

Gifts for the Journey

(Mentor Session #3)

Our question is: How will this process affect me years after I'm Confirmed?

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 in essence a way of preparing to play the sport of life. 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!

7 Gifts of the Spirit

1. Wisdom

- *The wise person is attracted to contemplating the truths of the faith, especially the inexhaustible love and mercy of God.*

2. Understanding

- *While wisdom prompts us to ponder the highest realms of Truth, the gift of understanding prompts those truths to "ring true" to us in a more personal and tangible way.*

3. Counsel

- *Counsel enables the believer to distinguish between right and wrong and to choose the right. It has been called "supernatural common sense."*

4. Fortitude

- *Fortitude means courage, like the Cardinal virtue, but it is also a gift of the spirit. It enables us to stand up for what is right and to endure evil that is inflicted on us.*

5. Knowledge

- *Knowledge is intellectual grasp of truths about God that help us to live His life and love Him more. An example would be to know that Mercy is the premier attribute of God.*

6. Piety

- *Piety enables us to show reverence to God.*

7. Fear of the Lord

- *Isaiah 11:3 says, "and his delight shall be the fear of the Lord." Awe of the Most High Majesty keeps us in right relation to our all-loving God and makes us not want to stray from his love.*

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 _____

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.**
- **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.