

## Session 2     Gifts of the Holy Spirit

### **Necessary Background Info for Leader-** (please read prior to beginning lesson with candidate)

The reception of the Sacrament of Confirmation is not a completion of study but a continuation of conscious discipleship. Our relationship with Jesus Christ is ongoing and never ending. Confirmation CONFIRMS in us the gifts of the Holy Spirit, originally granted to us in Baptism, which enables us to deepen our relationship with Jesus in order to live a life promoting the Gospel message. This is what the Church officially states in the Catechism of the Catholic Church (CCC= Catechism of The Catholic Church- our Church's main teaching reference book)

CCC 1309 “Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit – his actions, his gifts and his biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life.”

If you would like to see more of the direct teaching from the Catechism on Confirmation, [click this link](#) or if you have a CCC at home, you will find Confirmation teachings addressed in 1285-1321

### **Begin Lesson**

Pull out your Parents and Candidates Prayers: ([Click here for a link to the prayers](#)). Please pray them before you begin. It would be powerful for the parent to pray their prayer outloud and the Candidate listens, then the Candidates pray their prayer out loud and the parent listens. As Catholics we need to challenge ourselves to learn how to be comfortable praying out loud with our families.

After praying read this

Why are we here? What is our purpose on earth? Many people and many institutions have an answer they would like you to choose to that question but

theologically, spiritually, there is only one answer -to get to heaven. Every day in every way we should be striving for heaven.

What we need to remember:

We are created in the image and likeness of God. God is love. How does God love? Sacrificially. If we are created in the image and likeness of God- not physically but spiritually- therefore we are made in love and made to love. How do we love sacrificially - same way God does it. We love sacrificially by giving to those we love. Those who love - give.

Here's the kicker- Jesus Christ is the only perfect human being. The rest of us have the stain of original sin and therefore are not perfect. But God, the lover, the giver- gives us gifts to help us reach for the ultimate perfection of eternal life. God gives us, his Church, gifts- to help us on this journey to obtaining eternal life. We call these gifts Sacraments.

As you recall there are 7 Sacraments in the Catholic Church.  
Baptism, Eucharist, & Confirmation- initiate us fully into the faith.  
Reconciliation & Anointing of the sick- heal us body and soul.  
Marriage, Holy Orders- are sacraments of mission.

When we look at the 3 Sacraments of Initiation we see that  
Baptism welcomes us,  
Eucharist feeds us and  
Confirmation makes us strong.

### **Let's break that down... starting with Baptism**

Parents share some stories with your child about their baptism. Any memories you have of that day it doesn't have to be spiritual, it can be about how they puked in the car or how Crazy Uncle Bill danced at the luncheon afterwards. Just spend time recalling the day and the joy you felt bringing your child to Jesus and His Church.

- Baptism
1. frees from original sin
  2. claims us as a child of God
  3. anoints us priest prophet king- just like Jesus

### **Now we let's look at Eucharist**

Teens share stories of something you remember from your first communion.  
Baptism claims us, Eucharist nourishes us.

Eucharist is our opportunity to welcome Jesus into our being and allow Him to remain in us- ABIDE in us. Christ enters into sin (us) and breaks sin from the inside. What a beautiful, sacrificial act the gift of Eucharist is from our loving God.

### **Now we turn to Confirmation**

Parents share what Confirmation was like when you went through it. (what age, what kind of preparation, what you remember from the Mass when you were Confirmed)

Confirmation strengthens us.

CCC1303 “Confirmation brings an increase and deepening of baptismal grace:

-it roots us more deeply in the divine filiation which makes us cry “Abba, Father”

-it unites us more firmly to Christ

-It increases the gifts of Holy Spirit in us

-it renders our bond with the Church more perfect

-it gives us special strength of the Holy Spirit to spread and defend the faith by work and action as true witnesses of Christ, to confess the name of Christ boldly and never to be ashamed of the Cross”

In other words- What was begun at baptism is strengthened in Confirmation.

The 7 gifts of the Holy Spirit poured out to us in Confirmation make us strong, give us the tools to know God better and the tools to better connect with His plan for our life.

Watch Dynamic Catholic video Unopened Gifts <https://youtu.be/o-GHoD5ALLc>

**Leader shares:**

In our preparation time together over the next few sessions we will be focusing on the Sacrament of Confirmation and how the gifts of the Sacrament are used in our life.

When you are Confirmed the Archbishop calls down the Holy Spirit to be with you just as Jesus did with the first apostles at Pentecost. God, our creator, recognizes that we face circumstances which are difficult and overwhelming for us. Throughout our lives, challenges will arise that will appear insurmountable. Knowing our weaknesses and limitations, God offers each of us a “helper” or as Jesus told his disciples an “advocate” for these kinds of situations. This helper or advocate is called the Holy Spirit.

As we learned in the video, during Confirmation when we are anointed with chrism oil we are sealed with the gifts of Holy Spirit. Based on the Scriptures (Isaiah 11:2-3) and the Church’s teachings we know that God seals us with seven gifts of the Holy Spirit at Confirmation- wisdom, understanding, knowledge, fortitude, counsel, piety, fear of the Lord.

These gifts, originally poured out in Baptism, are strengthened or CONFIRMED in us as the Sacrament of Confirmation.

**For this lesson,**

let’s become familiar with the gifts and what they mean or do for us.

([Click here for Infographic in the Google Doc:](#) The 7 gifts of the Holy Spirit)

Using the infographics and the information below, read about and discuss the gifts of the Holy Spirit.

**Wisdom**- Allows us to accept the things we cannot explain. Allows us to know more clearly the mysteries of faith. Makes us see all things in light of God and impels us to seek Him above all things.

**Understanding** Helps us understand God. Gives us a view of God in all things, to see things as God intends. Helps us understand the Word of God and the doctrines of faith.

**Knowledge** Awareness of the Facts and figures of God's truth. Ability to comprehend the truth of God in all things. Helps us see the world from God's perspective.

**Fortitude** (courage) Gives us the power to choose right from wrong. Strengthens us to do the will of God in all things. Helps us overcome difficulties with faith.

**Counsel** Helps us know right from wrong. Ability to make good and wise decisions. Encourages us to follow the solution that most matches the glory of God and the good of others.

**Piety** (reverence) Ultimate respect for God. allows us to be humble in the sight of God. It gives us a deep respect for God, others and all creation. Moves us to treat God with the trust which a child treats his Father.

**Fear of the Lord** (wonder & awe) Words cannot describe how we feel about God- WOW! Fills us with amazement as to how all-powerful and all-knowing is our God. compels us to flee from sin and always choose to please God.

### **After you have read about and discussed the gifts**

take turns coming up with a real life way that each gift could be needed, used, or called upon by a high school student. Provide a specific example or a for instance for each one. Parents- be sure to expand on at least one gift with a personal experience of needing or using the gift. \*This should be a discussion, not just a quick answer activity.

**End this gathering**

Close with an activity by which parents and candidates share the one gift of the Holy Spirit they need to call upon in the coming week or two. Be specific in sharing your reason why you chose this gift, really think about how the gift of the Holy Spirit could make a difference in your life.. After the sharing simply pray “Come Holy Spirit”.