



St Barnabas Cray

"Holy Spirit: Our Ever-Present Guide"

Weekly Devotional Journey

Monday - Clues to Divine Love

Morning Devotion

Today's Verse

If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you, who will be with you forever—the Spirit of truth. (John 14:15-17 NIV)

Devotional Thought

Like clues scattered throughout a detective story that only make sense when the mystery is solved, Jesus' final words to his disciples contain profound truths that we're still discovering today. The disciples, reeling from the shock of Jesus announcing his departure, couldn't possibly grasp the full weight of what he was telling them. Their minds were 'a bit full of what had already just happened'—the Last Supper, Peter's predicted denial, the weight of impending loss. Yet in this moment of confusion and fear, Jesus offers them the greatest clue of all: love and obedience are inseparably linked, and both are made possible through the gift of the Holy Spirit. This isn't merely about following rules or expressing warm feelings. Jesus reveals that loving him naturally flows into

keeping his commands, and keeping his commands deepens our love for him. It's a beautiful, divine cycle that transforms duty into delight and obedience into intimacy. The Spirit of truth makes this possible, turning what could be burdensome compliance into joyful partnership with God. We often separate love and obedience, thinking one is about the heart and the other about behaviour. But Jesus shows us they're two sides of the same coin—both expressions of our relationship with him, both empowered by the same Spirit.

Reflection Question

Where in your life do you find it most difficult to see love and obedience as connected rather than competing?

From Sunday's Sermon

"Obedience, which we find sometimes so difficult and irksome and loving, which we find much more attractive. But they go together. The obedience, the following is part of our loving of God."

Today's Application

Begin each day this week by asking the Spirit to help you see one area where love and obedience can unite. Perhaps it's in your marriage—choosing to serve your spouse not from duty but from love. Maybe it's in your work—approaching tasks with excellence as an expression of love for God rather than mere obligation. Or in your finances—giving generously not because you must, but because you love the One who gave everything for you. Choose one relationship or responsibility where you've been operating from duty alone. Before engaging in it today, pause and ask: 'How might the Spirit help me approach this as an act of love rather than mere obligation?' Notice how this shift in perspective changes both your attitude and your actions. The goal isn't perfection but awareness—learning to recognise the Spirit's gentle invitation to transform obedience into love.

Morning Prayer

Gracious Father, thank you for the gift of your Spirit who makes love and obedience dance together in my life. Help me to see your commands not as burdens but as pathways to deeper intimacy with you. Where I have separated duty from delight, unite them by your Spirit's power. Teach me to love you more fully by following you more faithfully. Amen.

Evening Devotion

Reflecting on Love's True Nature

Evening Reflection

As this day draws to a close, consider how the Spirit of truth has been at work in the ordinary moments. Perhaps you noticed a gentle nudge to respond with kindness when irritation arose, or felt a quiet prompting to complete a task with greater care than usual. These are the Spirit's whispers, transforming routine obedience into expressions of love. Jesus promised that the Spirit would be with us forever, not just in dramatic moments but in the everyday choices that shape our character. The disciples couldn't yet understand that their grief over Jesus' departure would become joy at the Spirit's arrival. Tonight, we can rest in the reality they couldn't yet grasp: we are not orphans, we are beloved children guided by the Spirit of truth into deeper love and more joyful obedience.

Evening Reflection

Looking back on today, where did you sense the Spirit's gentle presence transforming duty into love?

Evening Prayer

Lord Jesus, thank you for not leaving us as orphans. As I rest tonight, help me to recognise the ways your Spirit has been with me today, turning ordinary moments into opportunities for love. Grant me peaceful sleep, knowing I am held in your unfailing love. Amen.

Tuesday - The Counsellor Who Remains

Morning Devotion

Today's Verse

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. (John 14:26 NIV)

Devotional Thought

The word 'counsellor' in our modern context often brings to mind someone who listens without judgement, helping us process our thoughts and feelings. But Jesus uses a richer, more active term—one who gives counsel, who advocates, who speaks on our behalf. This isn't passive listening but powerful intervention. The Holy Spirit doesn't merely help us understand ourselves; he teaches us all things and reminds us of Jesus' words when we most need them. Think of those moments when Scripture suddenly comes alive in your mind just when you need guidance, or when you find yourself with exactly the right words in a difficult conversation. This is the Counsellor at work, not leaving us to figure things out alone but actively teaching and reminding us. The disciples would soon discover that this promise wasn't just comfort for their immediate grief—it was the foundation for everything that would follow. The same Spirit who would empower Peter's Pentecost sermon and guide Paul's missionary journeys is the One who counsels us today. He doesn't replace our need to study, think, and seek wisdom, but he transforms these activities into encounters with the living God. The Spirit takes the words Jesus spoke two thousand years ago and makes them fresh, relevant, and powerful for our circumstances today.

Reflection Question

When has the Holy Spirit brought Scripture or Jesus' words to mind at just the right moment in your life?

From Sunday's Sermon

"The counsellor, the Holy Spirit, whom the Father will set in my name, will teach you all things and will remind you of everything I have said to you."

Today's Application

Create space today for the Spirit's teaching ministry in your life. Set aside fifteen minutes to read a passage of Scripture slowly, asking the Spirit to teach you something new or remind you of something important. Don't rush to analyse or apply—simply read and listen. Keep a notebook nearby to jot down any thoughts, connections, or reminders that come to mind. Throughout the day, when facing decisions or challenges, pause briefly and ask: 'Spirit, what do you want to teach me in this moment? What words of Jesus do I need to remember right now?' This isn't about hearing audible voices but about cultivating sensitivity to the Spirit's gentle guidance through Scripture, circumstances, and the wisdom of other believers. Pay attention to conversations, sermons, or even songs that seem to speak directly to your current situation—these may be the Spirit's way of reminding you of Jesus' words. End the day by reviewing what you sensed the Spirit teaching you, thanking him for his faithful counsel.

Morning Prayer

Holy Spirit, thank you for being my faithful Counsellor and Teacher. Open my heart and mind today to receive your instruction. Help me to be attentive to the ways you remind me of Jesus' words and guide me into all truth. Make me teachable and responsive to your gentle leading. Amen.

Evening Devotion

Taught by the Spirit

Evening Reflection

The promise that the Spirit will teach us all things doesn't mean we'll suddenly know everything, but that we'll have access to the wisdom we need for faithful living. As you reflect on today, perhaps you can identify moments when understanding dawned, when a Bible verse took on new meaning, or when you found yourself responding to a situation with wisdom beyond your own. The Spirit's teaching often comes quietly, through the accumulated effect of faithful attention to God's Word and presence. The disciples would learn that the Spirit's reminding ministry wasn't just about perfect recall but about timely application—knowing not just what Jesus said, but when and how to live it out. This is the gift we receive each day: a Counsellor who knows exactly what we need to remember and when we need to remember it.

Evening Reflection

What has the Spirit been teaching you lately through Scripture, circumstances, or the wisdom of others?

Evening Prayer

Faithful Teacher, thank you for the ways you've guided my thoughts and reminded me of your truth today. Help me to treasure what you've taught me and to be ready to learn again tomorrow. Grant me rest in the knowledge that you are always teaching those who are willing to learn. Amen.

Wednesday - Peace That Passes Understanding

Morning Devotion

Today's Verse

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. (John 14:27 NIV)

Devotional Thought

In a world where peace often means simply the absence of conflict, Jesus offers something far more profound. His peace isn't dependent on circumstances aligning perfectly or problems disappearing. It's the deep, settled assurance that we are loved by God and held secure in his

purposes, even when life feels chaotic. The disciples needed to hear these words desperately—they were about to face the trauma of the crucifixion, the confusion of the resurrection, and the challenge of carrying on without Jesus' physical presence. Yet Jesus doesn't promise them an easy path; he promises them his peace for the difficult path ahead. This peace 'knowing deep down that we're loved by God' becomes the foundation for everything else. It enables us to love others even when they're difficult to love, to serve faithfully even when we don't see immediate results, to hope persistently even when circumstances seem hopeless. The world's peace depends on getting what we want; Christ's peace comes from knowing we are wanted by God. The world's peace requires controlling our circumstances; Christ's peace thrives even in circumstances beyond our control. This isn't passive resignation but active trust—choosing to let our hearts rest in God's character rather than being driven by our circumstances.

Reflection Question

What current situation in your life most needs the application of Christ's peace rather than the world's version of peace?

From Sunday's Sermon

"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."

Today's Application

Identify one area of your life where anxiety or fear has been stealing your peace. This might be a relationship conflict, financial pressure, health concerns, or uncertainty about the future. Instead of trying to solve the problem immediately or control all the variables, practice receiving Christ's peace. Begin by acknowledging your anxiety honestly before God—he already knows, and pretending otherwise doesn't help. Then remind yourself of three truths: God loves you deeply, God is sovereignly in control, and God's purposes for you are good. When anxious thoughts arise today, don't fight them directly. Instead, redirect your attention to these truths. Practice the physical act of unclenching your jaw, relaxing your shoulders, and taking slow, deep breaths while quietly saying, 'Jesus, I receive your peace.' This isn't denial of real problems but choosing to approach them from

a place of peace rather than panic. Notice how this affects both your perspective on the situation and your ability to respond wisely rather than reactively.

Morning Prayer

Prince of Peace, I receive your gift of peace that surpasses understanding. Where anxiety has taken root in my heart, replace it with trust in your goodness and sovereignty. Help me to distinguish between your peace and the world's temporary solutions. Let your peace guard my heart and mind today. Amen.

Evening Devotion

Resting in Divine Peace

Evening Reflection

As evening settles, reflect on how Christ's peace differs from mere relief or temporary calm. His peace doesn't require perfect circumstances but transforms our relationship with imperfect ones. Perhaps today you experienced moments when you chose trust over worry, or when you found yourself responding to stress with unexpected calm. These are gifts of the Spirit, evidence that Christ's peace is taking root in your life. The disciples would learn that this peace wasn't just for their personal comfort but equipped them for mission—enabling them to face persecution, uncertainty, and hardship while maintaining joy and hope. Tonight, let your heart settle into the truth that you are held by the One who conquered death itself. Whatever tomorrow brings, his peace goes before you.

Evening Reflection

How did you experience the difference between worldly peace and Christ's peace today?

Evening Prayer

Lord of Peace, thank you for the moments of your peace I experienced today. As I prepare for sleep, quiet my heart and mind. Help me to rest in your love and wake tomorrow with renewed confidence in your faithful care. Your peace be upon me through the night. Amen.

Thursday - Not Left as Orphans

Morning Devotion

Today's Verse

I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. (John 14:18-19 NIV)

Devotional Thought

The image of orphans captures something profound about the human condition without God—alone, unprotected, uncertain about our place in the world. The disciples faced this exact fear as Jesus spoke of leaving them. After three years of following him, learning from him, depending on him, how could they possibly continue without his physical presence? Jesus' promise addresses not just their immediate concern but our deepest existential need. We are not spiritual orphans, left to navigate life's complexities without guidance or support. Through the Holy Spirit, Jesus comes to us, lives in us, and connects us to the Father's love. This promise transforms everything about how we understand our identity and our future. 'Because I live, you also will live' isn't just about eternal life—though it certainly includes that—but about living with purpose, hope, and divine enablement right now. The resurrection life of Jesus becomes the source of our daily existence. We don't have to manufacture meaning, create our own purpose, or generate hope through positive thinking. We live because he lives, and his life in us is more real and lasting than any earthly circumstance. This truth sustained the early Christians through persecution and continues to sustain believers today through every form of difficulty.

Reflection Question

In what areas of your life do you most need to remember that you are not an orphan but a beloved child of God?

From Sunday's Sermon

"I'm not leaving you as orphans. I'm not leaving you alone. I'm going back to the Father so that you can still know me and can know the Father because of this counsellor, this Holy Spirit."

Today's Application

Take inventory of the relationships and communities where you experience God's family love. This might include your local church, a small group, Christian friends, or family members who share your faith. Thank God specifically for these people who reflect his commitment never to leave you as an orphan. Then consider someone in your circle who might be feeling spiritually orphaned—isolated, disconnected, or uncertain about their place in God's family. Reach out to them today with a phone call, text, or invitation to spend time together. Your attention might be God's way of demonstrating his promise not to leave his children alone. Also, spend time today reflecting on areas where you've been operating from an 'orphan mindset'—trying to handle everything on your own, feeling like you have to earn love or acceptance, or believing you're fundamentally alone in your struggles. Consciously choose to remember that you are a beloved child of the Father, with Jesus as your elder brother and the Spirit as your constant companion. Let this truth influence how you approach challenges and relationships today.

Morning Prayer

Heavenly Father, thank you for adopting me into your family through Jesus. When I feel alone or uncertain, remind me that I am your beloved child, never abandoned or forgotten. Help me to live from this secure identity and to be a sign of your family love to others who feel orphaned. Amen.

Evening Devotion

Living Because He Lives

Evening Reflection

The promise 'because I live, you also will live' takes on deeper meaning as we reflect on the day's experiences. Every moment of joy, every act of love, every choice to do good rather than evil is evidence of Christ's life working in us. We don't live in our own strength or for our own purposes alone—we live because the risen Christ shares his life with us. This reality can transform how we view both our successes and our struggles. Our successes aren't just personal achievements but expressions of Christ's life flowing through us. Our struggles aren't signs of abandonment but opportunities for his life to sustain us in ways our own strength never could. Tonight, rest in the profound truth that your life is hidden with Christ in God—secure, purposeful, and eternally

significant because it's connected to his life.

Evening Reflection

Where did you sense Christ's life giving you strength, joy, or purpose today?

Evening Prayer

Living Saviour, thank you that my life is bound up with yours. As I rest tonight, help me to remember that I live because you live, and that your life in me is the source of all that is good and lasting. Grant me peaceful sleep in the security of your love. Amen.

Friday - Sharing the Spirit's Work

Morning Devotion

Today's Verse

On that day you will realize that I am in my Father, and you are in me, and I am in you. (John 14:20 NIV)

Devotional Thought

This verse reveals one of the most profound mysteries of Christian faith—our union with Christ and, through him, with the entire Trinity. We are not merely forgiven sinners or even adopted children, though we are both of those things. We are people in whom Christ himself dwells by his Spirit,

connected to the very life of God. This truth was almost impossible for the disciples to grasp in their moment of confusion and impending loss, but it would become the foundation of their transformed lives and bold witness. The same Spirit who enabled Paul to plant churches across the Roman Empire, who empowered countless believers to 'share what they know about Jesus through the centuries,' is the Spirit who dwells in us today. This isn't just personal comfort but missionary empowerment. Because Christ is in us, we have something to offer a world that desperately needs hope, peace, and love. We become part of the great chain of witnesses who have 'kept sharing' the truth about Jesus so that 'people like us in 2026 can sit in church and know these truths.' The responsibility is both humbling and exhilarating—we are links in the chain that connects the apostolic witness to future generations who haven't yet heard about Jesus. This happens not through our cleverness or eloquence but through the Spirit's work in and through us.

Reflection Question

Who first shared the truth about Jesus with you, and how might the Spirit be calling you to share his love with others?

From Sunday's Sermon

"People have been doing it and no doubt many of us will be able to remember people who've done that for us... maybe the times when we've been empowered to share something about God with other people. And that is all the work of this Holy Spirit."

Today's Application

Reflect on your spiritual heritage—the people who shared Christ's love with you through words, actions, or example. Take time to thank God for specific individuals who played a role in your coming to faith or growing in faith. If any of them are still living, consider writing them a note of gratitude. Then ask the Spirit to show you one person in your current circle of relationships who needs to experience God's love in some way. This doesn't necessarily mean a dramatic evangelistic conversation—it might mean showing Christlike kindness to a difficult colleague, offering practical help to a struggling neighbour, or simply being a consistent presence of peace and joy in your family. The Spirit often works through small, faithful acts of love that create curiosity

about the source of our hope. Pray for this person by name, asking God to work in their heart and to show you how to be part of his loving pursuit of them. Remember, you are part of the great chain of witnesses—your faithful love today might be the link that connects someone to Christ's eternal love.

Morning Prayer

Holy Spirit, thank you for working through ordinary people like me to share Christ's extraordinary love. Help me to be faithful in both word and deed, showing others the reality of Jesus' life within me. Use me as a link in the great chain of witnesses that spans from the apostles to today. Amen.

Evening Devotion

Part of the Great Story

Evening Reflection

As this week of reflection concludes, consider how the themes we've explored—love and obedience united, the Spirit's faithful counsel, Christ's perfect peace, our secure identity as God's children, and our calling to share his love—all flow together into one great story. It's the story of God's relentless love pursuing humanity, of Jesus' willingness to leave so that the Spirit could come, of ordinary people being transformed into extraordinary witnesses. You are part of this story, not as a minor character but as someone uniquely positioned to demonstrate God's love to people only you can reach. The same Spirit who comforted the confused disciples, who empowered the early church, who has sustained believers through centuries of joy and suffering, is the Spirit who dwells in you tonight. Rest in the magnitude of this truth and the gentleness of his presence.

Evening Reflection

How has this week's reflection changed your understanding of your place in God's great story of love?

Evening Prayer

Faithful God—Father, Son, and Holy Spirit—thank you for including me in your great story of love. As I rest tonight, help me to remember that I am not an orphan but a beloved child, not alone but indwelt by your Spirit, not purposeless but called to share your love. May your peace guard my heart through the night. Amen.