



## PENTECOST SUNDAY- YEAR A

Sunday 31 May 2020

### Gospel

John 20:19-23

A reading from the holy Gospel according to John  
*As the Father sent me, so I send you. Receive the Holy Spirit.*

The disciples were afraid of the Jewish leaders,  
and on the evening of that same Sunday  
they locked themselves in a room.  
Suddenly, Jesus appeared in the middle of the group.  
He greeted them and showed them his hands and his side.  
When the disciples saw the Lord,  
they became very happy.

After Jesus had greeted them again, he said,  
"I am sending you, just as the Father has sent me."  
Then he breathed on them and said,  
"Receive the Holy Spirit.  
If you forgive anyone's sins,  
they will be forgiven.  
But if you don't forgive their sins,  
they will not be forgiven."

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

## Reflection Notes

Pentecost means the fiftieth day. The feast of Pentecost falls on the fiftieth day after Easter Sunday and completes the Easter Season.

Today Pentecost Sunday, is called the birthday of the Church. On our birthdays we blow out candles on a cake. On Easter Sunday we started eating Easter eggs and some of you may still be eating them. That is one way of celebrating Easter. At Pentecost we now celebrate God's love. The Holy Spirit or God's love comes alive in us again at Pentecost and we are invited to celebrate and renew this love in the way we treat people.

When the Holy Spirit came to the disciples (on the first Pentecost) they weren't scared anymore. They couldn't wait to rush outside into the streets and begin telling people about Jesus. The Holy Spirit gave them the courage to speak up about what they believed in and how important it is to make the right choices in our lives especially when it is hard for us to do.

The Holy Spirit gives us all the courage to speak up when we are feeling scared, worried or unsafe. God tells us nothing is so awful that we can't talk with someone about it, even if speaking up makes us feel scared. It is especially important to speak up when you are feeling unsafe. God gave us the right to feel safe all the time.

## Discussion Questions

This Gospel story takes place a week after Jesus had risen from the dead. The disciples locked the door because they were scared.

- What does being scared feel like? (Get the children to show this on their faces.)

God gave us a very special gift of knowing when we are feeling scared or worried. It is called our *Early Warning Signs*. They are warning signs in our body that let us know we don't feel safe.

- What does your body do when you are feeling scared, afraid or unsafe? (Examples: heart beating faster, sweaty, crying, goosebumps, butterflies in your tummy, shaking, headache).
- The Holy Spirit gave the disciples the courage to stop being scared. What helps you feel better when you are scared? You can use a helping hand network to help you – someone you can talk to.
- Who would be on your helping hand? Someone you trust, that you can ~~you~~ tell when you feel scared? An adult - someone that will listen and believe and help you.

## Universal Prayer

**Leader:** Jesus sent us the Holy Spirit to give us the courage to tell the truth and help each other if we feel scared, upset or unsafe.

**Reader:** We thank Jesus for the gift of courage. Help us to always tell the truth and find someone to speak to if we ever feel scared, upset or unsafe.  
Let us pray to the Lord.

**All:** Lord, hear our prayer

## Music Suggestion:

### Lord, send out Your Spirit

A.L.

Voice   
Lord, send out Your Spi- rit, and re - new the face of the earth.

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The music given above is the response to today's Responsorial Psalm. You could sing it three times to finish today's session.

## Answer key for Word Sleuth

D	A	D	I	S	C	I	P	L	E	S	P	Q	S
I	S	C	A	R	E	D	Z	U	O	I	O	R	K
S	C	M	O	U	Z	D	Y	T	P	N	M	S	R
H	D	S	P	V	F	E	W	S	Q	S	N	T	O
A	E	D	Q	W	O	R	X	R	Q	M	L	B	W
N	F	D	R	X	R	A	X	R	N	N	K	O	T
I	G	A	S	E	V	I	G	R	O	F	J	T	E
K	H	H	O	L	Y	S	P	I	R	I	T	I	N
J	E	W	I	S	H	L	E	A	D	E	R	S	I