

# The Holy Spirit Helps Us

Keep these ideas in mind as you study *Chapter 11*.

❖ Jesus sent the Holy Spirit. The Holy Spirit is always with us.

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❖ We received the Holy Spirit when we were baptized. He helps us love God and one another.

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❖ The Holy Spirit is within us. He helps us share his love, peace, and joy with others.

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❖ The Holy Spirit helps us look into our own hearts. He helps us see how we have loved. He helps us learn to be more loving.

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❖ When we look into our hearts and see we are selfish, we are unhappy. Being selfish is not a way we love God or others.

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