



This Week's Philosopher: ST AUGUSTINE

St Augustine was a North African thinker from the 300s who became one of the most influential voices in Christian philosophy. He believed God was not a distant ruler but someone who could live inside us through the Holy Spirit. Augustine said the Holy Spirit is the bond of love between God the Father and Jesus, and that same love can live in us.

Here are some things Augustine wrote:

"If you see love, you see the Trinity."
- *Sermon 8 on 1 John*, around 406 AD

"The Holy Spirit is the one who is shared by both [the Father and the Son], through whom they are joined in the unity of love."
- *On the Trinity*, Book 5, Chapter 12

"Our hearts are restless until they rest in you."
- *Confessions*, Book 1, Chapter 1

In other words

Augustine thought that when we experience real love or deep peace, it might be the Holy Spirit already at work in us. He believed this invisible presence was not just a helper but the very love of God living inside us.

Something to think about

Have you ever felt love or peace that you didn't create

What if that feeling is more than emotion—what if it's a sign that someone is with you

Heard in Today's Video

These verses from the Bible were part of the video. They describe how the Holy Spirit works in the world and in people's lives:

"The Father will send the Friend in my name to help you. The Friend is the Holy Spirit. He will teach you all things"

- John 14:26

"All of them were filled with the Holy Spirit. They began speaking in languages they had not known before"

- Acts 2:1–4

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control"

- Galatians 5:22–23

"The Holy Spirit is given to each of us in a special way. That is for the good of all"

- 1 Corinthians 12:7

Feel free to think about these or ask questions if you're curious

A Final Word

You don't have to see something for it to be real. Love, joy, and courage are invisible but powerful. Augustine believed the Holy Spirit is the love of God poured into our hearts. That means help isn't far away. It might already be at work in you, calling you home.

Watch It Again

Want to rewatch this week's video or sit with the questions a bit more. Scan the QR code below and take another look anytime this week!

