



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 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 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 four identical plates with several types of fruit-based baby food on each plate. Gather the teens in the main meeting space. Invite four teens to come to the front of the room to participate in the game. 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. Wisdom is the ability to see God's plan and have faith in Him in all things. Understanding is the ability to comprehend the truths of God. Counsel is the ability to discern good and evil and make good choices. Fortitude is having the courage and strength to suffer for the faith, even in difficult circumstances. Knowledge is being able to see things as God sees them. Piety is when we fully understand who we are in relation to God; it leads us to humble prayer. Fear of the Lord is having a fear of separating ourselves from Him and being in awe of God.

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. If we are wondering what our purpose is and where God is calling us, we can pray for the gift of wisdom. If we are facing any sort of difficult decision like ending a bad friendship, or whether or not to tell our parents the truth about something that will get us in trouble, we can pray for fortitude. If we have any questions about our faith, we can pray for understanding. If we have to make a decision and are not sure what is the right thing to do, we can pray for counsel. We should pray for knowledge everyday so we are walking on a path to heaven in everything we do. If we are struggling with our identity and are wondering who we are, we can pray for piety. If we are not being respectful in Mass, we can pray for greater fear of the Lord. The gifts of the Holy Spirit are at work in our lives every single day.

In Confirmation we receive the gifts of the Holy Spirit and an outpouring of grace, but we also have to do our part in being open to the Holy Spirit and put these graces to use. We learn how to use these gifts and how to live in the Spirit as we grow in our relationship with the Holy Spirit. 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 Him. 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, who is a part of the Trinity, 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 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 use these simple words to 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, with more enthusiasm and 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 or struggle with Church teaching as long as we are willing to learn more about what the Church teaches and ask the Holy Spirit to give us the gifts of wisdom, understanding, and knowledge as we search for answers. If we are open to the guidance of the Holy Spirit, He can help us ultimately to 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. It is important that as we learn to pray we allow for times of silence so we can begin to learn how to hear the guidance of the Holy Spirit. The Holy Spirit dwells within us and will help us follow God’s will. As we grow in understanding and in our prayer lives, 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 ways that we can see in ourselves and others the work of the Holy Spirit. 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 real and ready to help 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:

- Is there someone in your life who you would define as a holy person?
- What about his or her life shows you that he or she is holy? How do you think these actions could be linked to the work of the Holy Spirit?
- Have you ever prayed to the Holy Spirit before? What was that experience like? Why do you think it is important to begin to pray to the Holy Spirit?
- How can the gifts of the Holy Spirit (*wisdom, understanding, fortitude, counsel, knowledge, piety, and fear of the Lord*) help you?
- How can the fruits of the Holy Spirit (*love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control*) help you?
- What is one thing you could do to begin to foster, or continue to grow in, your relationship with the Holy Spirit?

Scripture Handout and Reflection (20 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 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 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.