

Praying with the Spirit

Come Spirit of Truth & Peace!



The Holy Spirit is the third person in the blessed Trinity, the one Jesus promised to send. The one who was sent to bring us guidance & comfort. How often do we need guidance and comfort? The answer for all of us is probably every day. The Holy Spirit will help us find truth & happiness. Imagine what would happen in our lives, in the world around us, if we truly unleashed the Holy Spirit in our lives! The Holy Spirit means that we are never alone. The Holy Spirit is a true friend, who leads us in what is good & right. The Holy Spirit brings out the most and the best in us to do God's will and share Jesus Christ with the whole world. And the Holy Spirit will help us MAINTAIN JOY in times of suffering. St. Paul is a good example of the Holy Spirit helping us maintain joy in times of suffering. St. Paul was joyful even while in prison! Let us pray:

Prayer to the Holy Spirit:

Come, Holy Spirit, beloved of my soul,
I adore You. Enlighten me, guide me,
strengthen me, and console me.

Tell me what I must do.

Inspire me with what I must say.

Give me your orders.

I promise to submit myself to You in all that
You ask of me and to accept all that
You permit to happen to me.

Let me only know Your will, and do Your will.

Amen.

A good place to start is to look at these three websites for knowledge about the Holy Spirit and ways to celebrate Pentecost (May 31) as a family.

- 1) [Who is the Holy Spirit?](#)
- 2) [Pentecost Prayers & Activities for the Family](#)
- 3) [8 Things to Know & Share About Pentecost](#)

Then choose a few resources from the list that fit your family.

Resources for Families

- [Pentecost Craft Ideas](#)
- [Lesson Plan Using a Fan to Teach about Spirit](#)
- Spotify [Pentecost Worship Music Playlist](#)
- [Pentecost Ice Cream Sundaes](#)
- [Creative Ways to Celebrate Pentecost](#)

Resources for Small Children

- Holy Spirit [Coloring Page](#)
- [Pentecost Prayer](#)
- [Lean On You](#) song - Hillsong Kids
- [Cultivating the Gifts of the Holy Spirit](#) in Kids

Resources for Elementary Kids

- [Kids Explaining the Pentecost & Holy Spirit](#)
- [Explaining the Holy Spirit to a Child](#)
- Video: [Explaining the Trinity to a Child](#)
- Cartoon - [The Day of Pentecost](#)
- [The Story of Pentecost Told With Legos](#)

Resources for Teens

- [Who the Heck is the Holy Spirit?](#)
- [Praying With Friends Doesn't Have to Be Awkward](#)
- [Holy Spirit Word Search](#)
- Printable [Prayer To the Holy Spirit](#)
- Summit: [Reflection](#) and [Video](#) on Sunday's Readings

Resources for Adults

- [Bishop Barron on The Holy Spirit](#)
- [3-Minute Retreat with the Holy Spirit](#)
- [Reflection Questions](#) - Upcoming Sun Readings
- Sunday & Weekday [Readings](#)
- [Recommendations](#) from Formed.org

Resources: Special Needs

- [ASL Signs for Gifts of Holy Spirit](#)

SFA Streamed Live on Facebook:

Daily: Adoration - 6 am **Rosary** - 7 am

Mass: 9:30 am Sun. [Worship Aid](#)

ASL Interpretation provided for Sunday Mass

Mass: 8:45 am Wed. (School Mass)

* Streamed masses will be recorded and posted on our [website](#) and [Vimeo page](#).

