

Friday Prayer Group – 4 September 2026

Session 1 - The Holy Spirit in Our Lives - God with us – helping, guiding and strengthening us

Our first Friday Prayer Group after the summer break was an opportunity to reflect on the **Holy Spirit in our everyday lives**. The session aimed to recognise that the Holy Spirit is not something distant, complicated or only connected with special religious experiences. **The Holy Spirit is God present and active in our lives – helping us, guiding us, comforting us and giving us strength.**

The Holy Spirit – God with us

We reflected on Jesus' words in **John 14:16–17**: *“And I will ask the Father, and he will give you another Advocate to be with you for ever, the Spirit of truth.”*

We considered times when we may have experienced God helping us, guiding us or giving us strength, perhaps without immediately recognising that it was the work of the Holy Spirit. We explored five simple ways in which the Holy Spirit can work in our lives:

Comforts – bringing peace and reassurance when we are worried or troubled.

Strengthens – giving us courage and strength when life is difficult.

Reminds us – bringing God's words, teaching and love back to our minds when we need them.

Guides us – sometimes giving us a sense that something is right or wrong, or drawing us towards a particular course of action.

Changes us – helping us to become more like Christ in the way we live and treat others.

We then took some quiet time to consider: **Which of these five words speaks to you most at the moment?**

The Fruits of the Holy Spirit

We reflected on **Galatians 5:22–23**, which speaks of the fruits that the Holy Spirit can grow within us:

Love • Joy • Peace • Patience • Kindness • Goodness • Faithfulness • Gentleness • Self-control

We asked ourselves:

Is there one of these fruits that I would particularly like God to grow in me at the moment?

Where do we need the Holy Spirit?

We considered the ordinary situations in which we might need the Holy Spirit during the coming week:

- At home and within our families
- At work or when volunteering
- When dealing with someone difficult
- When we are anxious or worried
- When making an important decision
- When we feel lonely
- When we need to forgive
- When we simply need more patience

Perhaps the most important message from our evening was that **we don't have to face these things alone. God is with us through the Holy Spirit.**

A simple prayer for the week

We finished with a very simple suggestion to carry into the coming week.

When we wake up, before the day really begins, we might simply pray:

“Come, Holy Spirit. Help me today.”

And perhaps we can repeat that prayer whenever we need God's guidance, strength, comfort or peace.

Come, Holy Spirit. Be with us, guide us, strengthen us and help us to bear the fruits of your presence in our everyday lives. Amen.