

# Year C - Sixth Sunday of Easter

## John 14: 23-26

Come Holy Spirit



### Come Holy Spirit

This prayer can teach children to still themselves and find God in the quiet and to listen to the Holy Spirit.

Firstly get the kids to jump around, maybe put on a song to dance to or see how many jumps they can do in 10 seconds. The idea is you want to get their hearts racing.



Then ask them to spread out on the floor and lie down.

Once they have found a place ask them to focus on their heartbeat.

Focus on their heartbeat and feel it slowing down. As they do, ask them to take deep breaths.



Then ask the children to themselves to say 'Come Holy Spirit' and repeat it to themselves. The person leading the prayer can repeat it a number of times. Then say this ...

*"It's in moments like these, when we are still and calm and call upon the Holy Spirit that God can speak to us. Not in a way where we can hear with our ears, but we feel in our hearts. Pay attention to what you are feeling now and what the Holy Spirit is saying to you."*

Give the children some time in this space and then ask them to sit up and open their eyes when they are ready. Once they are ready gather children back together, ask them about what they were feeling and if anyone felt God speak to them. You could ask them to share what they felt.