

Belonging

NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 1

Dear Parents,

Welcome to your teen's newest YDisciple series *Never Alone: Life with the Holy Spirit*. They will spend the next several small group gatherings discussing the third Person of the Trinity, the Holy Spirit, and what He has to do with our everyday lives. These Parent Sheets are designed to help you continue fruitful discussion at home. After all, most studies suggest that parents are the biggest influencers of the faith practice of teenagers.

In this first session, your teenager's group discussed some basic theology of the Trinity and that in the Holy Spirit we find our identity and belonging. Here are some of the main points:

- We feel alone when we do not have life-giving relationships.
- Pope Benedict XVI called the Holy Spirit "the most neglected person of the Trinity," meaning we often forget that the Holy Spirit is God and we have access to Him through our baptism, confirmation, and prayer.
- The Holy Spirit is the mutual love between the Father and the Son. The love they have for each other is so alive that the union itself is a Person, who we know as the third Person of the Trinity.
- The Catechism describes the Trinity as:
 - The Trinity is One (CCC #253)
 - The divine persons are really distinct from one another (#254)
 - The divine persons are relative to one another (#255)

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- I heard you discussed belonging - where/with whom do you feel like you most belong?
- In the theme verse Jesus says, "it is better that I go." Why would it be better that Jesus leave earth?
 - So He could send us His Holy Spirit.

Commit:

Every week group members accept a personal challenge to apply what was discussed to their day-to-day lives. This week, they were simply asked to commit to ask one person what they think of when they think of the Holy Spirit. Ask your son/daughter later this week if they have done so.

Theme Scripture
"But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you." (John 16:7)

