



*Notes for Adult discussion groups at  
On-Line@9 Worship Service  
1 May 2005*

## **Not on Your Own**

1. Have you ever had to do something where you felt on your own, without support or encouragement?  
How did it feel?

### **John 14 v 15-21**

“If you love me, you will obey my commandments. I will ask the Father, and he will give you another Helper, who will stay with you for ever. He is the Spirit who reveals the truth about God. The world cannot receive him, because it cannot see him or know him. But you know him, because he remains with you and is in you.

“When I go, you will not be left all alone; I will come back to you. In a little while the world will see me no more, but you will see me; and because I live, you also will live. When that day comes, you will know that I am in my Father and that you are in me, just as I am in you.

“Whoever accepts my commandments and obeys them is the one who loves me. My Father will love whoever loves me; I too will love him and reveal myself to him.”

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2. Jesus is preparing the disciples for a time when they will have to manage without him, and is offering them reassurance - “You will not be left all alone”.  
What might the disciples have thought about this?
3. Jesus asks a lot of them and seeks their trust. Losing him would be hard, but they would have what they needed to cope. Jesus doesn’t ask them to do more than they have the resources for.  
Do you ever feel that God asks too much from us?  
Do we expect more from ourselves than God does?  
Is it true that God doesn’t ask us to do more than we are capable of doing?
4. What resources enabled the disciples to cope with their situation and move forward?  
How does their example help us to live as effective Christians today?

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