



Our Lady of Perpetual Help Parish **Children's Bulletin**

You are not alone

JESUS SAID,
"I WILL NOT
LEAVE YOU
ALONE."

I WILL ASK THE FATHER,
AND HE WILL GIVE YOU ANOTHER
HELPER TO BE WITH YOU FOREVER—
THE SPIRIT OF TRUTH.

JOHN 14:16-17

 LOVE GOD AND OTHERS	 OBEY HIS COMMANDS	 THE HOLY SPIRIT WILL HELP YOU	 I WILL NOT LEAVE YOU ALONE	 I AM WITH YOU FOREVER
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In today's Gospel (John 14:15-21), Jesus is talking to His friends before He goes back to heaven. He wants them to know they will never be alone.

Jesus said, "If you love me, you will obey my commands." Jesus was also talking to us, asking us to do what He told us to do; not out of fear, but out of love. Jesus wants us to tell the truth, to help others, to forgive people and love Him and all people.

Jesus knew His friends would feel sad when He left, so He promised to send a helper called the Holy Spirit. He sends us the Holy Spirit too. Even though we cannot see the Holy Spirit, God is still with us - just like

we cannot see the wind but we can feel it. The Holy Spirit is always with us; helping us making good choices; comforting us when we are upset; and reminding us that God loves us.

Jesus told the disciples, and us, that He would never leave us alone. He loves us, stays with us through the Holy Spirit and helps us live with love and kindness. We are part of God's family forever.

What does this mean for us?

If you love Jesus, you will try to follow Him, This doesn't mean being perfect all the time. It means trying to live the way Jesus teaches—being kind, honest, loving and helpful.

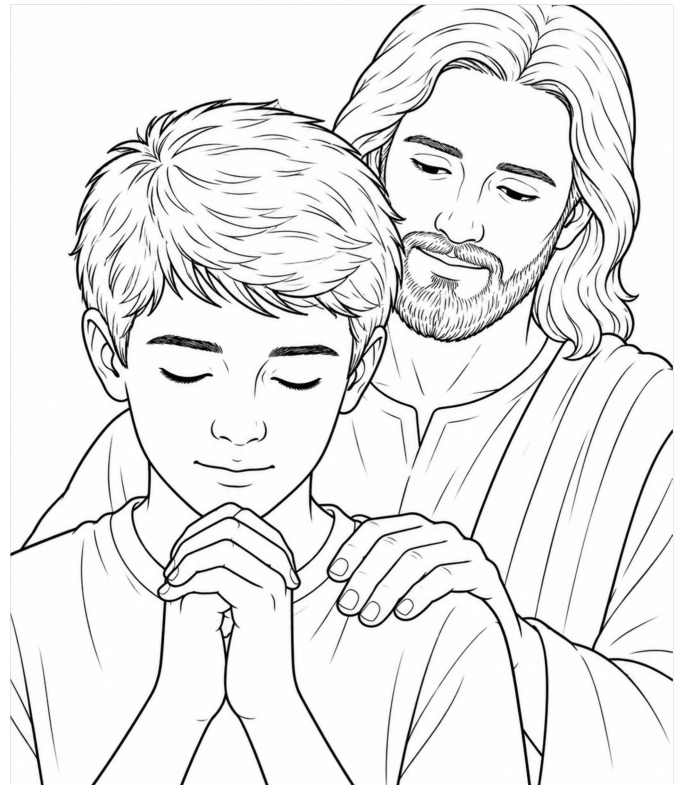
Jesus gives us help through the Holy Spirit.

You are never alone. When you feel lonely, scared, or worried, remember that God is with you. Talk to Him about how you are feeling.

Jesus wants a friendship with you. Jesus wants you to know Him, trust Him, and follow His teachings.

God's love changes how we treat others. We are asked to show His love at home, at school, at sport, with friends and everywhere we go—especially by caring for those who are left out or hurting.

Jesus says that if you love Him, show it by the way you live. And always remember that you don't have to do life alone, because He is always with you.



Challenges for the week

This week look for ways where you can help others feel less alone.

Think about when you need God's help most and pray the prayer for the week every day this week.

A prayer for the week

Dear God,

Thank You for loving me and always being with me. Sometimes I feel scared, confused, angry or upset, and I need Your help.

When I am worried, give me peace.

When I am weak, give me strength.

When I feel alone, remind me that You are near.

Help me to trust You every day and to show Your love to the people around me. Amen