

<https://vimeo.com/178001225>

Teacher Tip:

Watch an online video of a class performing both of these gestures.

ACTIVITY

Pentecost Gesture

Invite the children to repeat the gesture indicating that Jesus was lifted up to heaven at the Ascension:

Palms open facing upwards, arms outstretched. Slowly raise arms while saying, 'Jesus ascended into heaven where he is seated at the right hand of his Father'.

Then add a new gesture to indicate the descent of the Holy Spirit at Pentecost:

Turn over palms and move hands slowly down, still outstretched, while saying, 'Soon after that, at Pentecost, the Holy Spirit descended on Jesus' friends.'

When the children are confident with this new gesture, join the two together.

TEACHER NOTE: The performing of this new gesture will prepare children for the gesture of *epiclesis* which they will see the priest performing during the celebration of the Mass. This is the action during which the priest calls down the Holy Spirit upon the bread and wine to change them into the real presence of Jesus.

PRAYER

Prayer to the Holy Spirit

Begin by recalling the Pentecost story, and remind the children that this was the day on which the helper that Jesus promised to send, the Holy Spirit, came to his friends. Explain that the Holy Spirit comes to all those people who are friends of Jesus when they are baptised. The Holy Spirit helps us to live as Jesus taught us. Then teach the children the following prayer.

Prayer to the Holy Spirit

Holy Spirit, I want to do what is right. Help me.
Holy Spirit, I want to live like Jesus. Guide me.
Holy Spirit, I want to pray like Jesus. Teach me.