

Young Apprentices

A RESOURCE FOR THE OCIA

CATECHUMENATE SESSION: THE ASCENSION

The Ascension of the Lord • Year C • May 29 or June 1, 2025

Hail the Day That Sees Him Rise

Hail the day that sees him rise, Alleluia!
To his throne beyond the skies, Alleluia!
Christ, the Lamb for sinners giv'n, Alleluia!
Enters now the highest heav'n! Alleluia!

There with you shall we remain, Alleluia!
Share the glory of your reign, Alleluia!
There your face unclouded view, Alleluia!
Find our heav'n of heav'ns in you. Alleluia!

Text: Charles Wesley, 1707–1788, and Thomas Cotterill, 1779–1823

Music: LLANFAIR, Robert Williams, 1781–1821



Sunday Word

Acts 1:1-11

Psalms 47:2-3, 6-7, 8-9

Ephesians 1:17-23

Luke 24:46-53

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. Jesus tells the Apostles that with the coming of the Holy Spirit, they will be his witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.
2. The one sacrifice of Christ has freed us from sin. We should hope and trust in him.
3. Jesus blessed his disciples and was taken up to Heaven. The disciples returned to Jerusalem full of joy and praising God.

Go in Peace

List all the ways you receive or share the gift of peace in the coming week. Maybe you will help calm someone who is angry. Maybe someone will help you do the same.

Glorifying the Lord by My Life

List ways you glorify the Lord this week. How did you tell others the Good News? How did you show them you are a disciple of Jesus?

With My Family



We Listen

The Holy Spirit is mentioned three times in the First Reading. That tells you the Holy Spirit is important! Jesus tells the disciples that they will receive the power of the Holy Spirit. By the power of the Spirit, the disciples become witnesses of Jesus throughout the whole world. Then in the Gospel, Jesus tells the disciples to go forth and baptize people of every nation.

We Believe

The Ascension is a solemnity. A *solemnity* is a “solemn day” or a holy day in the life of the Church. This day we celebrate that Jesus’ physical body rose to Heaven. Even though Jesus’ body is no longer on earth, he is still with the Church through the power of the Holy Spirit.

We Live As Disciples

A witness is someone who personally knows something or sees something and tells others about it. The disciples saw Jesus, they knew Jesus, and they knew about his saving love. We too are Jesus’ disciples, and we are called to be his witnesses.

We Pray

A flame is a symbol of the Holy Spirit. Light a candle (red if you have one!) and pray:

Come Holy Spirit, fill the hearts of your faithful. Amen.