

CONFIRMATION

SESSION 4

THE GIFTS AND FRUITS OF THE HOLY SPIRIT



SCRIPTURE QUOTE FOR THE WEEK



“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



OPENING PRAYER

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.



COMMIT

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

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)**.

Come, O Holy Spirit, fill the hearts of Your faithful,
And enkindle 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.

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.

TIP FOR THE WEEK

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#

Scene 1: The Gifts of the Holy Spirit

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?
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?

Scene 2: The Fruits of the Holy Spirit

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).

1. Charity is love for God, neighbor, and self. What do you think is the difference between loving yourself and selfishness?
2. 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?
3. 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?
 - 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

Scene 3: Cooperation with the Holy Spirit

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.

1. 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?