

Year A - Pentecost Sunday

Acts 2: 1-11

Matthew 27:11-54



“Come Holy Spirit”

Get the children to find a space by themselves, lie back and lead them in taking deep breaths in and out. Once they are still and peaceful, say to the children "Come Holy Spirit" and ask the children to repeat that to themselves. As they do ask them to listen to what the Spirit may be saying to you, and to listen not with their ears but with their heart.

Get Repeat "Come Holy Spirit" a few times and give the children a bit of time in this peaceful place. When enough time has passed gently get the kids to sit up, open their eyes and stretch. Ask the children about how they felt during the prayer.



A Litany to the Holy Spirit for Kids

Pray 'Come Holy Spirit' with this interactive video prayer which invites the Holy Spirit to be present in our lives in many ways.

Just breathe

The Hebrew word for 'spirit' is 'ruah' which also means 'wind' and 'breath'. In the book of Genesis, this is the word that is used to describe Gods spirit 'hovering over the waters' at the time of Creation. The Holy Spirit is all around us, like the air that touches our skin and fills our lungs when we breathe. We can make our breathe a prayer.

Get the children to find a space by themselves, lie back and lead them in taking gentle breaths in and out. Invite them to think about the Holy Spirit who is all around them. Encourage them to continue to take gentle breaths in and out and to imagine the Holy Spirit filling them up and surrounding them. Depending on the age and capacity of the children, leave them in quiet for a period of time, breathing and praying. You might also put on some reflective music during this time.