Growing in the Spirit

Engage: Page 51

- List these four headings on a dry erase board or poster board: Home, School, Skills/Activities, Faith. Ask your child to list how his or her responsibilities are growing this year in each category.
- Read aloud the session title and the text in the blue box. Discuss your child’s responses. Point out the picture. Refer to your chart and ask: How do these changes and new opportunities make you feel? Allow time for your child to share feelings involved with changing and growing up. Say: In this session we will learn about the Sacrament of Confirmation.
- Ask your child to think about how the Sacrament of Confirmation will help him or her take on more responsibilities as a Christian. Pray aloud the prayer together.

Explore: Pages 52–53

- Invite your child to reread the Ten Commandments and the Beatitudes in the back of his or her book. Ask: What lessons for living our lives can we learn from the Ten Commandments and the Beatitudes? (respect God and others, treat people fairly)
- Read aloud the heading and first two paragraphs on page 52. Ask: What is our mission as Christians? (call to holiness, living a life dedicated to God and to the Church’s mission)
- Read aloud Confirmation and Our Mission. Review the seven Gifts of the Holy Spirit. Look up each gift in the Glossary and discuss the definitions.
- Read aloud the Did You Know? feature. Ask: What other ways might people signify the coming of the Holy Spirit? (The color red could symbolize the fire of the Holy Spirit, and a dove could represent the Holy Spirit’s presence.)
- Have your child read aloud page 53. Say: Name two actions that occur during Confirmation. (the laying on of hands and anointing with Chrism) Ask: How does the Holy Spirit help us? (He helps us believe, pray, love, perform good acts, and form a closer bond to Jesus. Confirmation gives us sanctifying grace.)

Art Exploration: Page 233

- Find in a magazine, in a book, or online a picture of the disciples joyfully receiving the Holy Spirit.
- Ask: What do you see in this picture? Encourage your child to describe the picture in detail, including the expressions on the faces of the disciples.
Say: The Holy Spirit gives us grace to believe and know the Father and the Son.

Have your child turn to page 233. Read aloud the introduction and discuss the question.

Read aloud Given a Mission. Ask: What is our mission as disciples of the Church? (to live like Jesus, be dedicated to God, help others) Say: The Holy Spirit is present to help us with our mission just as the Spirit was present to help the apostles.

Read aloud Acting Our Mission and have your child complete the activity. Discuss other ways we can act out our mission. Say: When we receive the sacraments, we are brought closer to the heart of our mission. Confirmation gives us an opportunity to commit again to that mission.

Remind your child of the three symbols that represent the Holy Spirit: fire, wind, and a dove. Ask your child to think about which embodies the idea of the Spirit for himself or herself. Invite your child to make a self-portrait and include that symbol of the Holy Spirit in the picture.

Reflect: Pages 54–55

Together look at page 54. Suggest that your child focus on his or her meditative breathing as he or she prays today.

Read aloud the introduction. Ask your child to close his or her eyes and get comfortable. Pray aloud the prayer. Say: We can use this prayer to call on the Holy Spirit when we need comfort, courage, or understanding. Conclude by praying the Sign of the Cross.

Have your child read aloud the heading and the first paragraph on page 55. Then read aloud the directions and have your child complete the chart. Ask: How does Confirmation deepen our baptismal commitment? (It calls us to participate more fully in the Church’s mission.)

Have your child read aloud the Reading God’s Word feature. Say: The Holy Spirit is like the wind. You may not be able to see the Spirit, but those who pay attention can feel his presence.

Respond: Page 56

Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can forgive others.

Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.

Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.