

CONFIRMATION

SESSION 4

THE GIFTS AND FRUITS OF THE HOLY SPIRIT



SCRIPTURE QUOTE FOR THE WEEK



"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



OPENING PRAYER

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

Let us pray, O God, who by the light of the Holy Spirit did instruct the hearts of Your faithful; grant that in the same Spirit we may be truly wise and ever rejoice in His consolation. Through the same Christ, our Lord. Amen.



COMMIT

This week'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.

PRAY

God, who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ our Lord. Amen.

TIP FOR THE WEEK

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#