SPIRIT LED Journal

(for juniors)

Meet Holy SPIRIT

- I AM a person.
- I am the presence of God on earth
- I am not locked up
- · I celebrate when you win
- I am not afraid to see/share your pain, for I am your Friend
- When you feel sad I bring you Love
- I Am the Spirit of life
- I can't be put into a container
- You can always find Me
- I am not worried when you make mistakes or upset when you are not strong
- Things you didn't know were possible are possible with Me
- I speak to you even when you don't listen to Me (when you don't listen to Me, we both miss out)
- I laugh with you and sometimes at you, but not ever making fun of you
- I will always listen, never hurt you or your feelings and always be with you
- · What's best for you is what is most important to Me
- I never leave anything unfinished
- The truth I lead you into is LOVE

So, if you ever want to know Me better, just ask Me.

Now it is your turn.....tell Him all about you...

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(Only do one Dare a day, no looking ahead)

Dare 1 ~ Just Ask (John 14:16-17, John 16:14, Romans 14:17)

Simply ask for Him to be with you. Then wait and let yourself feel Him...remember, no trying to feel Him, just relax. You cannot make yourself 'feel' Him, you can be open. After a few minutes, write down what you felt He gave you. Choose a place you love being, because if you love it so will He; your special spot. If you do not have a special spot, ask Him where He would like to be with you.

Dare 2 ~ Open Talk (John 14:26)

Again take yourself with Holy Spirit to your special spot, and ask
Him to teach you something that is very important to you. One of
the best questions you can ask Him is what were you made for.
Write down anything He may say.

Dare 3 ~ Believe He is a Person (1John 2:27, John 14:16)

Begin to talk with Him as a person. Ask Him anything that you want
to learn about. Like asking Holy Spirit how to do things that be hard
for you. He is an expert at itbecause He teaches us about all
things. Write what He shared and taught you about any questions
you asked Him.

Dare 4 ~ Serving Others through Him (Psalm 37:23, Gal.5:25, John 15:12)

Holy Spirit helps us to help others that want His help. You can simply ask as you begin your day, "Holy Spirit help me to help others that want Your help in Jesus name." This may mean a friend at school is scared or has been hurt and Holy Spirit can help you to talk with them or be kind and maybe let them know God loves them. Or maybe Mom or Dad have had a hard day and Holy Sprit whispers to you to do something nice for them that they don't expect but He knows they like. He will guide you, your job is to listen. By the way, listening may mean a feeling or picture or thought that He gives you. Write about whoever He led you to and share how He helped them with you.

Dare 5 ~ Just be Yourself : He Knows You Anyway (Matt. 10:30, Matt. 5:8, John 16:13, John 15:7)

Sometimes people say you can only hear from God when it's quiet, but that is not how this dare works. If you were going to be with your mom, or dad or friend, would you just sit there, close your eyes and say nothing? Not likely. Holy Spirit is a Person. So to be with Him, it's probably best to be yourself, tell Him what is on your mind and heart and share with Him. After you finish talking and sharing, then you can hear from Him because it's His turn. So today, be yourself, with Holy Spirit and go to that special spot, say whatever you like to Him. You can even complain if you want to. Tell Him the things that bother you and that you like. Then write down anything you want to share.

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Dare 6 ~ To Know Him (Eph. 3:19)

In the Bible, Paul talks about knowing God's love, not in your head but in your heart. God wants to know you and be known by you in a really close way; from the inside out. Holy Spirit is the One inside you. God wants you to know Him even more than you want to. He wants to fill you with His fullness. There is no better prize. Today, ask Holy Spirit to teach you how to know the love of God. Ask Holy Spirit to show you what it means to be loved by God. Write down what He showed you.

Dare 7 ~ Ask Holy Spirit {fellowship} 1Cor.13:14

Ask Him for what you really want in your relationship with God. Tell		
Him how you want it to be between you and Him. Write down what		
you want and then ask Him what He wants.		
you want and then ask thin what he wants.		

Dare 8 ~ Find Out What He Thinks (James 1:5)

If there are any Bible verses, that you are confused about, ask Holy
Spirit to tell you what they mean. Write down the verse(s) and what
He tells you.

Dare 9 ~ Romance and Love (Rom. 5:5, Psalm 136, Rom. 8:38)

Holy Spirit loves to love you. He helped the writers of the Bible write the poetry of Psalms. The Bible can be seen as a rule book or a love letter; it depends on how you look at it. One thing is for sure He loved you so much He gave Jesus for you. Ask Holy Spirit how He sees you. He chose to live in you, and sees you from the inside out. Nothing keeps you from the love of God, not even secrets. He can only see us through the eyes of Love. Let Him tell you what He thinks of you. Write down what He told you or any pictures or feelings He gave you.

Dare 10 ~ Help in Conflict (1John2:27)

Holy Spirit is an expert at all things. Problems are things we usually					
try to stay away from. Think of a problem in your life and ask Holy					
Spirit how to fix it. Seek His help, for He is the Helper. It is not our job to figure everything out; it is our job to let God help us. He might tell you right then and there when you ask Him, or He may fix over					
					time. Invite Holy Spirit to help and watch Him do what no person
					can do for you. Write down anything He says.

Dare 11 ~ Holy Spirit as Comforter (John 15:26)

Holy Spirit is your Comforter; which means He comforts you and				
makes you feel better. Think about something that bothers you. Ask				
Holy Spirit to comfort you about this problem. Let Him do it. You				
may just notice in a little while that what was bothering you stops				
upsetting you. If this happens immediately, write it down. If it takes				
time, write it down later.				
time, write it down later.				

Dare 12 ~ Pay Attention (Acts 19:9-17)

Ask Holy Spirit to help you pay attention to Him. Today write a list about anything that feels like Him being with you; this can be a thought or a word or picture, or a feeling. At the end of the day think about how Holy Spirit spoke to you or was with you. He speaks in lots of different ways.

Dare 13 ~ Holy Spirit's Will (1Cor. 12:11)

He has a will. We seek and then find, we knock and the door is						
opened, we ask and then receive. So ask, seek and knock. Ask Him						
what your gift(s) is. Write down what gift He has already given you						
and any that are on their way.						

Dare 15 ~ Dare 15 ~ Don't Resist (1Cor.2:10-12, Acts 21:4 Acts 21:11)

As you spend time with Holy Spirit, you will notice how He speaks and feels around you. He is a person and has a sense of humour. He even finds us funny. He knows everything about you, even what you don't want Him to know. He will remind you of things He tells you even if you didn't listen the first time, like with Mom. He will tell you again and again if you don't do what He says, like Mom. Think of a time you resisted what He said. Or if you can't remember ask Him to remind you and talk about it with Him. Tell Him whether you are willing to do what He says now or not. He gives us a choice. Write down what you resisted, why and what you plan to do.

Holy Spirit can be grieved. Grieving refers to making one sad. How do we bring sadness to Holy Spirit? How do we bring sadness to others? If we hold onto anger, hurt, and wanting to get back at someone for hurting us, it affects Holy Spirit, because He lives in us. We are to bring the things that have upset us to Holy Spirit (our Comforter/Helper), not keep them inside. What is the greatest grief (sadness) we can cause Holy Spirit? Not paying any attention to Him. That makes Him the saddest because He has so much to share with you. Ask Him how you may have grieved Him (if you already know share with Him). He does not hold this against you. This is to help you realize that's how much He cares for you, that you could even make Him sad. Write down what you and He said.

Dare 17 ~ Trust (1John3:24, Romans 8:16, 1John2:20, 1John 4:2)

Trusting Holy Spirit is something that grows inside us and He can even help us to trust Him. Tell Him your dreams, hopes, things that											
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Dare 18 ~ Fear of the Lord (Psalm 25:12, Psalm 34:4,7,11, Psalm 19:9)

Holy Spirit comes to live in us when we believe in Jesus, but that is							
not the only place He lives. He was alive for eternity, all knowing							
all powerful and everywhere. He is the power of God; the Person of							
that power, Holy Spirit. As we grow closer to Him, we will get to							
know Him in many ways, including respecting Him for His power and							
greatness. Ask Him to teach you what it means to have the fear o							
the Lord. If He shares with you immediately write down what He							
shared. He may also tell you over a few days.							

Dare 19 ~ Honor the Spirit (1Cor 2:13-14, Jn 16:8)

Holy Spirit is not a toy, nor puppy dog following behind us .He is God														
in us, One with us. We are containers, like beautiful vases carrying														
His very presence and power. The Bible calls us temples of His Spirit. We are to honor this gift. Ask Holy Spirit how to honor Him. He may give very simple answers (e.g. "Listen to what I say.") Write														
							down what He shares with you.							
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Dare 20 ~ His Voice (Isa. 6:8, Isa. 30:21, Jn 14:16, Jn 16:13, Acts 13:2-4, 1 Cor.2:14-15, 1Cor.12:13)

How	do	know	Holy	Spirit's	voice	from	anyone	else's?	This is
some	thin	g we lo	earn a	s we gro	ow and	share	time wit	th Him. H	le is the
Spirit	of	Truth	so He	will alv	ways s	peak t	truth and	l not lie	and He
point	s to	what .	Jesus	taught. <i>i</i>	Ask Hir	n to te	ach you	to recog	nize His
voice	bec	cause H	le live	s in us f	orever.	Share	what He	said.	

Dare 21 ~ Take Him off the Leash (IJohn2:27, Rom. 14:17, Rom.15:13 1Cor.2:13)

This is the last dare. Take Him off the leash, let Him teach you who He is. Just say aloud: "Holy Spirit I take You off the leash in Jesus name and let You be free in my life, for You are the Spirit of truth and I will trust You." If after praying this, if He speaks to you or gives you a thought, understanding, picture, etc. write it down. If not just know you have let Holy Spirit be free to teach and share and comfort and love you all the days of your life.

Extra paper for any pictures you might want to draw and share with Holy Spirit.