

# CONFIRMATION

## SESSION 4

### THE GIFTS AND FRUITS OF THE HOLY SPIRIT



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

Confirmation gives to us the same fullness of the Holy Spirit that the Apostles received on Pentecost. Confirmation perfects the grace of Baptism, deepens our bond with the Blessed Trinity, strengthens our bond with the Church, and gives us the strength to spread and defend the Catholic faith.

In this session, we discussed the gifts and fruits of the Holy Spirit. The gifts of the Holy Spirit are increased within us in our Confirmation, and the fruits are the manifestations of the Holy Spirit working in our lives. The gifts and fruits of the Holy Spirit strengthen our witness in the world.



## CONNECT

How can wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord help you with the following questions?

1. What do you think is the meaning of life?
2. How has your perception of God changed over the years?
3. What is a moral conviction that you have that is not widely accepted today?
4. Can you give an example of a time that you did the right thing in a difficult situation?
5. What would be the value of knowing more about the Catechism of the Catholic Church?
6. What impact do you think praying the rosary every day can have in someone's life?
7. What difference does going often to the Sacrament of Confession make in someone's life?



## DISCUSS

- » Think for a moment of something that would be disappointing for you. Perhaps you lose a championship game, get turned down to the school dance, have a friend stab you in the back, or just miss getting a scholarship to college. How can the Holy Spirit bring you joy in the midst of disappointment?

*(If there is one thing you can count on while here on this earth, it is that you will experience disappointment. Joy is experienced in the knowledge that God is present to you and wants to console you in those times. Joy is also experienced when you are reminded of the salvation Jesus won for you. As St. Paul says: "I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us" [Romans 8:18].)*

- » Let's say a friend tells you that he/she overheard some of your classmates making fun of you during lunch. How can the Holy Spirit bring you peace in this situation?

*(Peace is feeling assured in your relationship with God and in making the right choices. You have peace when you feel no need to impress others or have them like you. In other words, you know who you are and you like who you are regardless of what other people think. True friendships are mature and they bring the best out of each another. Friendships that put Jesus at the center quickly become true friendships.)*

- » St. Augustine wrote: "God created us without us: but he did not will to save us without us." What does this quote mean to you?

*(God will not save us without our cooperation. He respects our freedom. He desires that we reach out to Him and ask for His mercy and grace. St. John writes: "If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness" [1 John 1:8-9]. In other words, we have to choose. Likewise, the gifts and fruits of the Holy Spirit will not show in our lives if we are not willing to give ourselves over and cooperate with the Holy Spirit.)*



## COMMIT

This week your teen's commitment is to pray the Litany to the Holy Spirit every day.

### LITANY TO THE HOLY SPIRIT

Lord, have mercy on us. (Lord, have mercy on us).

God the Father of Heaven, (Have mercy on us).

God the Son, Redeemer of the world, (Have mercy on us).

God the Holy Spirit, (Have mercy on us).

Holy Trinity, One God, (Have mercy on us).

Divine Essence, one true God, **(Have mercy on us)**.  
Spirit of truth and wisdom, **(Have mercy on us)**.  
Spirit of holiness and justice, **(Have mercy on us)**.  
Spirit of understanding and counsel, **(Have mercy on us)**.  
Spirit of love and joy, **(Have mercy on us)**.  
Spirit of peace and patience, **(Have mercy on us)**.  
Spirit of longanimity and meekness, **(Have mercy on us)**.  
Spirit of benignity and goodness, **(Have mercy on us)**.  
Love substantial of the Father and the Son, **(Have mercy on us)**.  
Love and life of saintly souls, **(Have mercy on us)**.  
Fire ever burning, **(Have mercy on us)**.  
Living water to quench the thirst of hearts, **(Have mercy on us)**.

From all evil, **(Deliver us, O Holy Spirit)**.  
From all impurity of soul and body, **(Deliver us, O Holy Spirit)**.  
From all gluttony and sensuality, **(Deliver us, O Holy Spirit)**.  
From all attachments to the things of the earth, **(Deliver us, O Holy Spirit)**.  
From all hypocrisy and pretense, **(Deliver us, O Holy Spirit)**.  
From all imperfections and deliberate faults, **(Deliver us, O Holy Spirit)**.  
From our own will, **(Deliver us, O Holy Spirit)**.  
From slander, **(Deliver us, O Holy Spirit)**.  
From deceiving our neighbors, **(Deliver us, O Holy Spirit)**.  
From our passions and disorderly appetites, **(Deliver us, O Holy Spirit)**.  
From our inattentiveness to Your holy inspirations, **(Deliver us, O Holy Spirit)**.  
From despising little things, **(Deliver us, O Holy Spirit)**.  
From debauchery and malice, **(Deliver us, O Holy Spirit)**.  
From love of comfort and luxury, **(Deliver us, O Holy Spirit)**.  
From wishing to seek or desire anything other than You, **(Deliver us, O Holy Spirit)**.  
From everything that displeases You, **(Deliver us, O Holy Spirit)**.

Most loving Father, **(Forgive us)**.  
Divine Word, **(Have pity on us)**.  
Holy and divine Spirit, **(Leave us not until we are in possession of the Divine  
Essence, Heaven of heavens)**.

Lamb of God, Who takes away the sins of the world, **(Send us the divine Consoler)**.  
Lamb of God, Who takes away the sins of the world, **(Fill us with the gifts of  
Your Spirit)**.  
Lamb of God, Who takes away the sins of the world, **(Make the fruits of the Holy  
Spirit increase within us)**.

Come, O Holy Spirit, fill the hearts of Your faithful,  
**And enkindle in them the fire of Your love.**  
Send forth Your Spirit and they shall be created,  
**And You shall renew the face of the earth.**



*“There shall come forth a shoot from the stump of Jesse, and a branch shall grow out of his roots. And the Spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the LORD. And his delight shall be in the fear of the LORD.”* —Isaiah 11:1–3a



## PARENT TIP

This session teaches that the gifts of the Holy Spirit strengthened in Confirmation are for Catholics to share and defend their faith.

We recommend the Lighthouse Catholic Media talk **“Contemporary Sainthood”** by Mark Hart.

[lighthousecatholicmedia.org/store/title/contemporary-sainthood#](http://lighthousecatholicmedia.org/store/title/contemporary-sainthood#)