

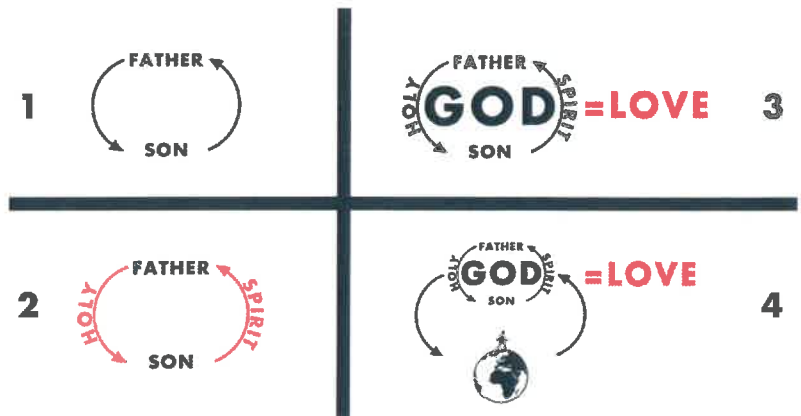
Belonging

NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 1

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 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)

1. *The Father loves the Son and the Son loves the Father.*
2. *The love between the Father and Son is so real that it is a Person, the Holy Spirit.*
3. *The Father, Son, and Holy Spirit are the three persons of the Trinity. The Trinity is God. And this is how we can claim “God IS love.”*
4. *“God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to share in his own blessed life.” CCC 1.*



Commit:

This week commit to ask one person what they think of when they think of the Holy Spirit.

Theme Verse

JOHN 16:7

“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.”

"I used to think the worst thing in life was to end up all alone; it's not. The worst thing in life is to end up with people that make you feel all alone."

- Actor Robin Williams

"God's love has been poured into our hearts through the Holy Spirit who has been given to us."

- Romans 5:5

"[The Holy Spirit] is in some ways the neglected person of the Holy Trinity."

- Pope Benedict XVI

"God's very being is love (1John 4:8). By sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange."

- CCC 221

The one thing I want to remember is...

A personal challenge I want to give myself is...

Notes