

# RECEIVE THE HOLY SPIRIT

## WORD OF THE WEEK: Acts 2:1-12



On the day of Pentecost all the Lord's followers were together in one place. Suddenly there was a noise from heaven like the sound of a mighty wind! It filled the house where they were meeting. Then they saw what looked like tongues of flame moving in all directions, and a flame came and settled on each person there. The Holy Spirit took control of everyone, and they began speaking whatever languages the Spirit let them speak. Many religious Jews from every country in the world were living in Jerusalem. And when they heard this noise, a crowd gathered. But they were surprised, because they were hearing everything in their own languages. They were excited and amazed, and said:

"Don't all these who are speaking come from Galilee? Then why do we hear them speaking our very own languages? We all can hear them using our own languages to tell the wonderful things God has done."

Everyone was excited and confused. Some of them even kept asking each other, "What does all this mean?"

Others made fun of the Lord's followers and said, "They are drunk."

### SOMETHING TO THINK ABOUT

We all need a friend,  
to encourage us  
we all need someone  
who in God truly trusts.

We all need a partner,  
with whom we can pray  
someone who will help us  
stay on the narrow way.

We all need a mentor,  
in whom we can share  
someone who understands  
the weight of our care.

We all need a confidant,  
to help our faith grow  
someone who believes  
God's will we can know.

We all need a friend,  
a faithful supporter  
we all need God's Spirit

### SOMETHING TO TALK ABOUT

How do you think the disciples felt at Pentecost, when they received the Holy Spirit?

When have you been in a situation in which, like the disciples, you have felt both excited and confused?

Notice the symbols used to describe the Holy Spirit...wind and fire! Are you surprised to see these symbols used in this way? What symbol do you think of when you try to describe the Holy Spirit?



## SOMETHING TO DO

The Hebrew word for 'spirit' is *ruah*. The same word is used for 'breath'.

Take some deep breaths...in through your nose, out through your mouth.

Notice how the 'in' breath sounds like *ru*...and the 'out' breath sounds like *ah* (like a sigh!)

The Holy Spirit flows through us, just like our breath flows in and out. It gives us life and energy.

Next time you take a deep breath, say a prayer of thanks for the Spirit living in you!



## PRAYER FOR THE WEEK

Breathe into me, Holy Spirit,  
that my thoughts may all be holy.

Move in me, Holy Spirit  
that my work, too, may be holy.

Attract my heart, Holy Spirit,  
that I may love only what is holy.

Strengthen me, Holy Spirit,  
that I may defend all that is holy.

Protect me, Holy Spirit,  
that I may always be holy.

(St Augustine)

## WHAT'S ON THIS WEEK...

During the month of June we are asked to join Pope Francis in praying for NATIONAL LEADERS...that they may firmly commit themselves to ending the arms trade, which victimises so many innocent people. Watch the POPE VIDEO at [www.thepopevideo.org](http://www.thepopevideo.org)

