

Forming lives ready to face the future

# FAMILY PRAYER SHEET

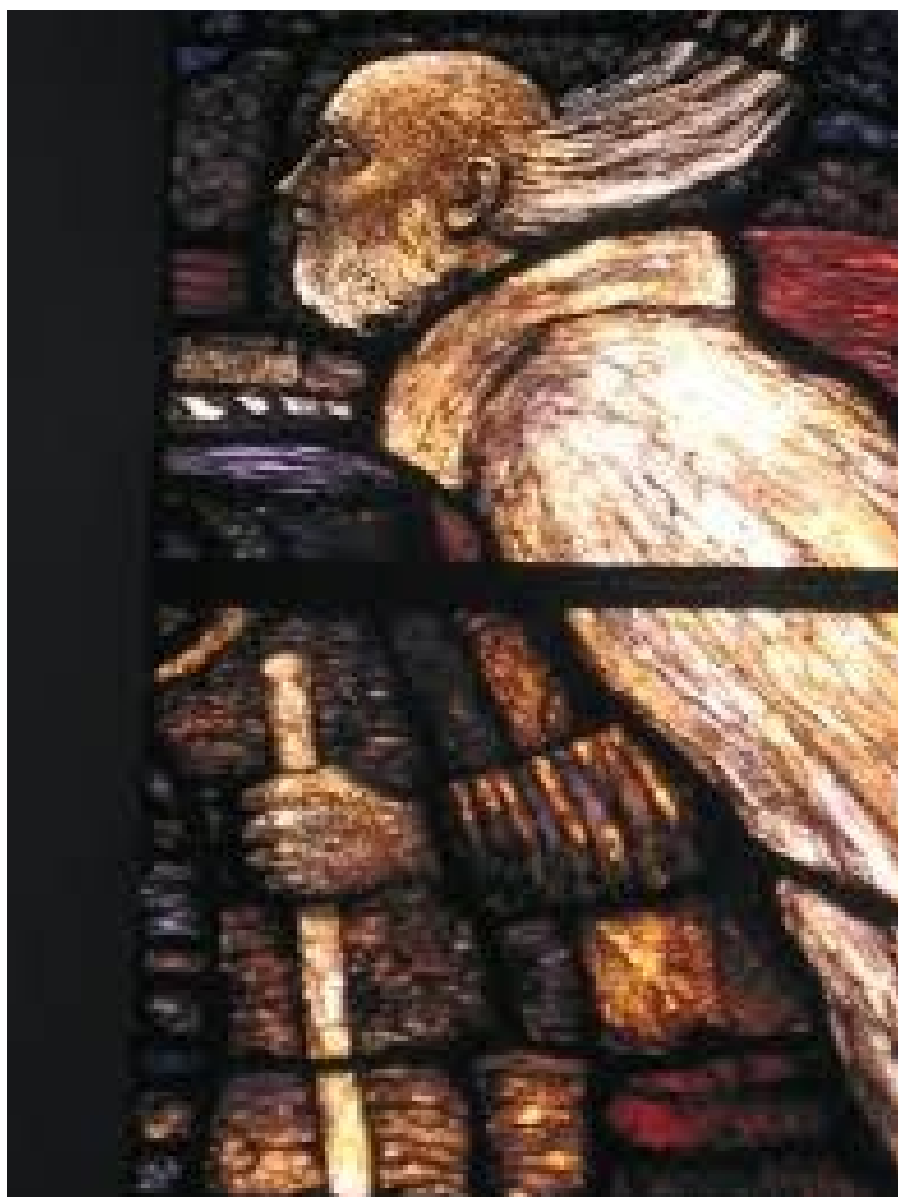
*Pentecost Sunday*

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



## Reading the Gospel from this Sunday's Mass

### A reading from the Gospel according to John 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me,  
so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.  
For those whose sins you forgive,  
they are forgiven;  
for those whose sins you retain,  
they are retained.'

#### **Alternatives for Younger Children and those young at heart**

A short cartoon retelling using lego: [https://www.youtube.com/watch?v=Xvy-\\_Dayaoc](https://www.youtube.com/watch?v=Xvy-_Dayaoc)

An explanation of Pentecost (not strictly for children, this is more for adults and teenagers): <https://www.youtube.com/watch?v=I5tr4pqWIo4>

In song: Pentecost song 'No More Waiting':  
<https://www.youtube.com/watch?v=FEyyluZxIHk>

## Reflection

This passage could be seen as John's version of Pentecost. Here we see a description of Jesus breathing the Holy Spirit onto the disciples which is similar to God breathing life into Adam in Genesis. In this way Jesus is seen as giving new life in the Holy Spirit.

### Discussion Points

- Why do you suppose the disciples had the doors locked?
- How did the disciples respond when Jesus appeared in their midst?
- What are some of the ways people can turn others' fear into joy today?
- In John's Gospel this event occurred on the evening after Jesus' resurrection. Why was it important for Jesus to show them his hands and side?
- Why do you suppose Jesus said 'Peace be with you' twice to the disciples?
- Where was Jesus sending the disciples?
- How do people today carry on the mission Jesus gave to the disciples?
- How does the Holy Spirit help us spread God's love to others?
- Why is forgiveness an important part of Christ's mission?

*Reflection and questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Riggsby and Steve Mason.*

## Activities

### Painting flames with forks

Why not make a picture of flames using a fork.  
Use a fork to blob some paint on your paper and then swirl it about.



*Activity taken from <http://flamecreativekids.blogspot.com/>*

### Holy Spirit mobile

**You will need: Paper plate, string or ribbon, yellow paper**  
Divide your plate into 3 sections. In the middle section draw the outline of the dove's body. Cut out the dove and the two outside sections. Draw the dove's feet and face onto the body. Stick the outside sections onto the back of the dove to form the wings. Cut out a flame for each gift of the spirit and write a gift on each of the 7 flames: Wisdom, Understanding, Counsel, Knowledge, Fortitude, Piety and Fear of the Lord. Cut out 7 ribbons and attach a flame to the end of each ribbon. Stick these so that they hang from the wings and feet of the dove. Attach a ribbon at the top to make a hanger and there you have your Holy Spirit mobile.



*Activity taken from <https://www.catholicicing.com>*

## What can you do for others?

- Make time for others, watch a film together.
- Help with jobs around the house.

## Prayers

Come, Holy Spirit, and make us Pentecost people. Let your wisdom and right judgment guide our decisions and temper our impulses. Let knowledge and understanding increase our capacity for empathy and compassion. Let reverence and awe fill us with gratitude and respect for all of creation. Give us the courage to witness boldly to our faith in word and deed. Through and with and in Jesus Christ, we pray. Amen.

*Taken from: <https://www.sadlier.com/religion/blog/pentecost-activities-for-kids-and-pentecost-prayers>*

## Action Prayer

Jesus' friends were lonely and afraid	Curl up
Jesus' friends were waiting for his help.	Look around
Jesus sent his friends the Holy Spirit,	Begin to stand up
To make them strong and brave and happy in his love	Stretch arms up high
Sometimes I am lonely and afraid	Curl up
Sometimes I am waiting for your help	Look around
Thank you that you sent the Holy Spirit,	Begin to stand up
To make me strong and brave and happy in your love.	Stretch arms up high

*Taken from: <https://www.bathandwells.org.uk/wp-content/uploads/2016/04/Pentecost-.pdf>*

## An Act of Spiritual Communion

### **Introduction**

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

**Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**Examen:** Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

**The Word of God:** The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

**Silent reflection:** Pause for a moment of silent reflection.

### **Prayers & Intercessions:**

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

**Lord's Prayer:** Our Father...

***Spiritual Communion: Prayer of St Alphonsus***

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

***Conclusion:*** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Additional Prayers**

***Pope Francis' prayer to the Virgin for protection***

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

***Prayer for the Household***

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

*Taken from "When Mass cannot be celebrated publicly"*  
<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

*Blessed Nicholas Postgate, Pray For Us*

