

## Bedtime Chats: 'The Holy Spirit Comes'

*I wonder if you know that the Holy Spirit lives inside of you?*

*This story from the bible reminds us of the day God the Father sent the Holy Spirit to the disciples..*



Watch



Talk



Pray



Sleep



Watch this animation of 'The Holy Spirit Comes' [https://www.youtube.com/watch?v=lqG\\_lvZhU-A](https://www.youtube.com/watch?v=lqG_lvZhU-A)



I wonder why God the Father sent the Holy Spirit to be with the disciples?

I wonder how the disciples felt when the Holy Spirit came and what the people thought when they saw the disciples praying, speaking and healing?

I wonder how the Holy Spirit can help you to follow Jesus in your life?



God's Spirit is called the 'Comforter'. Does it make you think of a nice comfy duvet—all cosy and warm? Comfort in the Bible doesn't mean to 'make comfy'. It means to 'send help.'

When we want to give up, when we are afraid, when things are hard, God sends his spirit, the Comforter, to make us strong, to give us courage, to lift us up.<sup>1</sup>

**Come Holy Spirit, strengthen me, guide me, encourage me, console me. Help me to follow Jesus and to spread His love to everyone I meet. Through Christ our Lord, Amen.**



Night night, sleep well, God bless x

<sup>1</sup> 'Thoughts to make your heart sing' by Sally Lloyd Jones and Jago