



*'Come Holy Spirit fill the hearts of your faithful and enkindle in them the fire of your love.'*

**Post-it Challenge:**

**The Fruits of the Holy Spirit are:**

**love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control**

- ✚ How can we bring the fruits of the Spirit to others as witnesses of God's love?
- ✚ How can we harness the transforming power and energy of the Holy Spirit to change our lives and the lives of those around us?



**Sometimes, it is the small things that we do in our lives, a kind word, a smile, a helping hand and perhaps doing something that no-one notices that is a real witness to the love of God and the power of the Holy Spirit.**

**Gospel for The Feast of Pentecost**

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I am sending you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.



**Let us pray:**

*Lord, may your Spirit lead us  
To have great respect and reverence  
For all creation, for each person,  
And for you, our God.  
Open our eyes in wonder and awe at all  
that is around us,  
So that everything we see  
May lead us to grow in awareness  
Of your love for each one of  
us and of your presence  
among us. Amen*



**Reflection:**

Pentecost means 50 in Greek. The Holy Spirit came to the disciples 50 days after Easter. This is considered



to be the birthday of the Church. Jesus tells His disciples that if they love him, they will do as he has asked them. He has asked them to love one another as he has loved them. Jesus tells them that if they are able to do this, God will send the Holy Spirit to be with them forever; to give them strength, guide



them and to help them to be His witnesses throughout the world. Jesus is talking to us too... we are the disciples of today. The Holy Spirit will give us the strength and the confidence to make the right choices in our lives.

This gospel also reminds us about the connection between the gifts of peace and forgiveness through the action of the Holy Spirit. Christ's reconciling presence is to become a way of life for Christians. Even in everyday situations of conflict, Jesus wants us to bring peace and harmony among people we



know by the way we treat each other. Filled with the Holy Spirit we can be the person that Jesus wants us to be.