**Series: Holy Spirit Series: Gospel of John Edition**
**Title: The Spirit, Our Helper**
**Scripture: John 14:15-27**
**Speaker: Kevin White, Sunday November 9, 2025**

**Text to be read and put on screen: John 14:15-27 (NIV)**

Have you ever forgotten something that you already knew? I have a good memory, but it's short. I forget things all the time. I'm famous for leaving the house and having to come back because I forgot my phone, or I forgot my work keys or I forgot the bags for the grocery store or something.

I'm literally like - Hey Siri, remind me at 10am tomorrow to message the Pursuit leaders to talk about Alpha and see if they are okay with the new schedule.

Hey Siri, remind me at 1pm to look at that article that Andrew sent.

Hey Siri, remind me to put my mouthguard in at 11pm…

It's cool to have a tool that I can use to remind me about things I'm worried about forgetting.

What about you?

Have you ever tried to remember something but it just doesn't come to mind at that moment? Are you worried about forgetting stuff that you're supposed to remember?

We all have those moments. Not just with things like our phone, or our schedule, but also with our faith.

We forget about the things we've learned about Jesus.

We forget our identity in Jesus.

We forget that we are not alone.

We know Jesus said, "I am with you always."
We know that His peace is real.
We know his Word is true.

At the same time, the noise of life - fear, busyness, tiredness, frustration - causes those things we know to fade away.

The disciples were like that. This is the scene we find ourselves in - in John 14.

Jesus is sharing his last meal with his disciples. He had just sent Judas, who was about to betray him, out of the room. The disciples are scared and uneasy.

Jesus is preparing them because he is leaving. Naturally, they're feeling anxious. They've spent the last three years with Jesus - being with him, listening to him and learning from him. They've left everything to follow him. And now he's leaving?

This is where Jesus promises them something special. Something supernatural:

**"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. Peace I leave with you; my peace I give you" - John 14:26-27a**

Jesus is saying that even though he won't be with them physically anymore, he's leaving them with something better. The Holy Spirit. This Spirit will be with them in a permanent way. And not just him, with all of us.

Our main point for today is:
**The Holy Spirit teaches, comforts and gives peace.**

Shall we get into it?

The Holy Spirit **teaches.**

**"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever - the Spirit of truth… you know him, for he lives with you and will be in you." - John 14:15-17**

The word Jesus uses for Advocate is parakletos - it means one who comes alongside to help, comfort, counsel and advocate. It's translated in different versions as advocate, counselor or comforter.

It means called alongside to assist.

The Holy Spirit doesn't work instead of us or in spite of us - The Holy Spirit works in us and through us.

The Spirit comforts the disciples after Jesus' departure.

The Spirit teaches them.

Jesus is telling his disciples and us that in his place he will send someone who will walk beside them, speak for them, strengthen them and remind them of truth.

This is actually important for us as believers because for the disciples to write the New Testament, they needed the Holy Spirit to remind them of what Jesus taught and help them to understand it in ways that they didn't before.

One of the commentaries I read was talking about how for us nowadays we usually feel like - "If only we were there when Jesus was alive - it would be so much easier." The only thing about that is - that it wasn't. The disciples WERE there and they still denied Jesus. They WERE with Jesus and still didn't understand all that he was teaching them. Until later. Until the Spirit.

The Spirit wasn't given to the first disciples because of their extraordinary faith and obedience - because as we just said, they weren't always full of faith and obedience - their thoughts were often human thoughts and not the thoughts of God… but in their own imperfect way - they did love him and obey him - kinda like you and me - and it's to them - to us - imperfect people that Jesus promised His Spirit.

One of the words that stuck out to me in this passage was the word "another." When it says "another advocate…" it means "of the same kind." The Spirit would be with the disciples in the same way that Jesus was. The same way Jesus taught them, the Spirit will teach. The same way Jesus revealed the truth, the Spirit will reveal truth. The same way Jesus breathed new life into people, the Spirit will breathe life into people.

Where Jesus was limited to time and space with a physical body, the Spirit can be with all of us, all the time.

We saw the Holy Spirit at work in the Old Testament. In Exodus Bezalel was filled with the Spirit in the building of the Tabernacle. People like Samson and King Saul, were filled with the Spirit but we also see that the Spirit left them due to disobedience.

After the death, resurrection and ascension of Jesus, at Pentecost, we see the Spirit filling people in a new way. Now the Holy Spirit fills all who believe, not just for a moment, but forever.

**One of my commentaries said, "The Spirit does not reveal new truth but helps us to understand and apply what Jesus already taught."**

The Holy Spirit takes the truth that we already know and makes it come alive in our hearts.

**Another one of the books I read (Max Turner) says "The Spirit is the continuing voice of Jesus to His people."**

When we're going through hard times, the Spirit helps us to remember what we already know - so that we can live out the Jesus way in the middle of it. That's the peace part, which we'll touch on in a bit.

The Spirit teaches us by bringing truth to life.

**Jesus says, “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**

The word Spirit means breath or wind. Pastor Steve talked about that a few weeks ago when he kicked off this series. It’s the same word used in Genesis 2 when God “breathed” life into Adam.

In the same way, the Spirit breathes new life into us.

**Pastor and author John Ortberg said, “The Holy Spirit is not a power to be harnessed, but a Person to be trusted.”**

The Spirit is our teacher - not giving us lectures but forming us in Jesus through life experience, the Bible and community.

This happens to me all the time. I’ve grown up in the church, read the entire Bible cover to cover quite a few times and went to school to study it - but whenever I read it - or especially when I’m studying it to preach a sermon, suddenly a verse that I’ve read so many times, will speak to me in a new way.

That’s the Holy Spirit.

I came across an example that I thought would help bring this truth to life on IG. I have some volunteers who are going to help me demonstrate this.

(In person example)
3 people - front, back and middle of church - try to throw a ping pong ball into a cup. They don’t make it. Then I, standing right beside it, easily put one in.

I got the ball in because of my proximity. So that’s good. But there’s still more. You have to be connected.

As Pastor Dave was talking about last week - “proximity to the source, is not the same as connection to the source.”

Not only do you have to be close to the Spirit, you have to be connected.

Let’s have a hand for our volunteers.

Can we take a commercial break?

At Cornerstone we plan things way in advance. When I say way, I mean way… When I first came here I had a hard time with that. I came from an ethnic Baptist church. Where things -

weren't always planned. The way we experienced the Spirit was different. In the moment, someone would say something - not the pastor - a person in the congregation. That would inspire the worship singing. We would sing a chorus 97 times and people would be crying, praying, whatever…

So when I came to Cornerstone and I saw everything was so planned out I said to Andrew, "What about the Spirit?"

He famously said, "It's not either/or, it's both/and."

What I've seen over the 18 years I've been here is that the Spirit is at work here in a powerful way. It's different and it's powerful.

For example this series - even though we planned this series like a year ago, it just happens to coincide with the Alpha Holy Spirit teaching that many people in the church are going through - they actually did the Holy Spirit Day yesterday. . . and the youth just happened to do youth Alpha which we planned during the summer - and our Holy Spirit day was Friday. It was supposed to be last week but it got shifted around due to other things. And if you listen to the Lectio 365 app, they've been focused on the Holy Spirit. Right now, in our Bible in a year in the youth Sunday class what are they studying? The Book of Acts - the Holy Spirit. And we had a schedule to follow - if we did - we would have been finished in October. But we decided to slow it down - so all of a sudden, everywhere you turn in Cornerstone, it's all about the Holy Spirit. I wonder if God is trying to tell us something?

You see how the Holy Spirit is at work here?

I don't know if we talk a lot about the Holy Spirit here. That's why this series and the ones coming up are so important. I feel like people talk about and know about God the Father and Jesus but not so much the Spirit.

And yet it's primarily the Spirit that we're experiencing these days.

Back to our regularly scheduled program.

This is why Bible study, prayer, small groups, and coming to church is so important. They are all spaces for us to experience God. All the verses that you hear and take in and are encouraged to memorize… All of the prayers that are said, the songs that are sung, these are all deposited in your soul. At the same time, these are tools to get you close - that's the proximity piece. But the next level is you being connected. In the application at the end, we'll talk about how we can do that - as an individual, and as a congregation.

When you are going through something or need to walk with someone going through something, the Holy Spirit as teacher can bring them back up for you. To give you or the people you are journeying with strength. To give you peace.

This comes not just from being close to the source, but being connected to the source.

The Holy Spirit teaches.

Next we want to look at how the Holy Spirit comforts by giving us peace.

**“I will not leave you as orphans; I will come to you… 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 14:18, 27**

We come across the word parakletos again - comforter, advocate, helper. The Holy Spirit is the one who stands beside us when we’re weak, gives us the words to speak when we don’t know what to say and gives us strength when we’re weary.

**One of the Bibles I read said, “The Holy Spirit takes the Word of God and makes it plain to the people of God so they can obey the will of God.”**

When we remember who we are and whose we are - we feel peace.

We feel peace that allows us to keep on keeping on.

One commentary said that the comforter is a strange and wonderful thing. When someone is deeply distressed after going through a tragedy, the fact of having other people around with them, hugging them, and being alongside them, gives them the strength for the next moment. Outwardly, nothing has changed - the tragedy is still a tragedy - but other human support changes our ability to deal with hard times. It gives us strength. The Holy Spirit as a comforter gives us this kind of special strength. This special peace.

Story about Brett/Basketball. How he inspires me and that I now run the program ‘in his Spirit’ He could use your prayers

The Spirit’s comfort isn’t passive; it’s empowering.

When the world says peace it’s talking about a longing or wish - but Jesus’ peace is real and present.

The world bases its peace on its resources, but God’s peace is based on relationships.

The world works for peace, but for followers of Jesus, peace is a gift from God, received by faith.

The world says there’s peace when there is an absence of trouble - but followers of Jesus have peace in spite of trials because of the power of the Holy Spirit.

Just so we're clear, we're not saying that when you follow Jesus you will be free from problems. Jesus himself was troubled - he was about to be crucified. Yet he had peace.

The peace he talked about is a calmness. A confidence in God.

Jesus had peace because he was sure of the Father's love and approval. He was so confident in his purpose that he moved forward without hesitation to meet his trial without fear.

That peace would be the source of courage to his disciples. To us

We talked before about the disciples and how sometimes we wish we were around Jesus when he was physically here on earth.
Actually nowadays, we are in a better place. When Jesus went to the Father, he defeated the power of death through his own death and resurrection - and he is our advocate.

And then he sent us the Holy Spirit as an advocate.

Jesus said he wouldn't leave them as orphans.
I was reading about how in those days women and children were not able to advocate for themselves. So if there was a family and the man passed away, the women and children would be left without an advocate defenseless - unless someone else stepped in.

Jesus is leaving the disciples, but he's not leaving them defenseless without an advocate.

He will give them the Spirit.

In this series we've talked about the Holy Spirit as wind that gives us life, water that refreshes our soul and Spirit that satisfies.

**Jesus says, "... The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you."**

We're not just talking about something that's randomly out there in the world floating around. We're talking about the Holy Spirit that is in you - bringing Jesus close enough to you to change everything - we're talking about connection to the source - not just proximity. The church word for this is indwelling. As a follower of Jesus, you can invite the Holy Spirit to enter. The Holy Spirit will enter your life and guide you - teaching you, comforting you, convicting you, giving you peace as you obey and follow Jesus through the Spirit's guidance.

As a church, we have an opportunity right now. We're looking to enter a new era of ministry. We're seeking God together about what could be next. On the one hand, all of our experiences together as a church over all these years are guiding us. On the other hand, we want to seek the Lord together and be guided by the Holy Spirit as to what's next.

We need the Spirit's guidance, strength and teaching.

We need the Spirit to remind us, renew us and reignite us.

We need to be open - personally and as a church - to a fresh and deep experience of the Holy Spirit in our midst.

I was watching the service online a few weeks ago because I was away and saw one of the worship leaders here moved by the Spirit to tears - he was so in the moment. I also know from preparing this sermon that the worship team has been praying and planning and trusting on the Spirit for this day months in advance. It's not either/or, it's both/and.

We can be guided in the moment as a church and we also need to pray and plan and seek now for the future.

This is an opportunity for you personally and for us as a church to:

Slow down,
Listen,
To surrender.

Maybe you personally need to be reminded of who you are.

Maybe you've never made a decision to follow Jesus.

Maybe you've never invited the Holy Spirit to come into your life.

Maybe you need to be renewed because you're feeling weary.

Maybe you are going through something and you need strength, you need peace in the middle of your storm.

Maybe you need guidance on how to walk with someone who's going through something hard.

I know for sure we're all looking as a church to be released into what's next.

So here's how to apply what we've talked about today so that the Spirit will be our teacher, comforter and peace.

1. **Read the Bible**

Since the Holy Spirit is a teacher, we need to fill ourselves with scripture. That way the Spirit can remind us of what we've already received, the same way Jesus promised the disciples that the

Spirit would remind them of what he taught when he was with them. Let's be a church that knows the word.

How much time do you spend reading the Bible?

2. **Pause and listen**

Let's not rush ahead of the Spirit - let's make space for the Holy Spirit to speak. You can pause and pray -

You trust God a little and he reveals himself to you more and more. What are some things that God has already revealed to you? Remember those things. Maybe you've never heard from God before. Would you open your heart to him and ask the Holy Spirit to speak to you now?

Let's try that now.
I'm going to start a short moment, but feel free to continue it after the service or at home

Holy Spirit come,
Guide us,
Fill us,
Form us.
Teach us.
Comfort us.
Give us peace.

3. **Depend on the Spirit (together)**

As we plan, serve together and dream about what's next, let's rely on the Spirit, not on our own strength.

What would it look like for a person who didn't grow up in the church to pause and listen and learn about the Holy Spirit from someone here who has been a follower of Jesus for a longer time? What would it look like for someone from one denomination to pause and listen and learn about the Holy Spirit from a person from a different denomination?

The thing about different expressions of church is that they tend to focus on one thing and exclude other things.

In the youth Alpha series on the Holy Spirit it was talking about how when one of the hosts was first filled with the Holy Spirit, they felt a warmness. Another person said they started speaking in tongues. Another person said they didn't really feel anything in that moment, but they knew God was working in them and continued to seek the Spirit.

One of the core values of Cornerstone is unity in diversity. What a wonderful opportunity we have here to experience the Spirit - from different cultures, denominations and perspectives.

The Holy Spirit isn't just reminding us of what Jesus said - The Holy Spirit is preparing us for what Jesus is about to do.

The closer we are to the Spirit, the more clearly we'll hear, the more comforted we'll be, the more courageous we'll be and the more consistent we'll be in following the Spirit's lead.

Let's pray.

Benediction (from Lectio 365):

Father, help us to live this day to the full, being true to you in every way.

Jesus, help us to give ourselves away to others, being kind to everyone we meet.

Spirit, help us to love the lost, proclaiming Christ in all we do and say.

Amen.

Thanks for being a part of our worship today.

For those of you who are with us online, thanks for being here…

Pause

For those of you here in person, feel free to stick around and connect.

Be blessed and be a blessing!

Have a great week.