

Habit 3: Gifts for the Journey

What Confirmation is all about

What to Do:

- Start out with prayer

- Revisit their Vision and Values

- Review each Gift of the Spirit & how to use them in everyday life

- Talk about what space we need to make available for The Spirit to provide the Gifts for each of us

- Plan an action step (tangible and intangible)
 - o Before Next Time
 - o Exchange Cell Numbers for Prayer Chain

- Close in prayer

Materials:

- Leader's Guide and Candidate Handout
- Bible (book or app)
- Writing utensil

Begin the session with a youth led prayer:

Remind them to pray from the heart. Basic Outline: Name God, Thank God, & Hit him up for something, before ending "In Jesus's name we pray"

Review the mission/vision statement to see if you're still on track for this year

- Where does God, Family, Community, and Church fit into my vision?
 - REMEMBER: If you don't plan for it, it WON'T happen

Review to see if candidates had a chance to discuss scripture with their parents

- How did it go?
- Did you practice Lectio Divina?
- Have you continued looking at scripture
 - *If not, please consider refocusing and trying again

Let's chat about gifts!!!

What are the "Seven Gifts of the Holy Spirit" and what do they mean?

During the Rite of Confirmation the bishop or priest who administers the sacrament lays their hands upon those who are to be confirmed and says: "Be sealed with the gifts of the Holy Spirit."

This rite marks each person with a spiritual seal. The Seven Gifts that are bestowed "complete and perfect the virtues of those who receive them" (CCC 1831). According to the Catechism of the Catholic Church, "the effect of the sacrament of Confirmation is the special outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost."

Why are there seven? The answer is that God has revealed this about the nature of the Holy Spirit in Sacred Scripture:

- "And the spirit of the Lord shall rest upon him: the spirit of wisdom, and of understanding, the spirit of counsel, and of fortitude, the spirit of knowledge, and of godliness. And he shall be filled with the spirit of the fear of the Lord. (Isaiah 11:2-3)."

Why is it important to review these gifts before you get them?

In many homes before Christmas or a birthday party, a family will self-examine what can go to make space for what might come. For a parent, this process is also an inadvertent gap analysis of what could be purchased, or what a child might need in their own life.

Like playing a sport, we never just show up to the field and expect to win. There's a process of preparation that goes into every match. We know that we're best in line to win if we've prepared properly. Our focus on our faith cannot be any different.

Confirmation is a way of preparing to play the sport of life (or preparing for a celebration). We need to learn what these gifts are before we can self-examine what we need to best play. After we've realized what we need, then we go to prayer leading up to the liturgy!

GET WORKSHEETS OUT

The Seven Gifts of the Holy Spirit Explained (teens intentionally have different descriptions in their worksheet. Compare and discuss)

The Gift of Wisdom is our ability to value spiritual things over worldly ones. It enables us to desire the things of God and correctly order the things in our life. This gift helps us view the world through God's perspective and the light of our faith. It instills a desire to contemplate the things of God.

The Gift of Understanding helps us grasp the truths of the faith more easily and profoundly. Our human intellect cannot grasp all of God's mysteries, but through the gift of understanding we can be lead to truth, even when we do not fully comprehend. This gift strengthens our insight through prayer, scripture, and the sacraments.

The Gift of Right Judgment/Counsel acknowledges the difference between right and wrong and bestows proper judgment. A person with right judgment avoids sin and leads a life for Christ. Counsel inspires us to speak up and encourage others to do the correct thing. It bestows upon us prudence, allowing us to act promptly and rightly in the face of difficult situations.

The Gift of Courage/Fortitude sustains our decision to follow the will of God in any situation. It allows us to stand up and defend our faith, even when threatened by bodily injury or death. This gift allows us to be steadfast in our decisions to do well and to endure evil even when we do not want to.

The Gift of Knowledge is awareness of God's plan. It is not simply an accumulation of facts, but rather an understanding of God's purpose and how we ought to respond. Knowledge helps bring to light the temptations that we face, and to discern whether to give in or live a life worthy of God's approval.

The Gift of Piety or reverence is our obedience to God and our willingness to serve him. It is not just obedience through a sense of duty or obligation, but rather obedience out of love and devotion. It facilitates a deeper respect and honor for God and His Church.

The Gift of Wonder and Awe/Fear of the Lord makes us aware of the glory and majesty of God. This gift is also synonymous with the "Fear of the Lord", in which we dread sin and fear offending God. We fear displeasing God and losing our connection with him because of our love for Him. Wonder and awe increases our desire to draw closer to God and depart from sin.

Gifts – Talents

The gifts of the Holy Spirit are given to us by God. How we use them is our gift back!!!

READ: Matthew 25: 14-30 Parable of the 10 Talents (spoiler alert: we'll read this again in session 5)

READ: 1 Corinthians 12: 1-11 Gifts of the Spirit – Many gifts, but the same Spirit

Common areas between these two texts?

No gift is less important than another. No talent is more valuable than another. No individual is more valued over another... If you continued reading in 1 Corinthians just the very next line, "As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also is Christ"

How can I grow to be the best version of myself in the following areas:

The Gift of Wisdom _____

The Gift of Understanding _____

The Gift of Right Judgment/Counsel _____

The Gift of Courage/Fortitude _____

The Gift of Knowledge _____

The Gift of Piety or reverence _____

The Gift of Wonder and Awe/Fear of the Lord _____

Why these Gifts?

If you've ever went on a vacation, or a journey, to a new location, you go out and get items that you think you'll need. Many times we're wasting money on stuff we think we'll use and never open. God's understanding of humanity is much deeper than we'll ever know. He knows what we'll need for our journey and has personally picked them out for us... It's our job to try to use those gifts to be the best version of ourselves.

****OPEN DISCUSSION (not on worksheet)****

How will the gifts received in Confirmation change you?

That depends greatly on you. Open yourself up to the Holy Spirit, and respond to the grace that God is pouring out upon you and something wonderful will happen.

Many of the interactions we'll have with God we'll be oblivious to. We won't know just how carefully He guides us, but after Confirmation, there's no doubt that an indelible and permanent mark will be placed on your soul. Throughout your life, that moment will influence you whether you realize it or not.

Just in the same way that a child, oblivious to the danger, walks off a couch, is caught and placed gently on the floor by their parent, will continue life unaware of their close brush with injury, we too are cared for by God.

One day, in this life (or the next), we'll look back and see that His hand has been guiding us.

****BACK TO YOUTH WORKSHEET****

Often, you'll hear the phrase, "Patience is a virtue" ... Oddly enough, that's wrong. Patience is a FRUIT of the spirit. Let's look at the other fruits gained by living out a spirited life!

Fruits of the Holy Spirit (Gal 5:22-23)

St. Paul told the Galatians what attributes **they (fruits of the Spirit) could expect to obtain by living out the Gifts of the Holy Spirit.** They are

- ❖ Love
- ❖ Joy
- ❖ Peace
- ❖ Patience
- ❖ Kindness
- ❖ Goodness

- ❖ Generosity
- ❖ Faithfulness
- ❖ Modesty
- ❖ Gentleness
- ❖ Self-control
- ❖ Chastity

These are wonderful goals to strive for and pray for! In today's society, who wouldn't want more of these qualities?

What fruits of the Holy Spirit are you hopeful to foster? (pick as many as you wish; write them down): _____

What fruits do your friends bring out in you?

What fruits do your friends make difficult to obtain?

How can we be more aware of His presence?

We need to pray more often, not just before meals or bedtime, but throughout our daily life. Prayer should lead us to action, so we need to listen in our prayers for God's voice... Be Silent... Be Aware... And know that God is with us

Action Steps:

- **Let's text a simple prayer to our group once a week.** Until you meet again. This is easy to do if you set an alarm in your phone, or a reminder.
- **Plan to attend a Mass together at St. Louis de Montfort if possible** (or call each other after Mass to discuss the readings if sponsor lives out of state)
- **Give yourself 10 minutes of silence** (no cell phones, no games, no homework), just sit in silence to allow your spirit to be fed... Like a blind-date, it might be awkward at first, but give it time and embrace the uncomfortable. You'll find this gets easier and helps de-stress a very hectic life.