

# Our Lady of Perpetual Help Parish **Bulletin for Teens**



## Receive the Holy Spirit

Sunday the 24th of May 2026, Pentecost Sunday, Year A

### **Gospel: John 20:19-23**

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain. They are retained.'

The Gospel of the Lord



### **What receiving the Holy Spirit meant to the disciples**

For the disciples, receiving the Holy Spirit was a turning point that changed everything about who they were and how they lived.

After Jesus' crucifixion the disciples were afraid, unsure and often staying hidden. They were unsure about what would happen next, what was expected of them, and whether they would be able to do what Jesus called them to do. When they received the Holy Spirit, they experienced God's presence in a new, powerful way that gave them courage, clarity, and strength.

Fear was replaced with boldness. The same disciples who had locked themselves away from fear of being recognised as followers of Jesus, now began openly preaching about Him, even though it was dangerous. Their understanding grew as they remembered and reflected more deeply on what Jesus had taught them. The Holy Spirit helped them make sense of what Jesus had said and done, and see how it all fitted into God's plan. They no longer saw themselves as just followers, but as people commissioned, being sent on a mission, to spread the message of Jesus to all nations, forming the early Church.

Receiving the Holy Spirit transformed them from frightened, questioning, followers into confident witnesses who knew that God was working through them.

## What receiving the Holy Spirit means to us today

We first receive the Holy Spirit in Baptism, when we are brought into God's family, the Church. Even if we were baptised as an infant, the Holy Spirit was still truly given to us. God's grace was a work even before we could understand it. Confirmation is closely connected to Baptism. It doesn't replace or repeat it, instead, it deepens and strengthens what was already given. In Confirmation, we are anointed with the Chrism oil as the Holy Spirit is asked to fill us more completely with gifts like wisdom, courage, understanding, and right judgement. We are "sealed" with the Holy Spirit; marked as belong to Christ in a mature, committed way.

The Holy Spirit isn't just symbolic. It is a real and practical, bring us:

- Courage to be Christian even when faith might feel awkward or unpopular.
- Wisdom and clarity to make decisions when life feels confusing or pressured.
- Strength to resist things that lead us away from our values and faith.
- Confidence that we are not alone; God is actively present in our lives.
- Purpose, the knowledge that our lives matter and that we are being called to make a difference.

In a real sense, Confirmation is our commissioning, just like the disciples were commissioned at Pentecost. We have the same mission to go out and share the Word and love of God with all the world, and we have the Holy Spirit to help us do it.

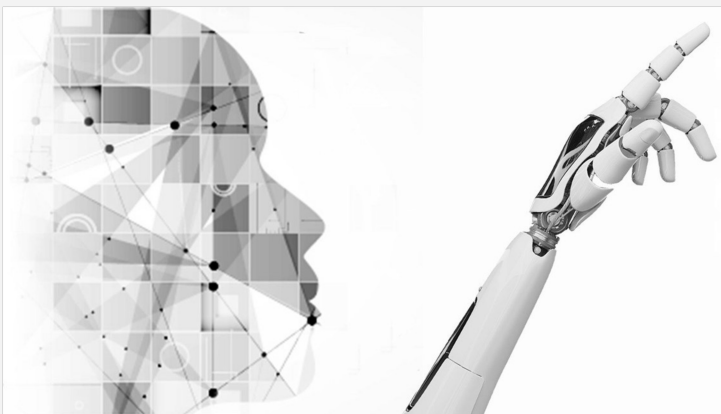
### Reflection question and a challenge f

Where in your life do you most need the Holy Spirit's help right now? It might be that you need courage, wisdom, strength or something else.

Each day this week, take one quiet moment and pray: "Come, Holy Spirit, be with me today."

Then when you are faced with decisions this week, big or small, pause and ask: "What would be the most loving or honest choice here?" Try and act on that prompt, even if it's not eh easiest option.

## *Communication must respect the truth of the human person*



On May 17, the Catholic Church marked the 60th World Day of Social Communications. Pope Leo encouraged everyone to promote forms of communication that respect the truth of the human person. He said "Each of us posses an irreplaceable and inimitable vocation, which originates from our own lived experience and becomes manifest through interaction with others...By simulating human voices and faces, wisdom and knowledge, consciousness and responsibility, empathy

and friendship the systems known as artificial intelligence not only interfere with information ecosystems, but also encroach upon he deepest level of communication, that of human relationships." The real threat to humanity is our willingness to offload our ability to listen and think critically to AI and social-media algorithms, said the Pope in his message. "We are thus robbed of the opportunity to encounter others who are always different from ourselves, and with whom we can and must learn to relate. Without embracing others, there can be no relationships or friendships...We need faces and voices to speak for people again, We need to cherish the gift of communication as the deepest truth of humanity, to which all technological innovation should also be oriented."