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"When we pray, it is because the Holy Spirit inspires prayer in our heart. When we break the cycle of our selfcentredness, and move beyond ourselves and go out to encounter others, to listen to them and help them, it is the Spirit of God who impels us to do so. When we tind within a hitherto unknown ability to Torgive, to love someone who doesn't love us in return, it is the Spirit who has taken hold otus. When we move beyond mere self-serving words and turn to our brothers and sisters with that tenderness which warms the heart, we have indeed been touched by the Holy Spirit."



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Pope Francis, Homily, 2014



Do you not know that you are God's temple and that God's Spirit dwells in you? 1 Corinthians 3:16

What is the link between the gifts and the fruits,



Fruit Salad! Form a circle of chairs that is one chair fewer than a total number of players. One player stands in the middle. Each player in the circle is assigned a particular fruit (choose 3/4 fruits). The player in the middle calls out a fruit. If (s)he calls out apples, everyone who is that fruit must get up quickly and change places. They cannot sit on the seat directly beside them, or go back to their own seat. The person who is 'in' tries to sit in an empty spot while players are swapping. Whoever is left without a chair is now in the middle. The person in the middle can also call 'fruit salad' and everyone gets up to change places!

HOW DO YOU USUALLY LIKE TO CELEBRATE YOUR BIRTHDAY?



WHAT IS VOUD UNDERSTANDING OF THE HOLV SUIDITS WHAT DO VOU DEMEMBED FROM CONFIDMATIONS
WHAT IS YOUR UNDERSTANDING OF THE HOLY SPIRIT? WHAT DO YOU REMEMBER FROM CONFIRMATION?
WATCH THIS VIDEO FROM BUSTED HALO "PENTECOST IN 2 MINUTES" AND REFLECT ON THE QUESTIONS THAT FOLLOW. CTIP! READ THROUGH THE QUESTIONS ONCE BEFORE WATCHING THE VIDEO BECAUSE IT MOVES QUICKLY!)
 At Pentecost we celebrate the coming of the Pentecost happens days after Easter Sunday. Easter is an entire season where Christians celebrate: Jesus' victory over; His resurrection to new;
What (or Who) is the Holy Spirit? = the person of the Trinity. = the poured out for us from the Father and the Son.
What happened at Pentecost? Pentecost the season of Easter. Pentecost is the of the Church!
The Holy Spirit came down on the who were lonely and after Jesus left them. A reminder that Jesus would always
The apostles were emboldened with a beyond themselves: to continue Jesus' work of building on earth. The Holy Spirit gave them and great g
such as speaking in new • Their new job was to spread God's Word to the of the
What are the Girts of the Holy Spirit? jeby What are the Fruits of the Holy Spirit?
w g p k
f of the C U

WHAT'S PENTECOST ALL ABOUT?

ACTS 2:1-11

How can the Holy Spirit help us to live a Christian life and be good to others?

How could you link the following birthday symbols to Pentecost? Be creative!



Party invite



Candle flames



Gifts



Ball

Balloons

How can someone develop a relationship with the Holy Spirit in their own lives?



Now Read Acts 2:1-11



What an incredible journey the Apostles were on since Holy Week! Palm Sunday and Jesus' triumphant entry in Jerusalem, swiftly followed by His arrest, torture and death on the Cross: all seemed hopeless. Then within days, Jesus had risen from the dead and walked among them

once more! 40 days of appearances as He continued to teach and strengthen their faith, and then He was gone at the Ascension, promising to send them the Advocate. They gathered fearfully in the Upper Room on the eve of the feast of Pentecost, until they were filled with power from on high and a courage so intense it drove them immediately to the streets of Jerusalem, proclaiming the Good News without any fear of arrest or persecution! This same courage continued to guide their ministry even to a martyr's death for all bar John, who died later in prison. This same courage ensured that the Church was founded, and continues to this day. This same courage is available to all believers through the power of the Holy Spirit. Imagine what your life could be like if you opened your heart fully to the guidance of the Holy Spirit. Imagine all those fruits of the Spirit made manifest in your life! Ask the Holy Spirit to come to you and fill you anew!



CHOOSE ONE OF THE FOLLOWING TO CELEBRATE THE HOLY SPIRIT / PENTECOST THIS WEEK:

- INTENTIONALLY PRAY THE COME HOLY SPIRIT PRAYER FACH DAY
- WEAR THE COLOUR RED TO REMIND YOU OF THE HOLY SPIRIT'S FIRE/LOVE.
- FIND OUT YOUR BAPTISM/CONFIRMATION DATE AND MARK THEM ON YOUR CALENDAR TO CELEBRATE THEM!
- Celebrate Pentecost & the Church's birthday with cake!
- HELP TO RENEW THE FACE OF THE EARTH: BE A WITNESS TO YOUR FAITH IN SOME WAY THIS WEEK!



Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE HOLY SPIRIT

- Hillsong: Consuming Fire
- Kari Jobe: Holy Spirit
- Kim Walker: Spirit Break Out!
- Vertical Worship Band: Come Holy Spirit
- Kari Jobe: Breathe on Us
- Upper Room: Rest on Us
- New Wine Worship: Spirit Fall
- Chris Tomlin: Spirit Fall



Do you find it difficult to make decisions? Do you struggle to know what the right thing to choose is? Are you unsure which door is the one to go through? College? Jobs? Friendships? Relationships? So many big decisions to make! Put simply, discernment is the Holy Spirit enlightening your intellect and will to help you know and choose the truth. There's usually some kind of process involved, although that varies in length. Discernment is not sitting back and thinking, "Sure, God will do everything so I'll just wait for Him to move", nor is it a feeling or the consequence of an arbitrary sign. The Holy Spirit will absolutely help you, but we have to cooperate with His promptings - we can't just wait around and not take any action ourselves. Pray, discern, and then act. Take responsibility for your decisions. Even if you make the wrong decision, the Lord will still be with you and will provide a way for you to get back on the right track.

FR MIKE SCHMITZ: 4 DOORS OF DISCERNMENT

Watch Fr Mike Schmitz' video: "4 Helpful Rules for Discernment" and try to see how you could apply these "doors" to your discernment process. [6:30 minutes]



IS THIS A GOOD DOOR?

Often the answer is yes. Sometimes you have several good options before you. But if you know it will be unhealthy for you or against God's law, then you should not choose it.



IS THIS AN OPEN DOOR?

Is this even possible? Is this a reality? For example, you should not try to get in the NBA if you have no basketball skills.



IS THIS A WISE DOOR?

Knowing who I am and where I've been, my struggles, my strengths and weaknesses, the person I want to be: is this the choice I need to make? Will it lead me closer to Jesus or not?



IS THIS A DOOR THAT I WANT?

Unless you are sure that God is calling you there, if you don't desire it then you don't have to choose it. God has given us so much freedom. He wants us to use our intellect and our will to choose.





MORE GREAT VIDEO RESOURCES!



- DISCERNMENT 101
- THE KEY TO DISCERNMENT
- HOW TO DISCERN PRETTY MUCH ANYTHING
- "GOD I LOOK TO YOU" FRANCESCA BATTISTELLI



- Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.
- PAGE 3 ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



There are no 'ifs' in God's Kingdom. His timing is perfect. His will is our hiding place. Lord Jesus, keep me in Your will! Don't let me go mad by poking about outside it. Corrie Ten Boom, **Holocaust Survivor**

HAVE YOU EVER WISHED TO BE SOMEWHERE OTHER THAN WHERE YOU ARE? E.G FINISHED EXAMS, IN COLLEGE....

WHY DO YOU THINK WE CAN SOMETIMES WISH OUR LIVES AWAY?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "LIVING IN THE PRESENT MOMENT" AND " REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike explains how sometimes we're so busy looking forward to the next stage, we forget that we're right here. What kind of things does he mention we can be focused on getting to?

Sometimes our dissatisfaction is because we want to know what it is God wants us to do, so we can do it right now!

Fr Mike's 4 point guide to Living in the Present Moment:

IDENTIFY

If we are so focused on the season we want to get to, what can we miss out on in the now?







Like an athlete beginning to train, you might feel frustrated or impatient: you may not be at the place you want to be, but you are g____!



BE A_____

Do the work of the _____, not tomorrow. If you are called to marriage, fatherhood / motherhood, then what things should you be working on so you can be that kind of spouse / parent? Even if you don't know what vocation you're called to, you can still be _____



_____, OR THE _____, WE ONLY DON'T LIVE IN THE _____ HAVE THE PRESENT NOW.

Jean Pierre de Caussade's book, "Abandonment to Divine Providence" talks about the "Sacrament of the ______." It is in the present moment that God communicates Himself to us _____!

God communicates His life, His ______, His ______ to us now.

PAGE 4 - ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



LIVING IN THE PRESENT MOMENT JOHN 14:23-29



You don't have to wait to be in your vocation to become ___

You don't have to know your vocation to be _____.

What is Fr Mike's definition of holiness?

What do you think that means? Is it achievable? Explain your thoughts.



Now Read John 14:23-29

We always seem to want to get ahead of ourselves. I'll be happy when.... It's hard for us to stop and appreciate the moment we're in, the gifts we're receiving right now, the person we can become through the situations we find ourselves in.

Jesus knows that we can't handle everything in one moment. That's why He sent the Holy Spirit to the Apostles too. He knew there was only so much they could grasp while He was still with them, but the Holy Spirit would be their constant Teacher and Guide, their Advocate and He would reveal whatever they needed to know at the most appropriate time for them. Jesus asks us to trust Him in the same way: to trust that His plan for us includes His perfect timing also. He wants us to learn and grow in the present moment and then we'll be ready for the next challenge, the next set of graces, the next piece of the puzzle. He doesn't want us to be anxious or afraid: He knows how much we can handle at any given moment. He wants us to be at peace. He wants us to love Him. Trusting in Jesus means trusting in His timing. It also means opening our hearts and our ears to the voice of the Holy Spirit.



PAY ATTENTION TO HOW YOUR MIND WORKS THIS WEEK: DO YOU FIND YOURSELF DISSATISFIED, WISHING FOR FUTURE EVENTS, WISHING TO BE SOMEWHERE OTHER THAN WHERE YOU ARE? FOLLOW FR MIKE'S 4 STEP GUIDE AND PRAY TO THE HOLY SPIRIT FOR CLARITY, PATIENCE AND THE WISDOM TO KNOW HOW TO ACT!

Holy Spirit, help me to live in the present moment; help me to find You here, and Your plan for my life; help me to see the blessings of the now, rather than frustrations about the future or regrets about the past. Let me find You in the now, because this is where You and I can meet. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LIVING IN THE PRESENT MOMENT



- Lauren Daigle: Trust in You
- Natalie Grant: Live for Today
- Casting Crowns: Praise You in this storm
- Leeland: WayMaker

- Elevation Worship: Promises
- Chris Tomlin: Good Good Father
- Elevation Worship: Million Little Miracles
- Elevation Worship: Here Again

Click the links for the YouTube videos to listen to some suggestions!



Happiness (Chris Stefanick)



Choose Joy: Ascend YM Resource



Opening Prayer

God our Father, we come before You today to ask for Your help in our exams. We seek Your peace and Your guidance, which drives out the fear and doubt in our hearts. Give us the gift of good memory as we are tested today so that we may do our best with the talents and abilities you have given us.

All: Amen

Prayer to the Holy Spirit:

All: Come Holy Spirit, enlighten and guide me, and fill my heart with peace. Take away any doubt or worry that surrounds me today. Help me to understand the questions being asked of me and inspire me with the words to express myself well. Guide the beginning of my work, the preparation and the planning; direct its progress, and bring it to successful completion. Amen

Prayers of Intercession:

Heavenly Father, You love us and You only want what is best for us. We gather today to ask Your blessing on us all. Give us the graces we need to sustain us in the days ahead.

• We pray for all students sitting exams today, that the Spirit will grant them wisdom and understanding. Lord hear us:

All: Lord graciously hear us

• For all who are nervous or afraid, that they may know the peace of God in their moments of need. Lord hear us:

All: Lord graciously hear us

• For those who have worked to prepare us for these days of testing and for those who will supervise and correct our exams. Lord hear us:

All: Lord graciously hear us

• For our families who support us in all that we do. Lord hear us:

All: Lord graciously hear us

Prayer to Our Lady

We ask Our Heavenly Mother in a special way to pray for us and with us today as we say: All: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

Moment of Silence

We take a moment of silence to offer our own prayers to the Lord.....

Final prayer:



All: Lord, calm my fear at exam time. Help my strained memory in times of doubt. Help my tired hand write it all down. Let the work I have done stand to me today. Do not allow what remains undone to undermine my courage. Help me to make the best of my knowledge. You have a loving plan for my whole life. Whatever the outcome, exams are a part of this. Let Your will be done, and may all I do lead to you. Amen





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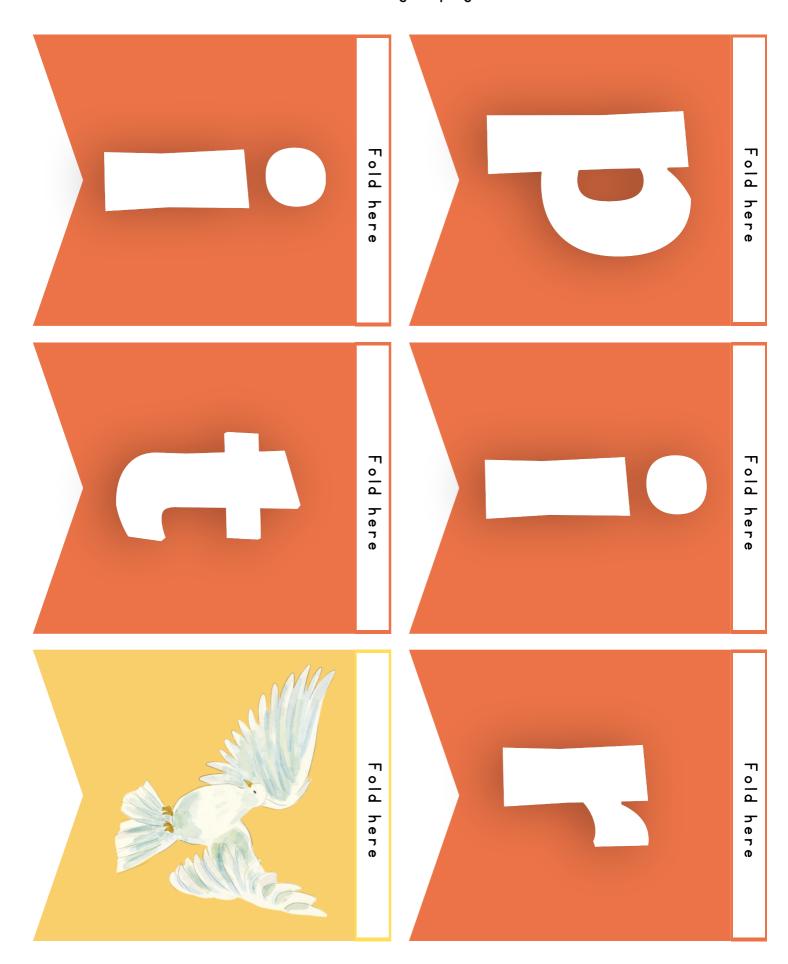




Cut out bunting shapes, fold over tabs and stick to string / ribbon PAGE 8 - ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



Cut out bunting shapes, fold over tabs and stick to string / ribbon PAGE 9 - ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



Cut out bunting shapes, fold over tabs and stick to string / ribbon PAGE 10 - ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



THE WORDS ASSOCIATED WITH THE HOLY SPIRIT IN THE WORDSEARCH

XPJSIAGJPMRCOZCQTY DKBFDGHPDFCIRONYPI SSENLUFHTIAFUOGTVB

D K B F D G H P D F C I R O N Y P I W N O J M N L
S S E N L U F H T I A F U O G T V B W I I V L D L
W S M H V R V A Y J Y N F I R E Y K L V T B R E N
D E E E B R E A T H S I R Q Q N I T O I A Y F R V
M Y X N G J D O W E D U T I T R O F R D M N U S L
B F H S E D S X L S J S V U E C R U T P R R S T V
L A E S M L E T I R I P S Y L O H E N S I W K A S
V W J N S E T L M W W X V K R X K V O O F W T N F
Q J I J C R Y N W P I X E E U D Z O C Z N S C D O
F I R S V O P T E O G F C T R S S L F H O U N I F

LOODCQSIGNESOUEBALCCOYNC
HARGOWDHNIKLIJNYVEKIOWGC
DQMQJMIQVIERDBDLTSSJASYC

J N N F E Q Y L E J H R K L G E N M S I T P A B F I V L G A C Q G B T F Y T O T E D I P E K M E O \

P G P A T T Z J F X E Y O A P B M A R Y I X Y S I J A N B U Q H O H T I D C E F B E N Y U N E V Y :

Z J T I V M R E I B N O Z W O B D D W Y D H P T '

T O Z U E N N L S D M K V N T G C O J T E N N B T

N B F O X V C O Q G W A W Z I J E S U S S F U D H W K I B W Y A E N A B O W Q P A R A C L E T E D H

Z H T I K J T S A A S Z R M K K I B V M Y G W Q

Advocate | anointing | baptism | breath | Confirmation | counsel | divine | faithfulness | Father | fear of the Lord | fire | flame | fortitude | gentleness | goodness | Holy Spirit | Jesus | joy | kindness | knowledge | love | mission | Paraclete | patience | peace | Pentecost | piety | receive | seal | self control | send | Trinity | understanding | water | wind | wisdom



QUICK FIRE QUIZ!

Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the Holy Spirit as quickly as you can. Who can explain the most words?



IN THE NAME
OF THE FATHER,
AND OF THE SON,
AND OF THE HOLY SPIRIT

AMEN!



WHO IS GOD?

What words would	you use to describe the	Christian understan	ding of who	on hour Cod is?
what words would	you use to describe the	Giiristiaii uiiderstaii	unig of who c	or now God is:

*	Fill in the blanks: "God so who believes in him won't peri "Give thanks to the Lord, for H	ish but will have eternal life." (John 3	is only Son, so that everyone :16) prever." 1 Chronicles 16:34
~///	Give thanks to the Bora, for i.		rever. I difference 10.54

We are used to hearing the idea that God loves us. But God is so much more than that, God IS Love!

EVER HAD A SECRET TO SHARE?

Can you think of a time when you were just bursting to share a secret with someone? Who did you decide to tell? Why did you choose that person? How did it feel to be able to share something so personal with someone else? What are the risks of telling someone a secret?



WATCH FR JOHN PARKS EXPLAIN: WHAT IS THE TRINITY? IN THIS LIFETEEN VIDEO



GOD'S INNERMOST SECRET



Paragraph 221 of the Catechism of the Catholic Church states: "God's very being is love. By sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange."

God's innermost secret is that God is a Trinity, but this secret isn't like a mystery God is trying to hide. We call the Trinity a *mystery* because unless God had revealed it, we would never have known it... and He WANTS us to know it, because God wants to be known as God really is. Unless we know God, we can't love Him.



Think of something that was like a mystery to you until someone explained it to you.

Now, think about the people you love, and the people you want to love you. Do you want them to love a version of you they make up, or do you want to be known and loved for who you really are? God wants to be known and loved for who God is... and so has revealed his Trinitarian nature to us, inviting us into that communion of love too!



God knows me and loves me. God wants to be known by me and loved by me.

WHO OR WHAT IS THE TRINITY?

1+1+1=?

1 = 3 and 3 = 1?? One God = Three Persons? Sounds like bad Maths! We're not talking about mathematical equations here however, but supernatural realities. We need to try to understand the mystery of the Trinity, rather than just dismiss it because it doesn't seem logical. We often say that humans are mind and matter, body and soul. God is three distinct persons, Father, Son and Holy Spirit, but all fully possess the divine substance, or simply said, all are entirely God.





Remember how St Patrick used a shamrock to explain the Trinity to the people of Ireland? Each leaf is distinct with the full substance of the shamrock, yet all three make up one shamrock plant. It's important too to not get too tied up in analogies. They are limited and can only bring us so far in understanding the concept of the Trinity.

HOW CAN I HAVE A RELATIONSHIP WITH THE TRINITY?

- Throughout the Old Testament, God reveals Himself as the One True God who created all things and called His people to Himself. Jesus revealed to us that God is our Father, and asked us to pray to Him in the "Our Father". Jesus called God "Abba", which actually translates as Daddy. God the Father loves us and wants us to come to Him as His children and experience His Fatherly love and presence.
- Jesus is the only Person of the Trinity who had a human form we call that the mystery of the Incarnation. Jesus was born as a tiny baby, grew up, ate, slept, drank, worked, had friends, knew joy, betrayal, pain - He felt all this in his human nature, although fully divine also. His death and resurrection opened the way to Heaven for us. We can think of Jesus as our Brother.
- When Jesus ascended to the Father, He promised His disciples that He would send them the Paraclete, the *Holy Spirit*, to be their helper and guide. The Holy Spirit didn't just make an appearance at this time in history however! From the very beginning of creation, the Spirit was moving over the earth, breathing life into all creatures. The Holy Spirit is still active in the Church, in creation and in our own hearts today, drawing us into a relationship with God the Father, into the communion of the Trinity.
- Simply put, God is like a Family: God is Father, Jesus is our Brother, the Holy Spirit is the Love that unites us.

GOD IS LOVE



In order for love to exist, you need 3 parts: the One who loves (lover), the Beloved and the Love. God the Father loves the Son, the Son loves the Father, and the love between them is so great, the Spirit proceeds from their love. The Father loves the Son and gives Him everything, the Son receives that love and gives everything back to the Father, and that Love in itself IS the third Person of the Trinity, the Spirit.

In the Nicene Creed we pray: "I believe in one Lord Jesus Christ, ... begotten, not made, consubstantial with the Father". Jesus is of the same substance as the Father, eternally begotten, He always existed. The Spirit "proceeds from the Father and the Son": the Spirit IS the love between the Father and the Son, so strong that the Love is another Person.



How do these symbols attempt to explain the **Trinity?**



TIME TO REFLECT

CLICK HERE FOR THE FULL NICENE CREED

- Reflect on your understanding of each Person of the Trinity. Spend some time praying from your heart to each distinct Person of the Trinity: God the Father, God the Son, the Holy Spirit. The songs below might help you to do this.
- Make a conscious effort each time you bless yourself in the name of the Father, and of the Son and of the Holy Spirit.

WHAT DO WE LEARN ABOUT CHARACTERISTICS OF THE DIVINE PERSONS IN THESE SONGS?

Chris Tomlin: Good Good Father





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

Act in me, O Holy Spirit,
that my work, too, may be holy.
Draw my heart, O Holy Spirit,
that I love but what is holy.
Strengthen me, O Holy Spirit,
to defend all that is holy.
Cuard me, then, O Holy Spirit,
that I always may be holy. Amen.

- PRAYER OF ST AUGUSTINE -



The Holy Spirit is our Guide, our Advocate, the Paraclete... but what does that mean for our lives?

In the flames below, write down situations you need guidance in, or people you want to pray for, or decisions you need to make.

Ask the Holy Spirit to guide and inspire you. You can pray a very simple prayer throughout the day: "Come Holy Spirit!"



The following are symbols of the Holy Spirit. Symbols cannot convey the whole truth but they can provide a way of understanding elements of the reality. What can each of the following symbols teach us about the Holy Spirit?

Symbol	What does this usually make us think of?	How can this help us understand the person / the power / the actions of the Holy Spirit?
FIRE / FLAME		
DOVE		
WATER		
90 WIND		
ANOINTING OIL		

What else do you think could symbolise the power / the person / the actions of the Holy Spirit?

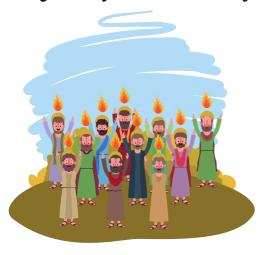
Draw and explain your symbol!



RE-READ ACTS 2:1-11 = 1

Before the Holy Spirit came upon the Apostles in the Upper Room at Pentecost, they were hiding in fear. Even though they had lived and walked with Jesus for 3 years, they were still shaken by the events of His passion and death. He told them after His Resurrection that He would send the Holy Spirit to be their Advocate, that they would receive power from on high, and go out to the whole world to proclaim the Good News of the Kingdom of God.

Imagine that you are Peter or one of the other Apostles on the Day of Pentecost.



- How did you feel prior to the descent of the Holy Spirit?
- How did you feel about yourself?
- How did you feel about your mission?
- Who was with you? What was the mood like?
- Describe the amazing events in the Upper Room.
- Talk about your response to receiving the Holy Spirit, and how you felt / were called to act and speak?
- What are your thoughts now about the future?

,		
-		

