

Lift My Eyes

do not fear



Friday

Prayer Leader:

This week, we're learning to lift our eyes to Jesus by reflecting on four words: "Do not be afraid."

Today we hear Jesus talking to His disciples and promising to send them someone to be their guide... can you think who He was promising to send?



Prayer Leader:

Did you guess right? Jesus promised to send the Holy Spirit to the disciples.

Jesus knew He would be returning to His Father in heaven.

The disciples were worried and afraid - they didn't know what they would do without Jesus!

But Jesus told them not to be afraid, because He would send the Holy Spirit to guide them.



Prayer Leader:

The Holy Spirit came to the disciples at Pentecost and gave them courage and confidence to go out and tell others about Jesus.

The Holy Spirit guides us too, giving us the same courage and confidence to do things when we might feel afraid.





Prayer Leader:

Close your eyes for a moment.

- Have you ever felt nervous about doing something?
- Who helped you?

Take a deep breath and imagine the Holy Spirit giving you the courage and confidence you need.

All:

Dear Jesus,
Help me to know that the Holy Spirit
is with me when I feel nervous.
He gives me courage and confidence.
Jesus, lift my eyes to you I pray.
Amen