

List of Lessons for Confirmation Sessions and/or Retreats

1 – The Holy Spirit: Spirit of Truth

Gospel Reading – John 16:12-15

Jesus said to his disciples: “I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you. Everything that the Father has is mine; for this reason I told you that he will take from what is mine and declare it to you.”



Lesson

“the Spirit of truth”

“From Advent until today, the Church has had us consider the magnificent manifestations of God’s mercy toward men: the Incarnation, the Redemption, Pentecost. Now she directs our attention to the source of these gifts, the most Holy Trinity, from whom everything proceeds.”[1]

Many times when we think of the Holy Trinity we can sometimes think of the Holy Spirit as an after thought. We see God the Father as the head; someone who is great and almighty, which He is. We see Jesus as the Son of God. Our perception of Jesus is a bit easier because Jesus dwelt among us; He was flesh and bone. However, the Holy Spirit is not physically seen as the Son, but is just as powerful as the Son. The Holy Spirit is vitally important to everything we do and everything we are. As Jesus states, the Holy Spirit is the “Spirit of Truth”.

Who is the Holy Spirit? The Holy Spirit is “The third person of the Holy Trinity, who is distinct from the Father and the Son but one in being, coequal, and coeternal with them, because, like them, he is in the fullest sense God. The Holy Spirit proceeds not only from the Father but also from the Son as from a single principle, through what is called a single spiration. He is the personal infinite term of the eternal act of mutual love of the Father and

the Son; hence his name of Spirit, as the issue or term of God's eternal love or act of will. He is also called the Spirit of Truth, the Creator Spirit, the Sanctifier, as the gifts of revelation, of creation (and re-creation), and of sanctification are the outpourings of God's love, and therefore appropriated to the Spirit of Love, though whatever God does outside the Trinity (in the world of creatures) belongs to the common or united action of the three divine persons. He is called Dove, because it was in this form that he descended visibly upon Christ in the Jordan (Mark 1:10)."[2]

How is the Holy Spirit "the Spirit of Truth"?

The Holy Spirit in His very essence is truth. The Holy Spirit always was, is, and ever shall be. We are reminded of one God in three persons each time we pray the Glory Be. Glory be to the Father; and to the Son, and to the Holy Spirit, as it was in the beginning, is not, and every shall be. Each person was in the beginning, each person in, and each person every shall be. The Holy Spirit is the Spirit of Truth because He is the first to awaken faith in us and to lead us to know God the Father and Jesus Christ who is the manifestation of the Truth [3].

The Spirit of Truth has revealed Himself in many ways. One of the primary ways was at the Annunciation when the angel Gabriel announces to Mary the Word of all Truth would become man and dwell among us by the Holy Spirit, the Spirit of Truth, overshadowing her and conceiving the Son of God in her womb. (cf. Lk. 1:26-38) The next way is the one stated in the Gospel Reading which corresponds to this lesson where Jesus promises the coming of the Holy Spirit. He (Jesus) and the Father would send forth the Holy Spirit to reveal the fullness of Truth to not just the apostles, but the whole world. (cf. John 16:12-15) Finally, we see at Pentecost when Jesus fulfills this promise by sending the Holy Spirit upon the Apostles and Mary like tongues of fire. They were filled with the Spirit of Truth to go out and proclaim the Gospel of Jesus Christ to the ends of the earth as Jesus commanded them to at the end of Matthew's Gospel. (cf. Acts. 2:1-13; Mt. 28:28-20)



Does the Holy Spirit have any other titles other than "Spirit of Truth?"

Activity – List as many symbols for the Holy Spirit as possible

In today's Gospel reading, we read of two titles that were given for the Holy Spirit; The Advocate and Spirit of Truth. There are other titles of the Holy Spirit. The proper name is "Holy Spirit." The Church has received it from the Lord who is united with the Spirit. The title, Holy Spirit, was used throughout the Acts of the Apostles, but Saint Paul and Saint

Peter had other titles for the Holy Spirit. If you have enough people you can separate them into four groups. Have one group look in 1 Peter, have group 2 look in Romans, have group 3 look in 1st and 2nd Corinthians, and have group 4 look in Galatians and Ephesians. If you are crunched for time you can also hand out strips of paper with the verse written on them and have them race to find them. Once they have found them, discuss the meaning of each title given to the Holy Spirit.

The Spirit of the Promise (Gal 3:14; Eph 1:13)

The Spirit of Adoption (Romans 8:15)

The Spirit of Christ (Romans 8:9)

The Spirit of the Lord (2 Cor. 3:17)

Spirit of God (Rom 8:9, 14; 15:19; 1 Cor 6:11; 7:40)

Spirit of Glory (1 Peter 4:14)

How does the Spirit of Truth lead me within my life?

The same Holy Spirit, the Spirit of Truth, that came upon the Apostles; the same Spirit that was promised by Christ, is the same Spirit that comes upon each and every one of us at our Baptism and Confirmation. He is the one that leads us in all truth. By our very design, we seek out truth [4]; to find out who we are, why we are here, and what is our purpose. The Holy Spirit, the Spirit of Truth, is the one who guides us to find these answers not in an idea or theory but rather in a person: Jesus Christ. We are strengthened by the Holy Spirit to be able to be true witnesses of Jesus Christ to spread and defend the faith by our words and deeds [5].

Lesson Notes

[1] Father Gabriel, Divine Intimacy pg. 585

[2] Hardon, Modern Catholic Dictionary, 255

[3] cf. CCC 684

[4] cf. CCC 27

[5] cf. CCC 1285

Gifts of the Holy Spirit - Part I

- Please answer all of the following questions.
- Please answer 1 if NEVER, NOT VERY fits the answer best.
- Please answer 5 if ALWAYS, EXTREAMLY WELL, or A LOT/ALL OF THE TIME fits the answer best.
- In your answer is not 1 or 5, pick 3 if you feel neutral and 2 or 4 if you lean more toward one side or the other.

1	How often do I ask, "What would Jesus do?"	1	2	3	4	5
2	How confident do I feel in doing what God asks of me?	1	2	3	4	5
3	How often do I feel that I actually know God's will?	1	2	3	4	5
4	How strong do I feel spiritually?	1	2	3	4	5
5	How often do I ask God, what do you want from me?	1	2	3	4	5
6	How much do I know about the Sacraments?	1	2	3	4	5
7	How often do others ask me for spiritual advice?	1	2	3	4	5
8	How often do I feel that God helps me through my fears?	1	2	3	4	5
9	How much help do I get from people to know God's will?	1	2	3	4	5
10	How much religious pictures, articles and music do I have in my life?	1	2	3	4	5
11	How often do I get sad when others are sinning?	1	2	3	4	5
12	How sad do I feel when I see sin in the world?	1	2	3	4	5
13	How often do I talk to God (pray)?	1	2	3	4	5
14	How often do I go to Mass?	1	2	3	4	5
15	How much do I talk to others about Christ and the Church?	1	2	3	4	5
16	How often do I give God praise for good things in my life?	1	2	3	4	5
17	How often do I find myself avoiding sin?	1	2	3	4	5
18	How well do I feel I model my life after Christ?	1	2	3	4	5
19	How often do I notice I am in temptation and try to get out?	1	2	3	4	5
20	How sad do I feel when I do sin?	1	2	3	4	5
21	How often do I think of Heaven?	1	2	3	4	5
22	How well do I feel my family and friends encourage me?	1	2	3	4	5
23	How well do I know the bible?	1	2	3	4	5
24	How often do I feel I overcome obstacles?	1	2	3	4	5
25	How often do I go to Confession?	1	2	3	4	5
26	How well do I know what the church teaches on moral issues?	1	2	3	4	5
27	How often do I do the sign of the cross?	1	2	3	4	5
28	How often do I read scripture?	1	2	3	4	5
29	How often do I feel guilty when I sin?	1	2	3	4	5
30	How often do I tell others that I am sorry for hurting them?	1	2	3	4	5
31	How well do I know my Faith?	1	2	3	4	5
32	How often do I feel that I do God's will?	1	2	3	4	5
33	How often do you think about your friendship with God?	1	2	3	4	5
34	How well do I know the life of Christ?	1	2	3	4	5
35	How often do I ask God about the choices I make in life?	1	2	3	4	5

Gifts of the Holy Spirit - Part II
(please give this sheet out separately
AFTER questions are answered)

Wisdom - gives us a longing and love for the things of God and directs our whole life and all our actions to His honor and Glory.

Understanding - enables us to know more clearly the mystery of faith.

Counsel - warns us of the deceits of the devil and of the dangers to salvation.

Fortitude - strengthens us to do the will of God in all things, despite fear and obstacles.

Knowledge - enables us to discover the will of God in all things (what should I do?)

Piety - makes us love God as a Father and obey Him because we love Him. This helps us to have reverence and to pray well (As we pray, we believe)

Fear of the Lord - fills us with a dread of sin, and a dread of offending, hurting God and others through our sin.

THE NUMBERS ON THE CHART BELOW ARE THE NUMBERS OF THE QUESTIONS ABOVE, NEXT TO THE NUMBER OF QUESTION, WRITE IN THE NUMBER YOU CIRCLED AND THEN ADD UP THE TOTAL.

Gifts of the Spirit											Total
Wisdom	14		16		21		28		35		
Understanding	6		23		26		31		34		
Counsel	7		11		19		25		29		
Fortitude	2		4		8		22		24		
Knowledge	1		3		5		9		32		
Piety	10		13		15		18		27		
Fear of the Lord	12		17		20		30		33		

1. Which gift were you the strongest in? Give examples of how you can see this gift working in your life?
2. Which gift were you the weakest in? Give examples of how you feel you can strengthen this gift with the help of the Holy Spirit?
3. What gift do you feel is needed the most by youth today?
4. Give examples of how you see these gifts practiced in the life of Jesus, Mary, the Saints and people in your life.