

## Lean Back... It will be ok

Knowing Jesus as **Trustworthy**: John 14:15-31

### PREPARE

Lent is a season of “returning.” Our lives continually drift away from their true home. We forget that we are God’s beloved. We forget that we are not God. We succumb to temptations. We ignore the cries of brothers and sisters. We focus only on ourselves. During Lent, God calls us home. We remember who we truly are. We let God be God in our lives. We respond to our suffering neighbor. We begin again with God by trusting in His love, by surrendering to His sovereign hand. As Joel 2:13 puts it, “Return to the Lord, your God, for He is gracious and merciful.” (Excerpt from Pauses for Lent by Trevor Hudson)

### Read Psalm 38:5-7, 21-22

<sup>5</sup> My wounds fester and are loathsome  
because of my sinful folly.

<sup>6</sup> I am bowed down and brought very low;  
all day long I go about mourning.

<sup>7</sup> My back is filled with searing pain;  
there is no health in my body.

<sup>8</sup> I am feeble and utterly crushed;  
I groan in anguish of heart.

<sup>21</sup> LORD, do not forsake me;  
do not be far from me, my God.

<sup>22</sup> Come quickly to help me,  
my Lord and my Savior.

- **Our sin can have great implications for our body and emotions... confess your sin and pray verses 21-22 as a cry to the Lord.**

### REFLECT

In your core group, briefly discuss one of these three questions. Break into triads if necessary.

1. How have you experienced the blessing of God in these past few weeks?
2. What burdens, worries, or anxieties have you been carrying and would appreciate prayer for?
3. What’s a next step looking forward that you are excited about, fearful about, or uncertain about and want to step out in faith and need prayer support for?

### STUDY

#### Read John 14:15-31. Jesus the Promiser or Jesus the Partner

*Jesus promises his disciples the Holy Spirit who will be a Counselor and the Spirit of truth. He beautifully describes his relationship with the Father and the Spirit.*

- Read verses 15-24. When it comes to following Jesus, what is the relationship between love and obedience?

- What two special names does Jesus give for the Holy Spirit in verses 16 and 17? What do these titles mean?
- From verses 25-31. What is the role of the Holy Spirit?
- What do we learn about Jesus from his statements, “I will not leave you as orphans; I will come to you.” and “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”?
- Describe the qualities of the relationships between the Father, Son and Spirit:

**Read Proverbs 29:25; Habakkuk 3:17-19; Romans 15:13; Jeremiah 39:18; and Nahum 1:7.**

- What will come to you when you trust God?

**In John 13:22-25, the “disciple who Jesus loved” (John) leaned back against Jesus as they ate dinner together... Imagine you are in the place of John. Lean back against Jesus...**

- What do you need from him in this time?
- What can you imagine him saying to you?

## **RESPONSE**

- From your review of the Scriptures in this study how would you answer this: “Jesus is...”
- How do you experience the Holy Spirit in your life?
- Where in this time do you need to deeply experience the peace of Christ?
- Take time this week to bring your fears and troubles to the Holy Spirit. Find at least 15 minutes when you can be in solitude. Sit in a comfortable chair and with your palms facing down, release to the Spirit those situations which are causing anxiety today. Then turn your palms up to receive from the Spirit the peace of Jesus. Ask the Spirit for wisdom to best help you in these situations.

Close in Prayer: List prayer requests here.