

A man who drank heavily was converted to Christ and stayed away from alcohol for several weeks.

One day as he passed the open door of a bar, the strong odor aroused his old appetite for liquor. Just then he saw this sign in the window of a nearby cafe: "All the buttermilk you can drink—twenty-five cents!" Dashing inside, he opened his mouth and ordered, "Fill 'er up!" He drank one glass of buttermilk after another. After finishing the sixth, he walked past the bar and was no longer tempted. He was so full of buttermilk that he wasn't thirsty for anything else!

In our last lesson we discovered that the secret to resisting temptation is to stick close to Jesus. Remember: if you fill your life with Jesus there's no room for anything else. When Jesus arrives, He puts up a "No Vacancy" sign for any wouldbe invaders.

But now let's get practical. How do we stay close to Jesus when He's up in heaven and we can't even see Him?

1. Read John 14:16–18 and write down who Jesus said He would send to be with us after He left this earth.



If you answered "the Counselor" or "the Comforter" or "the Spirit of truth" or simply "the Spirit," you're correct. All these names refer to the Holy Spirit, sometimes called the Holy Ghost. You may recall from Lesson One that God is really three-in-one—the Father, the Son, and the Holy Spirit. When Jesus (the Son) was on this earth, He promised to never leave us alone. So after returning to heaven, He lived (and continues to live!) on earth through the Holy Spirit. We can't see the Holy Spirit, but His presence and power are very real.

One of the symbols used in Scripture for the Holy Spirit is *oil* (1 Samuel 16:13). To be filled with the Holy Spirit, then, is to have the "oil effect."

Let's discover what the "oil effect" is. What does the Holy Spirit do?

According to the Bible:

- The Holy Spirit helped create the world (Genesis 1:1, 2).
- He directed the writing of the Scriptures (2 Peter 1:21).

• He guides us to find the truth about God (John 16:13).

But the most important job of the Holy Spirit is bringing a complete change in our lives.

2. Read John 3:3-5. What did Jesus call this change?

When our lives are filled with the oil of the Holy Spirit, everyone can see the difference! We become a new person with the desire and ability to follow God.

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The oil treatment

So how do we get the "oil treatment"? Remember, our goal is to stay close to Jesus. If Jesus is going to live in us through the Holy Spirit, we must engage in those activities that put us in His presence.

But what, specifically, are those activities? One way to remember what they are is to think of STP oil treatment. STP oil treatment is a fluid that people can put into their car engine to make it run better. If you check out the company's website, www.STP.com, you'll see their sales pitch: "From 1954 to today, STP® products are specially formulated to help you get the most out of your vehicle."

If you're interested in getting the most out of your friendship with Jesus, then remember the letters STP. Focus on doing these three activities that put you into the presence of Jesus.



The first activity is to study God's Word, the Bible.

3. Read John 1:1-5 and complete this sentence: "In the

beginning was the

" This text

describes Jesus as "the Word."

So when we study the Word, that's simply a fancy way of saying we're spending time with Jesus! It means digging in the Bible to learn more about the One who loves us enough to die for us.

The more you learn in the Bible about how much Jesus loves you, the more you'll probably want to talk about it with



others. That's a great thing to do. In fact, it's the second step in our spiritual STP oil treatment.

"T"= tell others When Sukumar Das became a Christian, the leaders of his

When Sukumar Das became a Christian, the leaders of his village were angry. "I've found Jesus Christ and the truth, and I cannot go back to my old religion," he told them.

The leaders harassed Sukumar when he tried to share the message of Jesus with his friends and neighbors. Sukumar didn't fight back, but he didn't give up telling others about God. He prayed for the sick and cared for the poor.



Whenever he heard of someone who needed food, he shared his small stock of rice.

One very sick man desperately needed money for medicine. Sukumar didn't have much, but he gave the man some

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cash. "Not even my own friends did that for me," the sick man said, amazed.

As Sukumar lived the love of Jesus in his village, opposition gradually died away, and people became more and more eager to listen to his message. Soon 77 people were ready to be baptized!

People are converted to Christianity by watching our example. That's why Jesus told His followers: "You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept" (Matthew 5:14, *The Message*).

So tell others about Jesus today—at home or school, at a picnic or a Bible study, eating pizza at your favorite restaurant—do the "light" thing. It's a great way to practice the presence of Jesus!

"P"=pray

One final way to live in the presence of Jesus is through prayer. Prayer is simply talking to Jesus like you would to a friend. Tell Him about your challenges when you're doing homework. Sing Him a prayer when you're struck by the splendor of a sunset. Talk to Him when a friend snubs you in the school cafeteria. Talk to Him about everything.

Jesus taught us how to pray in Matthew 6:9-13. Find His

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Thoughts on the STP Treatment

STUDY: When I read the Bible each day I get to know what Jesus is like. He understands me and helps me with all my problems.

TELL OTHERS: When I hang out with my friends its fun to tell them what an awesome friend Jesus is to me.

PRAY: I pray to God just like I'm talking with my best friend. I am very important to Him and trust Him with everything.

prayer in your Bible. Commit it to memory and say it every morning this week. But don't stop there. Come up with your own ways to praise God and ask Him for help.

The oil supply

Some years ago on New Year's Day, in the Tournament of Roses parade, a beautiful float suddenly sputtered and quit. It was out of gas. The whole parade was held up until someone could get a can of gas.

Ironically, Standard Oil Company was the sponsor for this float! With its vast oil resources, its truck was out of gas.

Don't let that happen to you! Stay connected to Jesus. Through the Holy Spirit He promises to help us understand the Bible, tell others about Him, and even know what to pray for. Keep your "oil supply" full. It's as easy as STP.



Talking to God

Dear Father, I want to have Your power in my life. Help me to stay connected to You through study, telling others about You, and prayer. Thank You for loving me no matter what. In Jesus' name, Amen.



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