

## Pentecost

Have a lot of red fruits and veggies

Many red fruits and veggies are loaded with powerful, healthy **antioxidants** -- such as lycopene and anthocyanins -- that may do everything from fight heart disease and prostate cancer to decrease the risk for stroke and macular degeneration (the leading cause of blindness in people aged 60 and older). Antioxidants soak up damaging free radicals.

We take them in and they work to keep us physically healthy.....

Today is the day when we remember the work of the Spirit

Recount the broad background and flow of the Bible Reading - Acts 2 ...

If nothing else today - the Holy Spirit is God the Spirit who is 'taken in' to keep us spiritually healthy.

Let's have a bit of fruit ..... - which one would you like? Ask people to collect a fruit or veggie?

What does this fruit remind you about the Spirit?

## Reflection -

First - No matter what fruit or veggie you chose  
- we all receive the Spirit

And in one sense it shapes us exactly the same -

Gal.5:24-25 - all of us becoming more like Jesus -  
Just like Jesus

Secondly - In another sense - the Spirit works with our spirits to gift us according to our community needs, hence the manifestation of the Spirit in our lives may be different -

Romans 12:4-8

Ultimately all these Gal.5 gifts of the Spirit - Gift us to live lives of - Faith Hope and Love - in & with , community - they determine what we do in community - our's in church and our's in wider community - Galatians 6:10

If claim the name of Christian but do not allow the Spirit to work Love, Faith & Hope in us then we, more than any, are hypocrites - not who we profess by word to be. ....And so we sing this song in prayer - Consuming Fire - Spirit - Breath on Me!