**CHOCOLATE MILK ACTIVITY**

**Directions:**

1. Have children and parents gather around a table that is covered with a white or gold cloth.

2. Place a large clear glass on the table.

3. Place a clear pitcher of milk (*not the milk carton itself*) on the table.

4. Place a bottle of chocolate syrup on the table.

5. Have a spoon on the table.

**Explanation:**

1. We are going to do a little demonstration of what is happening in our soul when the Holy Spirit

pours His Grace into us. It is an analogy.

2. We begin with this glass (*point to the glass*), this is like us before Baptism.

3. Fill the glass with milk. The milk represents you and I on the day of our Baptism. The chocolate I

am about to use represents the spiritual gifts given to us by the Holy Spirit that day.

4. *You will squeeze the syrup three times into the milk but do not stir it up yet.*

Explain: At Baptism, the priest said the prayer and poured water over our heads saying: “I baptize

you in the name of the Father (*squeeze*), and of the Son (*squeeze*) and of the Holy Spirit

(*squeeze*). At that moment we became children of God and members of God’s family! We didn’t

look any different than before we were baptized with water (hold up the glass), but actually a huge

change took place! God adopted us and we became members of His family, the Church.

5. *You will squeeze more syrup into the milk*.

Continue: Now at Confirmation, the Bishop places chrism oil on your head and says: “Be sealed

with the gift of the Holy Spirit” (*squeeze a generous amount in)* And you say “Amen”. Amen means

“Yes! It is true.”

*6. Pick up spoon to stir.*

Well, saying “Amen” is like stirring up the Holy Spirit (*stir the syrup so it is now chocolate milk*).

You won’t look any different than before you were confirmed but you may feel joyful inside because

you have been sealed with the Holy Spirit and now have all the grace and help that you need to

live out your Catholic faith!

In this example, the chocolate syrup is like the spiritual gifts of the Holy Spirit that are given to us in

baptism and confirmation. Remember the Pentecost story? Jesus promised that He and the

Father would send a helper, the Holy Spirit, but we must cooperate with the Holy Spirit. If we

choose not to pray and obey the Holy Spirit then we are like the glass of chocolate milk that when

you leave it to sit, (WHAT HAPPENS?) the chocolate will separate and sink to the bottom of the

glass and the milk will no longer taste chocolaty.

**Application:**

1. So, what should we do to cooperate with and keep the Holy Spirit stirred up in our lives?

For example: pray, use the gifts of the Holy Spirit, obey the 10 commandments, go to Mass, go to

Reconciliation, read the Bible, be kind to others, share with the poor, develop the gifts of the Holy

Spirit.