

Pentecost Sunday

First Reading: Acts 2:1-11
Responsorial Psalm: Psalm 104:1,24,29-30,31,34
Second Reading: 1 Corinthians 12:3b-7, 12-1
Gospel John 20:19-23

[Full Readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (*Bishop O'Connell's Gospel Reflection page.*)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, 德蘭社 channel, 0:51 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Gospel Reading for Kids - MisterD418 channel, 1:44 min)

2. PRAY

Prepare a prayer space in a room when all can gather. Add an image of the Holy Spirit you may own, or use the found [here](#). When ready, invite your family and/or friends to join you. (*If you have children or teens present, ask them to light a candle when you are ready to pray.*)

In today's Gospel, the risen Jesus appears to the disciples who are gathered on Easter Sunday, full of fear for the events of the passion and death of our Lord Jesus. The first message he brings to them is "**Peace be with you!**" He knows that they are feeling disoriented and overwhelmed, hence he wants to assure them that he is alive and all will be OK.

There are many times when we, the modern disciples of Christ are experiencing similar situations, and we turn to Jesus for comfort and help.

Think of a situation in your life today where are experiencing fear, loneliness, sadness, stress, etc. If you find it helpful, close your eyes and try to create a mental picture of what you are experiencing. (*For small children or teens, ask them to either draw or write about that situation.*)

(*Allow for some silent time and then continue with the following:*)

Jesus knows about that situation, and he wants to bring peace to your life. As he did with his apostles, he wants to give you his Holy Spirit as the way to find peace and solace.

Stretch your hands and cup your palms together, as if you are holding something precious. Then, hand over to Jesus that situation that is disrupting your inner peace and ask him to take it away from you. When done, bring your arms to a resting position and sit quietly while everyone else does the same.

To close this time of prayer, all are invited to recite this prayer:

Come, Holy Spirit, Lord of Life, bless us and grant us the grace of loving our families and friends, as Jesus calls us to do, and help us to build peace in our hearts and in our homes.

Come, Spirit of peace, bless us and grant us the grace of peacefully resolving conflicts that arise in our families through patient dialogue that leads to understanding and renewal of love.

Come, Spirit of charity, bless us and grant us the grace of loving the Church and finding in her a sure guide for truth and service to God's will, especially in our relationships at home and in our extended families. Amen.



3. TALK

In today's Gospel, Jesus breathes the Holy Spirit into his apostles and gives them a mission. They are sent into the world to be his messengers and to tell others about Jesus.

Get in pairs and discuss the following questions among each other:

- In what ways I can share with others who is Jesus for me?
- How can they way I live my faith be a witness to others?

(*When forming pairs, see if an adult can pair with a child or teen that is present during this reflection.*)

Have some volunteers share with others one of their answers. Next, as family, make a plan to share good news about Jesus during this week, with someone close to them (family member, friend, neighbor, classmate, etc.).

