

ST MATTHEW & ST VINCENT DE PAUL SOUTH BELCONNEN PARISH MASS REFLECTIONS FOR YOUTH

Pentecost Sunday - Year A (Sunday 31st May 2020)



South Belconnen Online Mass Saturdays at 6pm: <https://1983-roo.my.webex.com/webappng/sites/1983-roo.my/meeting/download/abd5239852f94f46aaaf7155d3ac7e0?siteurl=1983-roo.my&MTID=m0f501ebb3f9a88069755283691084e96>

Setting up a Prayer Space

Setting up a prayerful space at home is a great way to connect with Mass online and bring Jesus into your home.

What are some items that you can have in your family prayer space this week?



My Intentions

Before Mass starts, we should think about some of the things that we would like to pray for. Jesus loves to listen to our prayers and help us in our lives.

Write or draw in the space below some of the people or things that you want to hold close to your heart this week.



The Gospel

JOHN 20:19-23
JESUS APPEARS TO HIS DISCIPLES

As you listen to the Gospel today reflect on what Fr Simon is saying. Try to write some of the words from the Gospel that stand out to you in the space below.



Let's Look at the Gospel

Imagine if you were a disciple of Jesus. Imagine being present when the doors and windows started shaking. Imagine seeing the tongues of fire come down and land on your head. Imagine speaking out and realising that you could speak another language that you have never learnt before.

How would you feel?

The Holy Spirit is present in our lives. The Holy Spirit is the helper that Jesus left for us on earth for us. Jesus also fills us with the Holy Spirit each day.

How do you think the Holy Spirit is present in your life?



Spiritual Communion Prayer

We cannot come together to physically celebrate Mass. This means that we are unable to receive the Eucharist. However, you can pray this prayer with your family as an act of Spiritual Communion after Fr Simon breaks the bread.

Jesus, I believe that you are truly present in the Blessed Sacrament.

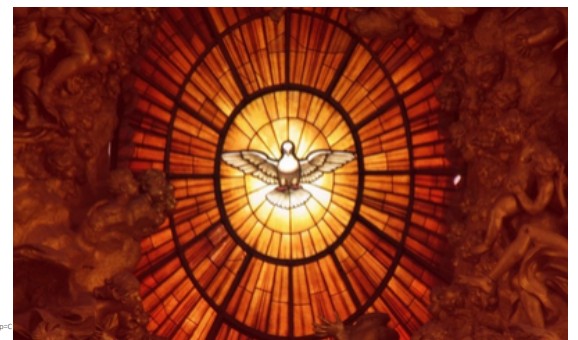
I love you so much and I want to receive you through communion.

Since I cannot receive you through the sacrament at Mass at this time, I ask that you come spiritually into my heart.

Never let me be separated from you.

Amen

My Notes and Reflections



Weekly Challenge

There are some beautiful songs about the Holy Spirit in our world. For your prayer time this week, we challenge you to listen to a song and reflect on what it means. Try listening to 'Holy Spirit' by Jesus Culture and Kim Walker-Smith. Here is the safe youtube link

<https://safeYouTube.net/w/l4aH>