before Jesus’ death, and the way we experience Him now is extremely different.

Before the coming of Christ it was rare for someone to be ‘filled with the Holy Spirit’ or for the Holy Spirit to ‘come upon’ someone. The experience was typically reserved for prophets, judges, or leaders. And that presence and power of God could depart, so we find King David praying, confessing His sin with Bathsheba and begging God:

[Psalm 51:11 Do not cast me away from Your presence,  
And do not take Your Holy Spirit from me.](#)

And he had every reason to make that request. King Saul had been on the throne before David, and though he started off well, Saul eventually went his own way in life and God removed His Spirit from Saul. Long before that, the Holy Spirit had also once been upon another Jewish leader, Samson. You may remember that he was famous for his God given physical strength. But he also had a thing for ungodly women, which wound up getting him in trouble more than once. Finally, he fell for Delilah who eventually talked him into revealing the source of his strength.

Turn with me in your Bibles back to Judges:

[Judges 16: 1 Now Samson went to Gaza and saw a harlot there, and went in to her. 2 When the Gazites were told, “Samson has come here!” they surrounded the place and lay in wait for him all night at the gate of the city. They were quiet all night, saying, “In the morning, when it is daylight, we will kill him.” 3 And Samson lay low till midnight; then he arose at midnight, took hold of the doors of the gate of the city and the two gateposts, pulled them up, bar and all, put them on his shoulders, and carried them to the top of the hill that faces Hebron.](#)

[4 Afterward it happened that he loved a woman in the Valley of Sorek, whose name was Delilah. 5 And the lords of the Philistines came up to her and said to her, “Entice him, and find out where his great strength lies, and by what means we may overpower him, that we may bind him to afflict him; and every one of us will give you eleven hundred pieces of silver.”](#)

[6 So Delilah said to Samson, “Please tell me where your great strength lies, and with what you may be bound to afflict you.”](#)

7 And Samson said to her, "If they bind me with seven fresh bowstrings, not yet dried, then I shall become weak, and be like any *other* man."

8 So the lords of the Philistines brought up to her seven fresh bowstrings, not yet dried, and she bound him with them. 9 Now *men were* lying in wait, staying with her in the room. And she said to him, "The Philistines *are* upon you, Samson!" But he broke the bowstrings as a strand of yarn breaks when it touches fire. So the secret of his strength was not known.

10 Then Delilah said to Samson, "Look, you have mocked me and told me lies. Now, please tell me what you may be bound with."

11 So he said to her, "If they bind me securely with new ropes that have never been used, then I shall become weak, and be like any *other* man."

12 Therefore Delilah took new ropes and bound him with them, and said to him, "The Philistines *are* upon you, Samson!" And *men were* lying in wait, staying in the room. But he broke them off his arms like a thread.

13 Delilah said to Samson, "Until now you have mocked me and told me lies. Tell me what you may be bound with."

And he said to her, "If you weave the seven locks of my head into the web of the loom"—

14 So she wove *it* tightly with the batten of the loom, and said to him, "The Philistines *are* upon you, Samson!" But he awoke from his sleep, and pulled out the batten and the web from the loom. 15 Then she said to him, "How can you say, 'I love you,' when your heart *is* not with me? You have mocked me these three times, and have not told me where your great strength *lies*."

16 And it came to pass, when she pestered him daily with her words and pressed him, so that his soul was vexed to death, 17 that he told her all his heart, and said to her, "No razor has ever come upon my head, for I *have been* a Nazirite to God from my mother's womb. If I am shaven, then my strength will leave me, and I shall become weak, and be like any *other* man."

18 When Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, "Come up once more, for he has told me all his heart." So the lords of the Philistines came up to her and brought the money in their hand. 19 Then she lulled him to sleep on her knees, and called for a man and had him shave off the seven locks of his head. Then she began to torment him, and his strength left him. 20 And she said, "The Philistines *are* upon you, Samson!" So he awoke from his sleep, and said, "I will go out as before, at other times, and shake myself free!" But he did not know that the LORD had departed from him.

It's one of those bone-chilling verses for me. You see, under the Old Covenant, under the way God used to relate to men, before the Cross, the gift of the Holy Spirit was rare and fragile, not due to God, but due to the sinful tendencies of men. Even though they were in such powerful relationships with God, they could, and did, still sin. And sometimes, the consequence of that prolonged, intentional sin, was a removal of God's presence in your life.

And yet now we find Jesus saying that the Holy Spirit will abide with us forever, and that He will dwell not only with us, but in us. Why the difference, why the distinction? It's not because we're so much better. Every Christian today, though filled with the Holy Spirit, is still a sinner. Sometimes our sins seem petty, other times they seem catastrophic, but they

are always there – and because the Holy Spirit is inside us, we drag Him through every single sin we commit. There’s no asking Him to just wait for us outside; He sees it all, He knows it all.

So why doesn’t He depart like He used to? Because the debt of our sins, past, present, and future, has been paid on the cross.

That doesn’t mean God is cool with our sin, or that it’s not a big deal. The New Testament speaks of our sins as grieving the Holy Spirit, and we are encouraged not to quench the Holy Spirit, but still, mercifully, wonderfully, He does not leave us as orphans. Instead, He brings us conviction that we need to repent from our sins, comfort that we have been forgiven, and courage to stand firm again ensuring that we, as Christians, are never left alone.

Turn with me back to John 14 and we’ll learn a little more about what else He does as He lives in us.

[John 14: 25 “These things I have spoken to you while being present with you. 26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.](#)

The Holy Spirit isn’t just hanging out within us; He’s helping us. That played in a specific way for the apostles, and generally for all of us.

One of the specific ways the Holy Spirit helped the apostles was by reminding them of the things Jesus had said and done. I remember I used to wonder, how did they remember enough about what Jesus said to sit down and write it all out – all those conversations, all those teachings He gave, how did they remember it all? And then I read this. God the Father sent those messages, God the Son spoke those messages, and now God the Spirit was now going to help the disciples remember the messages and ensure they made it down to us.

Just like the Holy Spirit directed the prophets as they wrote the Old Testament, Jesus says He would direct the apostles, and others, as they wrote the New Testament. It’s a process called inspiration – we believe the Bible was written by men, but that it is also from God and as a result, it is trustworthy in everything it says. It doesn’t get anything wrong. Now that doesn’t mean people don’t misunderstand it, or that we don’t misinterpret it at times, but the Word of God is solid, trustworthy, dependable in everything it says and teaches, and that’s not because of the creative genius of the men who wrote it, it’s because of the God who superintended their writing.

So, that’s one specific thing that the Holy Spirit did through the apostles, and although He’s not helping in that specific way anymore, He is still helping believers today. None of us are writing Scripture anymore, but we are still in need of God’s help, and it is available to each of us.

But we have to understand what God's help really looks like. We tend to think of a helper as unskilled labor, like, "I've got a lot to do, but so and so is going to help me." I'm doing the bulk of the work; they're just helping out so I finish faster. So a helper might be our go-fer. Or we have Daddy's little helper, Santa's little helper, Hamburger Helper, Helps her make a great meal.

That's not what is going on here. The Holy Spirit is always with you, but He isn't there to give you an extra set of hands so you can wrap things up faster. He is there to offer you the kind of help that if you didn't receive, things wouldn't go so well.

In the original language the term was used to refer to one who was called to come alongside another and give assistance, especially in a legal setting, almost like the lawyer who would plead your case. Strong's defines it like this: one who pleads another's cause before a judge, a pleader, counsel for defense, legal assistant, an advocate; or one who pleads another's cause with one, an intercessor. The Holy Spirit isn't just someone who hands you the hammer; He's the one who makes sure you don't get nailed.

And that's not all - He's there to help you be able to stand before God when you are judged, but He is also there to help you do the work that God has for you. He gives you the abilities to do things supernaturally, to know things that you wouldn't otherwise know. If you want to learn more about it, make a note to read about the gifts of the Holy Spirit, especially in 1 Corinthians 12-14 where Paul tells us about all the ways that the Spirit enables us to serve God and others as we let Him have His way in us.

We'll discover more about what the Holy Spirit does in and through us as we move through these next few chapters, but before we move on, I've got to make one last point here. There is someone else that we see called a helper in Scripture, who is that? It's Eve.

The Bible tells us that woman was created to be a helpmate for man. But how do we understand that? We should understand it in light of what we see here and elsewhere. Women are not second rate citizens, ungifted, unskilled, only good for being our little helpers. No, just like Jesus sent us the Holy Spirit because we aren't good enough on our own, God made women because man wasn't good enough on his own.

Men and women are not the same - we are different, wonderfully, and gloriously different. Men can't do everything that women can do and women can't do everything men can do. But that doesn't make one better than the other, it just reflects the glory and wisdom of God. And because we are different, we need each other. Men need women and women need men, we function better together.

And listen to me, because this is critical. The Holy Spirit is not your helper to help you do whatever it is that you set your mind to. He's not there to help you achieve whatever goals you dream up for your life. He is there to help you stand before God and serve God. And so, neither is the woman's role to help the man achieve whatever his dreams and goals are as if only his career or only his aspirations matter. God brings men and women together to achieve *His* plans and purposes in their lives, not our plans.

If you want to have peace and unity in your relationships, make sure you're both helping each other grow in the grace of God and move in the direction He is leading. And as you do that, you can count on Him to help you help each other. Instead of conflict and confusion in your relationships, you can have peace. Which is the next thing we'll read about when we pick things up next week.

But for now, remember Christian, you are not alone. It's not all up to you. It isn't all riding on you. You don't need to just look out for number one. There is a God who loves you, who gives Himself for you, who promises to live in you and never to leave you and to help you when you need it most. Make sure your life is leaning on Him, and come back next week to learn even more.