

## Parents' Cheat Sheet

### Sunday after Ascension, Father's of Nicea Yr 2, John 17:1-13

#### 1. In today's Gospel, what did Jesus pray for his followers?

- He prayed that after He went back to His Father, we in the Church would be close friends to each other and love each other just like Him and His Father!
- He prayed that we would have joy in our lives. Joy is something that we feel in our hearts because we know all of the wonderful things that God has done for us and has promised to do for us. We remember Jesus' promise and we know that God is always with us and that Jesus will come again! Joy comes from hope.

#### 2. What are Fruits of the Holy Spirit?

We know that before Jesus ascended to heaven, he promised to send a helper. We learned this in the lesson on the Feast of the Ascension. This helper was the Holy Spirit. It is the Holy Spirit that brings love and joy. We call these "Fruits (Gifts) of the Holy Spirit." There are 9 Fruits of the Holy Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control - See [Gal 5:22-23](#) or read *Christ Our Pascha, Paras: 719-722*. So, Love and Joy are two of the fruits (gifts) of the Holy Spirit.

#### 3. Why does today's Gospel bring us joy?

Jesus prayed that his disciples would have love and joy in their lives. So, we know that the Holy Spirit is with us and working among us helping us to love each other and to be joyful in every situation.

We should all remember that even when we are sad we can be joyful because we know that God is always with us no matter how bad things are. This is such an important concept for all of us to keep in mind. We can have joy even in the midst of suffering, because we are never alone in our suffering and God has a plan for eternal life with him. We are also joyful because we know that Jesus has promised that He will come again! God is giving us a great big hug and hope!

