



SESSION 18 POWER

GOAL

The goal of this session is to introduce the teens to the Holy Spirit and help them recognize the work of the Spirit in their lives.

KEY CONCEPTS

By our baptism, we are given the gift of the Holy Spirit.

Our relationship with the Holy Spirit grows through prayer, silence, the sacraments, and Scripture.

The gifts and fruits of the Holy Spirit are evidence of His work in our lives and are needed in our daily lives.

KEY TERMS

Baptism: The first of the seven sacraments and the “door” which gives access to the other sacraments. It is the first and chief sacrament of forgiveness of sins because it unites us with Christ, who died for our sins and rose for our justification.

Fruits of the Holy Spirit: The perfections that the Holy Spirit forms in us as the “first fruits” of eternal glory.

Gifts of the Holy Spirit: Permanent dispositions that make us docile to follow the promptings of the Holy Spirit.

SCRIPTURE: 1 Corinthians 12:4-11, 28, Acts 2:2-4, Galatians 5:22-23, Luke 3:22

CATECHISM: 304, 688, 1213, 1294, 2670, 2672

ABOUT THIS CONFIRMATION SESSION

The Engage is a modified *Summit* session followed by a game where the teens guess what fruit another person is describing. During the Reflect, the teens learn about how their relationship with the Holy Spirit began and how it can continue to grow through prayer, reception of the sacraments, and Scripture. The Respond is a scriptural reflection on the gifts of the Holy Spirit as well as an opportunity for the teens to discuss how they can grow in their relationship with the Holy Spirit, focusing on knowledge of the gifts and fruits of the Spirit. The session ends with the Come, Holy Spirit prayer.

ENVIRONMENT

Gather in a comfortable environment where you all are able to sit in a circle facing one another. Consider meeting somewhere at the parish or at a local coffee shop, but always consult and follow your diocesan safe environment rules.

MEDIA SUGGESTIONS

Purpose Video: “The Advocate” (resources.lifeteen.com)

AS YOU GET STARTED

For a more competitive Engage, play the game like Catchphrase. Have the teens sit in a circle, and divide the teens into two teams (alternating every other person). Pass out a stack of notecards with fruits written on them. Set the timer for one minute, during which the teen describes the fruit to his or her team while they try to guess the fruit. The teens try to guess as many fruits correctly before the timer goes off. The stack of notecards is then passed to the next teen on the opposing team. Continue playing until each teen has had a chance to describe fruit. The team with the most points at the end of the game wins.

ENGAGE

Welcome and Opening Prayer (5 min)

Welcome the teens to the session, and begin in prayer.

Summit (20 min)

Use the modified *Summit* session to lead the teens through a *lectio divina* based reflection on the Sunday readings.

Guess the Fruit (10 min)

Instruct one teen to call to mind a particular fruit without telling the rest of the group. They then describe what it is like to eat the fruit without saying its name. The teens should elaborate on how you prepare the fruit, how you eat it, what the texture is like, what it tastes like, etc. Once a teen guesses correctly, have another teen call a fruit to mind. Continue playing until all of the teens have called a fruit to mind.

REFLECT

“Power” Teaching (10 min)

Use the following as a guide for a time of reflection:

When Does It Begin?

Begin by asking the teens the following question:

- What is your first day as a Christian? *If they guess Baptism right away, ask them if they know the date they were baptized.*

Baptism. Your first day as a Christian is usually when you are a baby. Many of us do not remember receiving the Sacrament of Baptism, but our baptism is the starting point of our Christian life, so we need to remember the significance of it, even if we do not remember the actual experience.

Our baptism is the beginning of our lives in Christ. It is the starting point of our faith, gifts, graces, and incorporation into the Body of Christ. In that moment, we are forgiven of original sin and any personal sins. We become adopted children of the Father; He makes us part of His family.

It is also the starting point of our relationship with the Holy Spirit. At our baptism, we are given the gifts of the Holy Spirit to sustain and help us as we walk through life. The gifts of the Holy Spirit grow as we grow. When you receive Confirmation, these gifts are sealed in you.

The Gifts of the Holy Spirit

This means that, by your confirmation, you share more completely in the mission of Jesus and the fullness of the Holy Spirit. Jesus' mission is to lead everyone to heaven. When we are confirmed, this mission becomes ours. Getting everyone to heaven is not an easy task, so we are given the power of the Spirit. The Spirit comes upon us in Confirmation to seal in us the gifts of wisdom, understanding, fortitude, counsel, knowledge, piety, and fear of the Lord. All of the gifts of the Holy Spirit are not given for our benefit but, rather, are given to us to build up the Church, to proclaim Christ, and to more fully walk as His disciples. Confirmation is meant to send you forth to live a life for Christ with the assistance of the Holy Spirit.

CCC 1294

We need the gifts of the Holy Spirit as individuals and as a Church. The gifts of the Holy Spirit are to be used in our daily lives. For example, wisdom could be used to help a friend with a tough situation or to navigate right and wrong. Courage is needed when our friends do something wrong and we need to stand up for what is right. When we see something beautiful, instead of passing over it, we can thank God for the beauty of the Earth. We can always use more understanding of our faith. Counsel can be helpful when we encounter a friend or loved one in crisis. The gifts of the Holy Spirit are at work in our lives every day.

In Confirmation, the gifts are sealed in us, and if we are open, we receive an outpouring of the Holy Spirit, a renewal of grace. But it can be hard to understand what it means to grow with the Holy Spirit. We can kind of grasp God the Father. We see His actions in Scripture, we can study Him, and we can learn about His heart. We hear about Jesus in the Gospels, see depictions of Him in art, and have an understanding of Him through our shared humanity. But the Holy Spirit manifests Himself in Scripture sometimes as a dove, wind, or fire, which can leave us a bit confused.

- Name a person you know who seems to be led by the Holy Spirit in the way they live their life. What sets this person apart?
- Of all the gifts of the Holy Spirit, which ones do you see clearly working in your life? (*wisdom, understanding, fortitude, counsel, knowledge, piety, and fear of the Lord*)
- Which gifts come easily for you? Which gifts are more difficult to foster?
- What can the symbols of the Holy Spirit teach us about how He works in our lives?

Getting to Know the Spirit

The Holy Spirit is already present to us through our knowledge of God the Father and God the Son. The Holy Spirit helps us know God, love Him, and live in His grace. We can also know the Holy Spirit through prayer, Scripture, the Church, and the sacraments. The foundation for knowing the Holy Spirit is prayer. In prayer, we can easily begin invoking the Holy Spirit, inviting Him into our lives.

“Come, Holy Spirit.” The Church instructs us to call upon the Holy Spirit before we do anything important. The Holy Spirit acts in all forms of prayer and is the master and source of prayer. If you find yourself feeling frustrated or you do not know where to start in prayer, simply ask the Holy Spirit to be your guide.

CCC 2670, 2672

We can also come to know the Holy Spirit through Scripture. The Holy Spirit is the principal author of Scripture and enlightens us, so we can better understand the richness God has given us in Scripture. We can ask for the help of the Spirit to read Scripture more often, more ardently, and with greater understanding.

CCC 304

As our relationship with the Spirit grows, so does our appreciation and love for the Church. The Holy Spirit works in all aspects of the Church, even the ones we do not agree with. It is OK to wrestle with or struggle with Church teaching as long as we are open to the wisdom, knowledge, and understanding the Holy Spirit is imparting to us regarding those teachings. Ultimately, we need to be open to the inspiration of the Holy Spirit in helping us understand, love, and affirm these teachings.

The Holy Spirit is alive in the sacraments, specifically in the Mass, during which the Holy Spirit brings us into communion with Christ. In Reconciliation, after we have been cleansed from sin, the Holy Spirit dwells in our hearts and helps us become more like Christ.

CCC 688

For us to grow in relationship with the Holy Spirit, we must be more consistent in our prayer, listen for His promptings in silence, allow Him to move, have an openness to God’s will, and regularly return to the Sacrament of Reconciliation to prepare our hearts as His dwelling place. As we grow in understanding, we are more easily able to recognize the work, movement, and fruits of the Holy Spirit.

- How can you be more open to how the Holy Spirit is working in your life? In what ways have you already recognized the Holy Spirit in your life?
- If we are struggling with a teaching of the Church, how can we grow in knowledge and understanding to see why the Church holds this belief?

The Fruits of the Holy Spirit

The fruits of the Holy Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are concrete manifestations of the Spirit that we can see in ourselves and others. Someone who has great self-control or is very generous is experiencing the workings of the Spirit. But we can also see the fruits of the Holy Spirit working in our lives. Are you exceedingly gentle? Do you experience peace, even in stressful situations? Is it easy for you to find joy in difficulty? Praise the Holy Spirit for these fruits. The Holy Spirit is not trying to hide from you; He wants to transform and renew you, especially as you prepare to receive the Sacrament of Confirmation.

- Which fruits of the Holy Spirit do you see at work in your life? (*love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control*)

- Which fruits come easily for you? Which fruits do you struggle with? How can you grow in the more difficult fruits?
- What would our world look like if everyone used the gifts of the Holy Spirit and their lives were filled with the fruits of the Holy Spirit?

RESPOND

Scripture Handout and Reflection (15 min)

Give each teen a copy of the *Gifts of the Holy Spirit* handout, and encourage them to read each verse and spend time reflecting on what strikes them. Then invite them to use the handout to reflect on and journal about the practical ways they can grow in the gifts of the Holy Spirit. Encourage them to pick one gift they want to grow in this week. Invite them to re-read the Scripture verse from the handout that goes with that gift, and encourage them to read that verse every day this week.

After the teens have finished reflecting, have them find a partner and share their reflections. Encourage them to share practical ideas with each other for how they can grow in exercising a gift. Once they are finished sharing, have them answer the following questions:

- How can we hold each other accountable to grow in the gift of the Holy Spirit we need the most this week? How and when will we communicate to do this?

Closing Prayer (5 min)

Pray the Come, Holy Spirit prayer together, and give any final comments or instructions for upcoming meetings.

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the Earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ, our Lord. Amen.