

# You won't believe what happens at this Pentecost party!



## 1. As the pupils enter

Have the **webpage open**. Play the music and have the necessary props ready.

## 2. Introduction

Show everyone a bottle of high energy drink. Ask what these type of drinks are good for? [Giving a quick energy 'fix'.]

Ask how we can try to make sure we have enough energy so that we don't need such drinks. [Take suggestions of what we can do to get ready for the day and build up our energy. Suggestions might include: getting enough sleep, eating a healthy breakfast, eating fruit and vegetables such as bananas, and eating carbohydrates such as brown rice and potatoes.]

Explain: *Now we're going to watch a short video about a group of people who were in hiding and had lost all their energy. They didn't want to eat, they didn't want to talk, and they certainly didn't want to leave the place where they were staying and socialise with other people. These men were the disciples that Jesus had left after he had died and then risen again and gone to Heaven. These men felt that Jesus had left them and they were scared. They needed an energy boost to give them the confidence to start spreading the good news about Jesus - but they had none!*

## 3. Play the video

The duration is 4' 50". Final words: 'Now this is a celebration!'

## 4. Time to talk

- Ask everyone to think about how the disciples were acting before the fire rested on their heads and afterwards. Take suggestions and write on the board. These might be:  
BEFORE: lethargic, quiet, still, bored, no energy, scared, hiding  
AFTER: enthusiastic, energetic, brave, talkative, fun
- Discuss what they think caused the change. Explain that it says in the Bible that a flame rested on each of their heads filling them with the Holy Spirit. This was God giving them each a gift.
- Explain that we can often feel like the disciples when things are not going right. However, there are choices that we can make that will give us the energy and the skills we need to tackle the day or week ahead.
- Play the game of *Energy / No Energy* (see the webpage) by holding up various pictures or objects and categorising them.
- Explain that with the new energy that the disciples had been given, they were able to be brave and go and spread the good news of Jesus.

## Link to video page



## 5. Opportunity to reflect

*Think about how much sleep you got last night...  
When did you go to bed...and when did you wake up..?  
Did you wake up still feeling tired...or did you have lots of energy for the new day..?  
Think about what you had for breakfast...  
Did it have the sorts of things you need for plenty of energy to keep you going through the day..?  
Why is it important that we take care of ourselves and make sure we have plenty of energy..?*

## 6. Opportunity to sing

See the webpage for suggestions.

## 7. Opportunity for prayer

*Dear God.  
Thank you that we have lots of different ways we can stay strong and healthy.  
Help us to look after ourselves and make the right choices.  
So we have the energy to tackle the day ahead of us.  
Amen.*