



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

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

ABOUT THIS CONFIRMATION SESSION

The Gather begins the session with the teens guessing what fruits are present in different varieties of baby food. During the Proclaim, 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 Break is 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 Send closes the session in prayer, asking for the Holy Spirit’s presence.

AS YOU GET STARTED

For a music-focused Send, consider inviting a worship leader to lead the teens in praise and worship. Explain that worship is a response and only the Holy Spirit can help us

respond to God. Encourage the teens to let the Holy Spirit help them worship, respond to God, and intercede on their behalf.

SUMMIT

Welcome and Opening Prayer (5 min)

Gather the teens in the main meeting space. Welcome them to the session and begin in prayer.

Summit (20 min)

Divide the teens into their Confirmation small groups. Use the modified *Summit* session to lead the teens through a *lectio divina* based reflection on the Sunday readings.

GATHER

Name That Fruit (10 min)

Prior to the session, prepare as many identical plates as you have teens with several types of fruit-based baby food on each plate. Gather the teens in the main meeting space. Have the teens taste the baby food and write down what fruit they think each one is. After they have all written down their guesses, invite them to share their guesses with the large group, revealing the correct answer after each guess. Award a prize to the teens who correctly guessed each type of baby food.

PROCLAIM

“Power” Teaching (10 min)

When Does It Begin?

Ask the teens the following questions: What is your first day as a Christian? When does being a Christian start? 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 and 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, that mission becomes ours. Getting everyone to heaven is no 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 some more understanding of our faith. Knowledge is needed for our school work and 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 single 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.

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 that 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.

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.

BREAK

The Advocate Video (5 min)

Play the video "*The Advocate*" as a transition from the teaching into small groups.

Small Group Discussion (15 min)

Divide the teens into their Confirmation small groups. Begin in prayer and then use the following questions to facilitate a discussion:

- Who is someone you know who lives their life with abundance of the Holy Spirit? 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?
- 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?
- How can you open yourself more to the gifts and fruits of the Spirit? How can you recognize them more?

Partner Accountability (20 min)

Give each teen a pen and a copy of the *Growing in the Gifts and Fruits* handout. Invite them to use the handout to reflect on and journal about the practical ways they can grow in each of the gifts and fruits of the Holy Spirit.

After the teens have finished their reflections, have them find a partner in their small group to share their reflections with. Once they are finished sharing, have them answer the following question:

- How can we hold each other accountable to the growth we would like to foster in regard to the gifts and fruits of the Holy Spirit?

SEND

Closing Prayer (10 min)

Gather the teens in the main meeting space and close the session by praying the Holy Spirit Prayer:

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.

Encourage the teens to continue to pray this prayer throughout their Confirmation preparation. Challenge them to pray it once a day, specifically asking for the gifts and fruits of the Holy Spirit to be more apparent in their daily lives.