**Sunday 12th October – The Holy Spirit (week 1)**

Spend some time with your family talking about these questions.

The psalm writer says the Holy Spirit will help him tell others about his faith and praise God more. What will the Holy Spirit help you to do this week?

Why does the psalm writer want a pure heart?

What does the psalm writer want God to restore?

**Challenge**

Look for times this week where God can help you. The Holy Spirit is not just with us for the big exciting stuff. Jesus said he left His peace (the Holy Spirit) with us. That means He could help us be a little less grumpy in the morning, give us the courage to ask someone to help when we are stuck or remind us when we are doing something wrong.

Write or draw down times you feel God has helped you. Keep those memories somewhere safe, you may find you collect a lot of “God helped me” moments even just in the next week.