

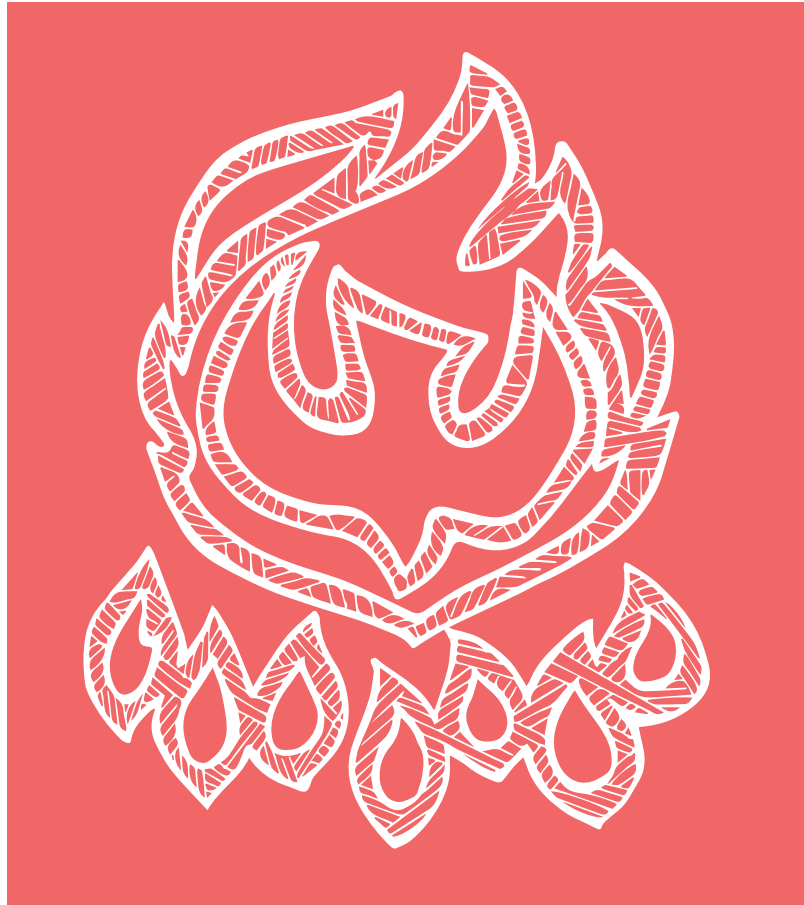


LEADER GUIDE

CONFIRMATION

SESSION 4

THE GIFTS AND FRUITS OF THE HOLY SPIRIT



CONFIRMATION: THE GIFTS AND FRUITS OF THE HOLY SPIRIT

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SESSION OVERVIEW

Confirmation gives to us the same fullness of the Holy Spirit that the Apostles received on Pentecost. Confirmation perfects the grace of Baptism, deepens our bond with the Blessed Trinity, strengthens our bond with the Church, and gives us the strength to spread and defend the Catholic faith.

In this session, we will discuss the gifts and fruits of the Holy Spirit. The gifts of the Holy Spirit are increased within us in our Confirmation, and the fruits are the manifestations of the Holy Spirit working in our lives. The gifts and fruits of the Holy Spirit strengthen our witness in the world.

SESSION SNAPSHOT

Review the entire lesson plan in advance so you are prepared to lead and discuss comfortably. Gather necessary supplies and review video segments prior to your gathering. Use the time allotments in the session outline below as a guideline, as the length of time spent on each section will vary from group to group.

TIME	SECTION	SECTION OVERVIEW
20 minutes	CONNECT	Lead an activity in which teens share thoughts about faith-related topics; then open in prayer.
60 minutes	DISCUSS	Watch and discuss these video segments: Scene 1: The Gifts of the Holy Spirit Scene 2: The Fruits of the Holy Spirit Scene 3: Cooperation with the Holy Spirit
10 minutes	COMMIT	Review the key points, and commit to praying the Litany to the Holy Spirit every day this week.

SUPPLIES NEEDED

- » Media device to show video segments
- » Bibles
- » Participant Sheets
- » Pens or Pencils

PREPARE IN ADVANCE

- » Have snacks ready.
- » Create a welcoming environment.
- » Have your Bible bookmarked for the different Scripture passages referenced in the Leader's Guide.



LEADER TIPS

- » We often include possible responses and material from the *Catechism* after the discussion questions to help you facilitate the conversation. It is best to let group members respond first and share the concepts in parentheses only as needed.
- » This session teaches that the gifts of the Holy Spirit strengthened in Confirmation are for Catholics to share and defend their faith.

We recommend the Lighthouse Catholic Media talk "Contemporary Sainthood" by Mark Hart.

lighthousecatholicmedia.org/store/title/contemporary-sainthood#



CONNECT



ACTIVITY

SPIRITUALLY THINKING

SAY: I have seven questions that I want to give everyone the opportunity to answer. Let's go in the order of the number of letters in your full name: first, middle, and last. The person with the most letters goes first.

1. What do you think is the meaning of life?
2. How has your perception of God changed over the years?
3. What is a moral conviction you have that is not widely accepted today?
4. Can you give an example of a time you did the right thing in a difficult situation?

5. What would be the value of knowing more about the *Catechism of the Catholic Church*?
6. What impact do you think praying the rosary every day can have in someone's life?
7. What difference does going often to the Sacrament of Confession make in someone's life?



INTRODUCTION

SAY: In this session we will discuss the gifts of the Holy Spirit that we receive in our Baptism and that are strengthened in the Sacrament of Confirmation. We need these gifts to spread and defend our faith.



OPENING PRAYER

SAY: Let's open our prayer with a passage from Isaiah 11:1-3a.

Have a teen read Isaiah 11:1-3a.



"There shall come forth a shoot from the stump of Jesse, and a branch shall grow out of his roots. And the Spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the LORD. And his delight shall be in the fear of the LORD." —Isaiah 11:1-3a

PRAY: Come, Holy Spirit, fill the hearts of Your faithful. And kindle in them the fire of Your love. Send forth Your Spirit, Lord, and they shall be created. And You shall renew the face of the earth.

Let us pray, O God, who by the light of the Holy Spirit did instruct the hearts of Your faithful; grant that in the same Spirit we may be truly wise and ever rejoice in His consolation. Through the same Christ, our Lord. Amen.



DISCUSS

SAY: Let's watch the first scene of this session.



Watch the first video segment. The video will last about 7 minutes. At the end of the segment, discuss.

SAY: It can be challenging to see how the gifts of the Holy Spirit work practically in our lives. The seven questions I asked you in our "Spiritually Thinking" activity are directly related to the seven gifts of the Holy Spirit. Let's revisit those questions and see how the gifts of the Spirit informed your answers.

1. What do you think is the meaning of life?

(The gift of wisdom empowers us to view the meaning of life according to God's plan. That plan is that we would seek first the kingdom of God and grow in holiness. Also, wisdom is to see ourselves through God's loving gaze. As Gina mentioned in the video, the girl with the eating disorder needed wisdom to overcome her self-hatred and be healed.)

2. How has your perception of God changed over the years?

(The gift of understanding is a deeper knowledge of God that leads to a more intimate relationship with Him. For example, it is one thing to know and believe that there are three persons in one God. It is another to understand the eternal exchange of selfless love within the Trinity that you are called to participate in now and for all eternity.)

3. What is a moral conviction you have that is not widely accepted today?

(The gift of counsel empowers us to be docile and formed by the teaching of Christ and not by the world. In other words, we receive counsel from the Church and give that counsel to others. In Gina's example, a girl was able to give counsel to her friends when they were on the verge of doing something dangerous. In our culture today, teenagers who witness to sexual purity are a great example of the gift of counsel.)

4. Can you give an example of a time you did the right thing in a difficult situation?

(The gift of fortitude is the strength to do the right thing, especially when it is challenging. In the example Gina shared, the young man who resisted the temptation to look at pornography with his friends demonstrated strength when they were weak. His strength inspired other guys to resist as well.)

5. What would be the value of knowing more about the *Catechism of the Catholic Church*?

(The gift of knowledge empowers us to have a more complete grasp of the truth, or deposit of faith, that God has revealed to us. For example, knowledge allows you to integrate your faith into all areas

of life—philosophy, psychology, biology, politics, business, etc. Jesus promised: “If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.” Gina’s story of the girl whose Bible was marked up shows the freedom and joy that is experienced in growing in the knowledge of God.)

6. What impact do you think praying the rosary every day can have in someone’s life?

(The gift of piety strengthens our desire to show our love for God and others. In other words, piety helps you to be more in tune with the presence of God and to show Him reverence. The pious person grows in the desire to give God worship and praise and to intercede for others who need His grace. In Gina’s story, her youth group was demonstrating piety in their awareness of God’s true presence in the tabernacle. The sister cried because she loves Jesus and for her to see young people showing their love for Jesus gave her hope.)

7. What difference does going often to the Sacrament of Confession make in someone’s life?

(The gift of fear of the Lord strengthens our desire to never be separated from God through our sin. Confession allows us to make our relationship with God the number one priority in our lives because it removes the obstacles to that relationship.)

SAY: Let’s continue with Scene 2.



Watch the second video segment. The video will last about 7 minutes. At the end of the segment, discuss.

SAY: Gina shares a story of conversion to Jesus. It has been said that conversion to Jesus is an 18-inch journey: that is, the 18 inches that physically exist between your mind and your heart. The “tough” girl Gina talked about beautifully demonstrated this journey when she held the crucifix to her heart. Conversion to Jesus brings about the fruits of the Spirit in your life. The *Catechism* calls the fruits perfections in us:

“The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. The tradition of the Church lists twelve of them: ‘charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity’” (CCC 1832).

» Charity is love for God, neighbor, and self. What do you think is the difference between loving yourself and selfishness?

(The ability to love one’s self comes from security, whereas selfishness comes from insecurity. Security is found when our fundamental needs are met—physical, emotional, spiritual, social, and intellectual. Unmet needs can lead to fear, insecurity, and the need to control. A selfish person often has difficulty giving for fear of losing something they control. Jesus says: “Come to me, all who labor and are heavy laden, and I will give you rest” [Matthew 11:28]. Jesus invites us to find healing and security in Him. When we are secure in His love, we are able to love ourselves and others more and more.)

- » Think for a moment of something that would be disappointing for you. Perhaps you lose a championship game, get turned down to the school dance, have a friend stab you in the back, or just miss getting a scholarship to college. How can the Holy Spirit bring you joy in the midst of disappointment?

(If there is one thing you can count on while here on this earth, it is that you will experience disappointment. Joy is experienced in the knowledge that God is present to you and wants to console you in those times. Joy is also experienced when you are reminded of the salvation Jesus won for you. As St. Paul says: "I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us" [Romans 8:18].)

- » Let's say a friend tells you that he/she overheard some of your classmates making fun of you during lunch. How can the Holy Spirit bring you peace in this situation?

(Peace is feeling assured in your relationship with God and in making the right choices. You have peace when you feel no need to impress others or have them like you. In other words, you know who you are and you like who you are regardless of what other people think. True friendships are mature and they bring the best out of one another. Friendships that put Jesus at the center quickly become true friendships.)

SAY: I am going to read the remaining fruits of the Spirit and a short description of them. After I read each one, share with the group someone you think exhibits that fruit in his or her life.

Patience – allows you to endure difficulties and discomforts in life and be attentive to others

Kindness – allows you to recognize the dignity of people and treat them well

Goodness – inclines you to do good to everyone and choose to live by truth

Generosity – giving charitably to others

Gentleness – a sensitivity that comforts others

Faithfulness – a dedication to the Lord and commitment to others

Modesty – dressing and behaving in a way respectful to one's self and others

Self-control – controlling one's own impulses, emotions, or desires

Chastity – seeing others as children of God and not sexual objects

SAY: Let's continue with Scene 3.



Watch the third video segment. The video will last about 3 minutes. At the end of the segment, discuss.

SAY: Gina says there are three reasons people do not have the fruits of the Spirit in their lives: 1) They don't believe they are real; 2) they prefer living for sin rather than living for Jesus; and 3) they have not had a personal encounter of the love of Jesus. These three reasons show that there is a battle in each of our hearts to either live for self or to live for God.

» St. Augustine wrote: "God created us without us: but he did not will to save us without us." What does this quote mean to you?

(God will not save us without our cooperation. He respects our freedom. He desires that we reach out to Him and ask for His mercy and grace. St. John writes: "If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness" [1 John 1:8-9]. In other words, we have to choose. Likewise, the gifts and fruits of the Holy Spirit will not show in our lives if we are not willing to give ourselves over and cooperate with the Holy Spirit.)



COMMIT



ACTIVITY

TAKE-AWAY

SAY: I am going to go around the circle, starting with the person on my right, and I'd like each of us to share something we remember that this person said tonight.

Take a minute and go around the group, asking everyone to share briefly. Then continue.

Now I want to go around the circle again, this time starting with the person on my left, and I'd like each of us to share one take-away from tonight. In other words, share something that resonates in your heart as a truth to live by.

Give everyone time to share. Then follow-up on last week's commitment.

SAY: How are your spiritual H.A.B.I.T.S. coming along?

Encourage your group members to share how they have grown spiritually since your last meeting by practicing spiritual H.A.B.I.T.S. Ask them if there is any way that you can help them in their commitment to developing spiritual H.A.B.I.T.S. You can also find the H.A.B.I.T.S. in the Leader Guide for Follow Me, Session 5: The Cost.

This week's commitment is to pray the Litany to the Holy Spirit every day.



CLOSING PRAYER

SAY: Let's close in prayer with the Litany to the Holy Spirit, which you can find on your Participant Sheet. You'll respond with the words in bold.

LITANY TO THE HOLY SPIRIT

Lord, have mercy on us. (Lord, have mercy on us).

God the Father of Heaven, (Have mercy on us).

God the Son, Redeemer of the world, (Have mercy on us).

God the Holy Spirit, (Have mercy on us).

Holy Trinity, One God, (Have mercy on us).

Divine Essence, one true God, (Have mercy on us).

Spirit of truth and wisdom, (Have mercy on us).

Spirit of holiness and justice, (Have mercy on us).

Spirit of understanding and counsel, (Have mercy on us).

Spirit of love and joy, (Have mercy on us).

Spirit of peace and patience, (Have mercy on us).

Spirit of longanimity and meekness, (Have mercy on us).

Spirit of benignity and goodness, (Have mercy on us).

Love substantial of the Father and the Son, (Have mercy on us).

Love and life of saintly souls, (Have mercy on us).

Fire ever burning, (Have mercy on us).

Living water to quench the thirst of hearts, (Have mercy on us).

From all evil, (Deliver us, O Holy Spirit).

From all impurity of soul and body, (Deliver us, O Holy Spirit).

From all gluttony and sensuality, (Deliver us, O Holy Spirit).

From all attachments to the things of the earth, (Deliver us, O Holy Spirit).

From all hypocrisy and pretense, (Deliver us, O Holy Spirit).

From all imperfections and deliberate faults, (Deliver us, O Holy Spirit).

From our own will, (Deliver us, O Holy Spirit).

From slander, (Deliver us, O Holy Spirit).

From deceiving our neighbors, (Deliver us, O Holy Spirit).

From our passions and disorderly appetites, (Deliver us, O Holy Spirit).

From our inattentiveness to Your holy inspirations, (Deliver us, O Holy Spirit).

From despising little things, (Deliver us, O Holy Spirit).

From debauchery and malice, (Deliver us, O Holy Spirit).

From love of comfort and luxury, (Deliver us, O Holy Spirit).

From wishing to seek or desire anything other than You, (Deliver us, O Holy Spirit).

From everything that displeases You, (Deliver us, O Holy Spirit).

Most loving Father, (**Forgive us**).
Divine Word, (**Have pity on us**).
Holy and divine Spirit, (**Leave us not until we are in possession of the Divine Essence, Heaven of heavens**).

Lamb of God, Who takes away the sins of the world, (**Send us the divine Consoler**).
Lamb of God, Who takes away the sins of the world, (**Fill us with the gifts of Your Spirit**).
Lamb of God, Who takes away the sins of the world, (**Make the fruits of the Holy Spirit increase within us**).

V. Come, O Holy Spirit, fill the hearts of Your faithful,
R. And enkindle in them the fire of Your love.
V. Send forth Your Spirit and they shall be created,
R. And You shall renew the face of the earth.

PRAY: God, who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ our Lord. Amen.