

# Come and See

Week 5: For teens

## What are the essentials of life?

The essentials of life... I'd say that essentials of life are the basics, you know, food, water, shelter, but then there's also like community. I feel like humans are very social creatures and without other people you can get very lonely. So I'd say it's an essential for you to have at least one person that like you're close to and you trust.

Relationships with our family and friends and God.

The essentials of life is when you have like, you have your food, your water, your family and God, I'd say.

Obviously you've got like shelter, fire, like warmth, water, food, stuff like that that you physically need to survive but also like emotionally, like you need connections with other people otherwise you like actually go insane.

Some strength and you've got to have, you know, belief in life in general, know, life's gonna, God's gonna take you on a path and you've got to follow that path.

For like mental health, I would say just to love, to be with people you love, do things you love.

## What makes humans special?

Humans are special because they have this way of how they can interact with people and God compared to how animals can interact but just not in as an affectionate way.

I think it's like the consciousness we have of like other people and being able to like interact and understand other people's like emotions and what they mean and what they're talking about. I feel like that's what makes us really special because I'm sure animals have their own language too but

it's not as like in-depth as ours, so I feel like that, like our ability to communicate with each other makes us very special.

I mean it's easy to say that God gave humans dominion, so it's like humans are like on top, but what makes humans special is our ability to have a connection with God I think.

We have the ability to choose for ourselves and think for ourselves and have emotions.

The fact that God created us on the sixth day and like as the as kind of the thing to lead over everyone you know that you can- I can really see that in myself and in everybody around me, you everybody's special. Everybody's got their own thoughts, their own feelings. You know, it's just really special to be here.

We just kind of understand the world around us and how people feel.

### What is it like to have God's Spirit as a friend?

It's a constant, you know, friendships can change. You can go from one friend to another, your life can change, but God is always going to be there. He's always going to be beside you, he's always going to be with you, he's always going to be in your heart. And for me that's so important that he's always there, you know, I'm a person who's been through tough times, know, and having God's Spirit as a friend alongside me is so important for, you know, just helping me through certain times in my life.

I'd say it's quite good because I can talk to him whenever I have a problem.

And it's like always with you, you can take it anywhere, you don't have to wait for it to reply because it's always there. And it's like a feeling as well as just like something you can talk to, it's a feeling of comfort and something that other people can't bring so it's quite nice to have as a friend.

It's nice, it's like there's always someone looking out for you, there's always someone there that if you need something or you need something to talk to, they're just there always for you. And if you need them, you can go to them. And it's nice because sometimes you're feeling down, you're feeling

lonely and you feel like there's no one there for you. But he's always there for you.

I would say just always there in the background, just keeping an eye on you.

### What does it look like to be filled with the Holy Spirit?

I'm not sure.

If you're filled with the Holy Spirit, you know you're never alone and you've always got help if you need it.

Usually when he asks us to do things it's to bring something to like just Earth in general or like your community and just and I feel like when he uses like that avenue it really elevates just everything around you in general.

Kinda like a baptism, just filled with joy and light and just nice things.

You just got to be a kind person to be filled with the Holy Spirit. know, it looks like, you know, anybody at church who's nice, kind, helps out, is filled with the Holy Spirit. Everyone is.

### The Breath of God

**Laverne**

Hi everyone, it's Laverne.

**Mark**

And it's Mark.

**Laverne**

Really, really good to see you again this week. We are on week number five. Woohoo! And we are actually talking about the breath of God, which actually is the Holy Spirit. And in Hebrew, the word is Ruach. Can you say Ruach? I never used to be able to say that, I had a lisp. Not anymore. It's really cool.

But before we go into that, I actually wanted to ask you, Mark, actually, what makes humans special?

### **Mark**

That's a great question. I guess I work quite a lot with younger people, got loads of young people in our church and it seems that for me at the moment one of the things for our younger people especially and probably for a lot of us is that sense of what makes me special is tied to how other people see me.

So how I feel about myself and my sense of identity, my sense of worth is not dependent on me or actually God, it's others and that can be quite damaging. It can be, am I getting likes? How many people follow me? Is, am I appreciated? How am I being perceived by others?

And so I think this... Today's session is really important because it's actually our sense of identity, our sense of worth, our sense of who we are is actually from God, from His Spirit working in us.

And maybe you want to share a little bit about what is the Holy Spirit as your friend or God as your friend or companion? What does that mean for you?

### **Laverne**

Yeah, yeah. I would always ask a young person, well, what does it mean to have a friend? You know, what is a friend to you?

And actually that doesn't even come close to what Christ invites us to be because we're invited to be Christ's friend.

He's like a friend that sticks closer than a brother or a sister. Like the friendship that you have with Christ is just, is there to talk to, to share everything with. He's someone that is a companion, someone that fills you when you're feeling low.

I know some of the young people that we heard earlier was saying that, you know, how they found it such a comfort to have Christ as a friend. They could talk to him, they prayed and had devotions and things like that.

So I would say that actually, Christ's friendship, inviting us to be his friend is just amazing, really, really amazing. That's why I said we'll throw out to you then actually, what does it look like to be filled with the Holy Spirit? Because we're talking about the Holy Spirit and what it's like to be a friend with Christ and how he fills us. Actually, what does it look like to be filled with the Holy Spirit?

### **Mark**

Yeah, so for me actually, I grew up in a Christian family. My dad's retired now, but he was a vicar. And so at school, it was like I was always ashamed of my faith. I didn't want to own up to my faith and it was almost something I'd inherited. I knew Jesus. I'd call myself a Christian but I was timid, afraid, wouldn't stand up.

When I was 14 actually I was in a small youth group and we were talking literally about this, the Holy Spirit, Holy Spirit being water, the Holy Spirit being breath and at the end of a couple of week sessions they said, do you want to be filled with the Holy Spirit? And it was a real special moment in my life. They came, laid hands on me, prayed for me; God, would you fill Mark?

And actually there was a genuine sensation of God coming into my life. And it was almost like that breath or that liquid flowing through me. And so it was an experience, but what I noticed it was more than experience because from that moment on I've seen that God has started changing things in my life. had a boldness to share my faith.

And it's interesting that when we allow the Holy Spirit to come and permeate our lives, either as water or breath or whatever analogy we're using, it's about change as well. So there's things in my life that actually God says that's gonna change. Faith is gonna make a difference to you.

So for me that experience of the Holy Spirit, I can look back and say that was a pivotal moment in my faith.

### **Laverne**

Amazing. So suppose what you're saying is actually when you get to that stage, things start to change. Because actually when you think about it, if

before you used to swear or you might even have stolen things like that, you wouldn't still do those things because actually now Christ is your friend. And if you had a friend, you wouldn't want to hurt your friend if you knew that thing hurt your friend. So you wouldn't do it again, would you? You'd want to change.

And even if it did happen again, Christ came and he came with forgiveness. We can always go back to him and say listen I'm really sorry I did that thing and then try your best not to do it again So there is absolute change. That's amazing.

### **Mark**

And maybe to finish today's session you might want to think about that that question Well for ourselves really how have I allowed the work of the Holy Spirit to actually work in my life? Am I keeping God at a distance or maybe some of us our faith is inherited. There's nothing wrong with that It's like my parents faith or because I've just gone along with it, but maybe today's an opportunity this is for me and I'm going to invite the Holy Spirit to come into my life and to change me from the inside out.

Maybe you want to take a moment to think about that or even do that now. And then we'll see you next time.