

Pentecost Sunday

John 14:15–16, 23b–26

‘The Holy Spirit will teach you all things.’

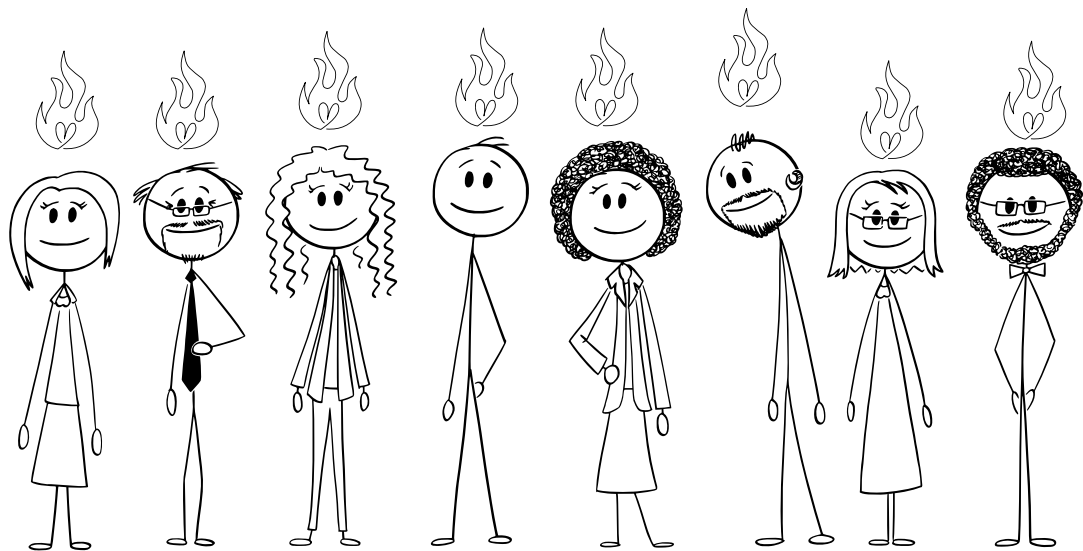
At that time: Jesus said to his disciples, ‘If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you for ever. If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me.

‘These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.’

Reflection

In today’s Gospel, Jesus tells us that if we love Him, we will follow His teachings, and God will be with us. He promises to send the Holy Spirit, our Helper, to guide us and remind us of His love and words.

As Vincentians, we are called to live out Jesus’ love by helping others, especially those in need., but this isn’t always easy and we need strength to be able to help. The Holy Spirit helps us to remember Jesus’ teachings and gives us the strength to live them out. When we care for others, show kindness, and serve our community, we are sharing the love that Jesus has shown us.



Materials needed

Cut out paper flames

Coloured pens/paper

Activity

Each person receives a paper flame.

On one side of the flame, they should colour or decorate it, reflecting on their unique gifts and talents. Encourage them to take time to think about how to describe who they are and what’s important through their images. It could be family, favourite team, culture and heritage, faith, hobbies, skills.

On the other side, invite them to consider and write down what they feel is their mission from God—how they are called to make a difference in their community or share God’s love with others.

Once finished, each person can add their flame to a communal display, creating a large and vibrant “fire” made up of unique flames. This symbolises how each individual’s gifts and actions combine to create something greater—a powerful, united fire of love, hope, and service inspired by the Holy Spirit.

Call to Action

Take your mission from God and bring it to life! This week, choose one small but meaningful way to use your unique gifts to help someone or bring hope to a situation. Whether it’s showing kindness, lending a helping hand, or simply listening to someone in need, your actions can ignite the fire of love and make a difference. Let’s let the Holy Spirit guide us to live out our mission every day!



