

The Holy Spirit

Teaching:

- For Grades 1-2, watch [Who is the Holy Spirit?](#)
- For Grades 3-8 & Adults, watch these two videos:
 - [The Bible Project's video on the Holy Spirit](#)
 - [Catholic Central's video on the Holy Spirit](#)

This lesson is about the third person of the Trinity: the Holy Spirit. Learn about how the Holy Spirit has moved the people of the Bible and continues to affect our lives today.

The Holy Spirit is Your Conscience

As a family, watch the movie Pinocchio (or the [video clip here](#)) of Jiminy Cricket being assigned as Pinocchio's conscience. Then answer the questions:

- How is this clip like what the Holy Spirit does for us?
- What would help you to listen to the Holy Spirit when you make decisions?
- How can you help others listen to the Holy Spirit?



Symbols of the Holy Spirit

There are many symbols associated with the Holy Spirit. Do a quick Google search and see how many you can find (one you may not find is wind or breath).



With which symbol do you most resonate?

Take some time to draw a picture of the Holy Spirit from your imagination, then share your picture with your family members and explain why you drew what you did.

The Holy Spirit is Your Guide

Pair up (or have mom/dad lead each child). Then, using a cloth or dish towel, blindfold one person of the pair and lead them through the house (even better, create an obstacle course!). Afterwards talk about how the Holy Spirit guides us in our lives. We

must trust that the Holy Spirit will lead us through the times of darkness when we are struggling and will be our advocate, our counselor, our guide.



Pentecost: The Birthday of the Church

Pentecost is known as the birthday of the Church, because that is when the Holy Spirit filled the apostles and they began spreading the good news of Jesus Christ to all the ends of the earth. Bake a cake together to celebrate the birthday of the Church.

While you are baking, read the story of the disciples in the upper room ([Acts 2:1-13](#)), or watch this [kids video](#). Talk about what it might have been like to be in the upper room with the apostles. What would you have done? Be sure to sing "Happy Birthday" before you eat it!



Close your time together by praying St. Augustine's Prayer to the Holy Spirit. As you pray the words, pause after each line to reflect:

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy.
Amen.