

# CONFIRMATION

## SESSION 2

### THE HOLY SPIRIT IN SCRIPTURE



*Every YDisciple session has three parts: CONNECT, DISCUSS, and COMMIT. The CONNECT section is designed to build trust, transparency, and community in the group. The DISCUSS section is designed to introduce topics of the faith, engage critical thinking, and facilitate productive discussion. The COMMIT section is designed to help students take ownership of their faith and put it into practice. This Parent Sheet is designed to give you a look into each section of the session so that you can have a follow-up conversation with your teenager about his or her experience in the small group and encourage spiritual growth.*

## SESSION OVERVIEW

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Most people know the story of Pentecost and the descent of the Holy Spirit onto the Apostles. But many don't know the work of the Holy Spirit before Pentecost. In fact, when we explore the movements of the Holy Spirit throughout the history of salvation in the Bible, we discover God's unique plan for the Sacrament of Confirmation.

In this session, we discussed the power of the Holy Spirit throughout the Bible, looking in particular at the descent of the Holy Spirit at Jesus' baptism. We explored misconceptions about the Sacrament of Confirmation and helped teens understand the plan of the Holy Spirit in their lives.



## CONNECT

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We did an activity called "Mystery Person" to introduce the topic of the mystery of the Holy Spirit. Teens each answered five questions on a notecard, and then they submitted the notecards anonymously. The cards were read to the group, and everyone tried to guess whose answers were on each card. Here are the questions:

1. Where did your great grandparents live?
2. What is the largest body of water you have seen with your eyes?
3. What is the farthest place you have been from your home?
4. What has been the most exciting Christmas or birthday present you have received?
5. What is the scariest or riskiest thing you have ever done?



## DISCUSS

- » If you told a friend that you were preparing to receive the Sacrament of Confirmation and your friend asked, “What is Confirmation?” how would you respond?

*(A video teaching helped to clear up some of the misconceptions about the Sacrament of Confirmation. To “confirm” means to strengthen. Confirmation strengthens someone to be a missionary disciple in the world. Confirmation is not choosing to be Catholic—if a person is baptized, he or she is already Catholic. Confirmation is not a rite of passage to becoming an adult in the Church—many dioceses around the world confirm children, and the Eastern Rite Catholic Churches confirm infants after their Baptism. Finally, Confirmation is not a graduation from faith formation. A disciple is called to be a lifelong learner of the truth revealed by Jesus Christ.)*

- » “Christ” is not Jesus’ last name. In fact, it is a title for Jesus. What do you think “Christ” means, and why is the title important?

*(“Christ” comes from the Greek word *Christos*, meaning “anointed one.” It is the Greek equivalent of the Hebrew word “Messiah.” The title is important because it means that Jesus is the long-awaited Messiah of the Jews, whom God sent to be King and Deliverer. In ancient Israel, kings, priests, and prophets were anointed with oil to symbolize their consecration to God and their being “set apart” for His service. As the “Christ,” Jesus is anointed to deliver us from sin and reign in our lives forever as the King of kings and Lord of lords.)*

- » Let’s think about an average day in your life. Starting with the morning and going through the evening, what are some responsibilities and challenges that you might face throughout the day? What things might you ask the Holy Spirit to help you face?

*(Here are some possible responses: Come Holy Spirit, give me...*

- energy to face the day
- a joyful heart
- courage to resist temptation
- patience with my peers
- wisdom in my decisions
- understanding in my communication
- knowledge for my test
- kindness in my friendships
- respect for my teachers
- respect for my parents
- discipline in my studies
- fortitude when I’m weary
- peace and confidence with who I am
- charity for this person I have trouble liking)



## COMMIT

This week's commitment for teens: Spend five minutes each day praying to the Holy Spirit. Spend a few minutes reading Scripture. Quietly reflect upon what you read, and ask the Holy Spirit to move in your mind and heart. Be aware of your thoughts, feelings, and desires, and discern if the Holy Spirit is leading you in a particular direction. Consider journaling about your thoughts, feelings, and desires and how the Holy Spirit might be leading you.



*"He said to them, 'It is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth.' And when he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight."*

—Acts 1:7-9



## PARENT TIP

This session is heavy on Scripture study and Scripture references. It is very important that Catholics know the Bible and the story of salvation. St. Jerome said, "Ignorance of Scripture is ignorance of Christ."

We recommend the Lighthouse Catholic Media talk "Bible Basics for Catholics" by Dr. John Bergsma.

[lighthousecatholicmedia.org/store/title/bible-basics-for-catholics#](http://lighthousecatholicmedia.org/store/title/bible-basics-for-catholics#)