

Pentecost / Confirmation

Track 7 or Track 9

Begin with the warm-up for this section, then move into the meditation:

Before Jesus ascended into heaven, he spoke to his disciples ... he told them to stay in Jerusalem, because the Holy Spirit was coming to baptize them ... when we are confirmed, the Holy Spirit also comes upon us and helps us to become better Christians, if we choose to do so ... let us take a moment to meditate on Pentecost and the coming of the Holy Spirit ...

Imagine that you are sitting with the disciples ... it is shortly after Jesus ascended into heaven ... and as he instructed, you all stay in Jerusalem to wait for the Holy Spirit to come ... suddenly, before any of you can react, you hear an extremely strong gust of wind blow through the house ... tongues of fire seem to rest above each person's

head ... to your surprise, as one touches you, you begin to speak in another language ... "How can this be happening?" you ask yourself ... incredulously, you call out to the other disciples and they respond to you, each in a different language, and you understand them ... you try to read their faces, and a smile begins to emerge on your face ... "It has happened," you call out excitedly, "just as the Lord said it would!" ... at this point, people begin to arrive to check out what is going on in the house, because they had heard a very loud noise ... many of them were visiting Jerusalem ... many of them did not speak the same language as you and the other disciples because they were from out of town ... to your delight, each of you was able to communicate with the others! ... and with that, you, along with the other disciples, began to give witness

to those around you about the Good News, in the hope that they, too, might believe in Jesus Christ.

Now take a moment to think of your Confirmation ... what do/did you expect to happen when you receive/received the Holy Spirit? ... on your special day, are/were you ready to say, "Yes! I believe in God the Father, in Jesus Christ, and in the Holy Spirit!" with your whole heart and mind? ... how can you work to develop the gifts that the Holy Spirit bestows on you? ... who can help you when you're struggling with your faith? ... how do you intend to spread the Good News? ... Now take some time to say a private prayer asking God to help you as you prepare to

receive the sacrament of Confirmation/ asking God to continue to guide you as you develop from being a young Catholic into a Catholic adult ...

(Pause for about 10 to 20 seconds before giving the next set of instructions)

Bring your consciousness back to your focus words ... *Holy ... Spirit ...* Now, as you breathe in, concentrate on the word *Holy ...* and as you breathe out, concentrate on *Spirit ...* (*allow participants to take a few breaths*). Begin to wiggle your toes, your fingers. When you are ready, open your eyes and slowly sit up. Please remain quiet until we are ready to reflect on our meditation.

Reflection / Discussion Questions:

1. How did you feel when the Holy Spirit came during your meditation? What would you do if the same thing happened to you today?
2. How do you share the Good News of God's love at home? at school? in your community?
3. Which is your favourite gift of the Holy Spirit in Confirmation? Why?