

# Year A - 7th Sunday of Easter: The Ascension

## Matthew 28:16-20

### Holy Water



### Background

Before your session you may need to liaise with the priest or sacristan to have enough Holy water available.

### You will need

- A large bowl of Holy Water
- Small jars/bottles
- Sticker labels to label bottles as “Holy Water”

### Instructions

- Have a large bowl of Holy Water and have the children sit around it.
- Ask the children how many things they can come up with that Holy Water is used for. Here are a few examples:
  - Baptisms
  - Blessings
  - When you enter/leave a church
  - Bless homes and spaces
  - Bless sick people
  - Sprinklings at special celebrations
- Teach the children how to bless themselves with Holy Water and let them dip their fingers in the water and bless themselves. In the name of the Father, the Son and the Holy Spirit.
- You can team them how to bless others to by tracing the sign of the cross on their foreheads with Holy Water.
- Get the children to collect a bottle/jar to collect the Holy Water in the big bowl.
- Label the Holy Water bottles/jars.

