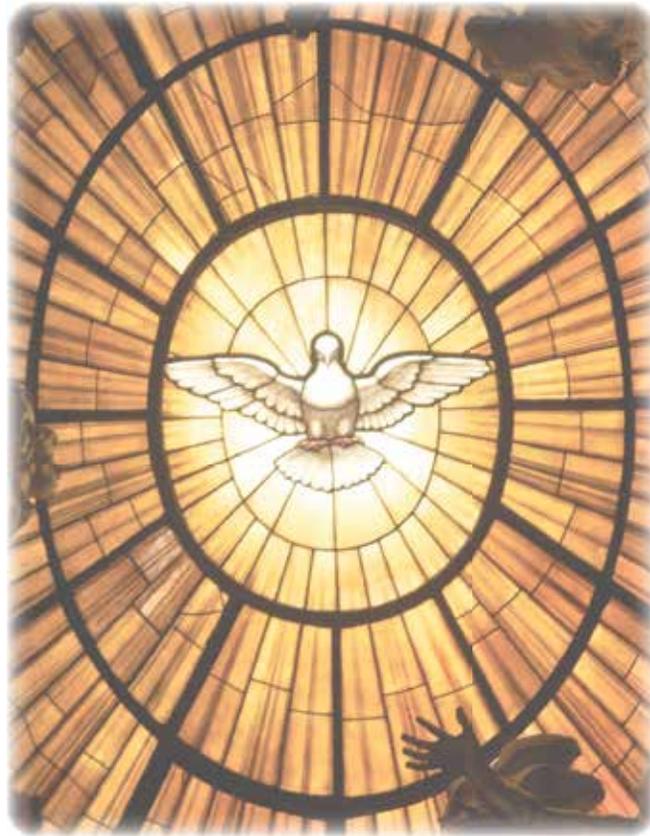
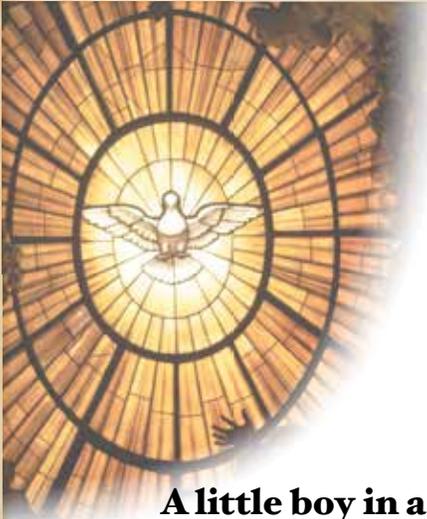


# Session 7



## THE HOLY SPIRIT AND THE LIFE OF GRACE



# THE HOLY SPIRIT AND THE LIFE OF GRACE: God's Divine Life Within Us

## INTRODUCTION

**A little boy in a best-selling book** who is said to have died and gone to Heaven was asked to describe the Holy Spirit. He paused for a moment and then said, “Hmm, that’s kind of a hard one.” I think we can all identify. Describing the Holy Spirit is hard. We all have mental images of Jesus and God the Father, but the Holy Spirit...?

Perhaps you picture a dove, or tongues of fire, or a rushing wind as at the first Pentecost. Alternatively, maybe you don’t have any mental picture at all. That’s okay. What’s more important than an image is your relationship with the Holy Spirit. It is the Holy Spirit, the Third Person of the Holy Trinity—the bond of love between the Father and the Son—who comes into our souls at Baptism, making us sons and daughters of the Living God. By learning to know and love the Holy Spirit, we become transformed and we can, in the words of the traditional prayer to the Holy Spirit, help “renew the face of the earth.”

## THIS SESSION WILL COVER:

- **How the Holy Spirit builds, animates, and sanctifies the Church, bringing souls into communion with God so that they bear fruit and give witness to Christ**
- **How the Holy Spirit is the bond of love between the Father and the Son, and how God’s love has been poured into our hearts through the Holy Spirit**
- **The gifts and fruits of the Holy Spirit**
- **The ways the Holy Spirit sanctifies, or makes us holy**
- **How we are saved, and the relationship between faith and works in this process of sanctification**

 **OPENING 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.

*“O Holy Spirit, descend plentifully  
 into my heart. Enlighten the dark  
 corners of this neglected dwelling and  
 scatter there Thy cheerful beams.”*  
 —St. Augustine



 **DISCUSSION QUESTIONS**

1. The Holy Spirit makes sanctification possible. We know that we cannot get to Heaven on our own—we need help to get there. Justification is a very important concept to understand. What did justification, through an indwelling of the Holy Spirit, do for us?
  
2. How do we grow in our relationship with the Holy Spirit?

3. Let's say your friend says to you, "All you need to do is accept Jesus Christ as your Lord and Savior to be saved. He did all the work for us." How would you respond?

## CALL TO CONVERSION

*At the end of the video, we were asked two essential questions:*

**#1** At the end of the video, we were asked two essential questions: Will you develop a relationship with the Holy Spirit? Will you take time to ask the Spirit to guide and shape your daily life? Reflect now on your response.

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**#2** The fruits of the Holy Spirit include love, joy, peace, patience, kindness, generosity, faithfulness, and self-control. If you could choose one of these to be made manifest more in your life now, which one would you choose? Which one seems the easiest? Which one seems the hardest? Pray now that the Spirit will enter into your life and transform you with his fruits.

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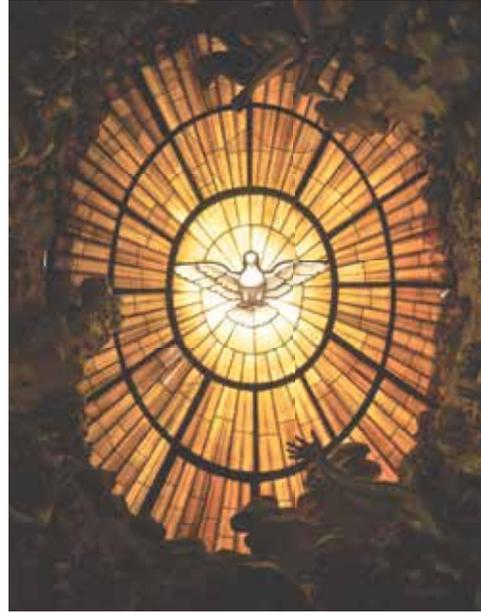
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## CLOSING PRAYER

“Come Holy Ghost, Creator Blest,  
 And in our hearts take up Thy rest;  
 Come with Thy grace and heav’nly aid  
 To fill the hearts which Thou hast made,  
 To fill the hearts which Thou hast made.  
 O Comfort Blest to Thee we cry,  
 Thou heav’nly Gift of God most high;  
 Thou fount of life and fire of love,  
 And sweet anointing from above,  
 And sweet anointing from above.  
 Praise be to Thee Father and Son,  
 And Holy Spirit Three in one;  
 And may the Son on us bestow  
 The gifts that from the Spirit flow,  
 The gifts that from the Spirit flow.”

—Words: Latin, tenth century; trans. Edward Caswall, 1849,  
 Richard Mant, 1837, and Robert Campbell, 1850.



## SCRIPTURE VERSE FOR THE WEEK

**Here is a verse from the Bible that you can memorize and reflect on this week to help you apply today’s session to your daily life:**



*“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words.”*

—Romans 8:26

## DO YOU WANT TO HAVE A MORE PERSONAL RELATIONSHIP WITH THE HOLY SPIRIT?

### TO ENRICH YOUR CATHOLIC FAITH, VISIT FORMED.org

Where you'll find helpful videos, audio presentations, and ebooks from the most trustworthy presenters in the Catholic world.

#### For Further Reading:

For more in-depth reading about the Holy Spirit, see the following *Catechism* passages:

- *The Name of the Spirit: CCC 691*
- *Symbols of the Spirit: CCC 694–701*
- *The Holy Spirit as God's Gift: CCC 733–736*
- *The Spirit and the Church: CCC 737–741*
- *Justification and sanctification: CCC 1996–2000*

#### Other Resources:

- *United States Catholic Catechism for Adults, Chapters 5, 9*
- **Encyclical Letter *Dominum et Vivificantem* “Lord and Giver of Life” on the Holy Spirit by John Paul II**
- *The Holy Spirit* ([www.ewtn.com/faith/teachings/spirmenu.htm](http://www.ewtn.com/faith/teachings/spirmenu.htm))
- *Justification in Catholic Teaching* by James Akin ([www.ewtn.com/library/answers/justif.htm](http://www.ewtn.com/library/answers/justif.htm))