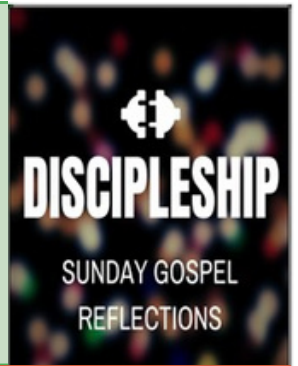


In preparation for May 24, 2026, Pentecost Sunday

**Theme - From Fear to Mission**

**“Peace be with you. As the Father has sent me, so I send you.” And when he said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”, John 20:19-23 (Verses 21-23)**



**Adults -**

1. The first thing the Risen Christ does for the apostles is offer them “peace.” How wounded the apostles must have felt after betraying the “one” who loved them so completely even in all their failings. Consider a time when you wounded Christ with your words or actions. What does it mean to you that Christ offers you the same “peace?”
2. Jesus breathed on the apostles passing onto them his Spirit. Now they are able to offer the same peace by extending forgiveness to others. They are to now offer the same peace by means of forgiveness to all others. How easy is it for you to forgive and offer Christ to others? How hard is it?



**Obstacles for living out the Gospel:** Forgetting the mission of peace and love.

**Teens -**

1. At the beginning of today’s Gospel, the disciples are afraid and have the doors locked. What are the “locked doors” in your life right now? If someone looked at your life from the outside, where would they see fear holding you back? Can you think of a time you would have done something differently if you weren’t afraid of what others would think?
2. Where are you struggling to find peace in your life right now? What’s the difference between distraction (scrolling, gaming, staying busy) and real peace? When you’re stressed or anxious, where do you usually go for peace? Does it last?
3. Do you think you live like someone filled with the Holy Spirit — or someone still hiding behind a “locked door?” Why do you think Jesus connects the Holy Spirit to forgiveness? Jesus reminds us time and time again the importance of forgiveness. Is there someone in your life that you’re struggling to forgive? How can the Holy Spirit help you in this struggle?
4. Jesus says, “As the Father has sent me, so I send you. Where do you feel “sent” right now- sports team, friend group, family?

**Obstacles to living out the Gospel:** The fear of standing out or being judged, which keeps us hiding our faith behind “locked doors” instead of boldly living as someone filled with the peace and the power of the Holy Spirit.

**Children -**

1. What do you think the disciples were feeling before Jesus came and stood in their midst? After he breathed on them, how do you think they felt then?
2. Have you moved, or seen someone else move, from fear to courage? How do you think the Holy Spirit played a role in that experience? Does it make you feel brave knowing the Holy Spirit lives with you? Why or why not?
3. Have you ever experienced freedom by being forgiven by someone? Have you ever been able to free someone else by offering forgiveness? Share how these two experiences made you feel?
4. In school, you are asked to prepare for exams or quizzes, spelling bees, and sporting events. How seriously do you prepare your heart to receive the Holy Spirit? What is something you can begin doing to help you open your heart more widely to God and the Holy Spirit?

**Obstacles to living out the Gospel:** Not realizing our spiritual life, like exercise, stays healthy when we spend time developing it. Not realizing that when we forgive someone, it makes us feel better.