

# Confirmation Recall and Habit-Forming Actions

MARCH 2021

In our sixth session, we guided the Confirmation candidates to think about this question: Who is the Holy Spirit and how is He related to the Father and the Son?" The goal of this session was to help the students take another step into the profound mystery of God's love poured out to us through the Holy Spirit and to take a leap of faith and accept it as truth. Our job continues to be one of formation so that the candidates open their heart to embrace all the love that God – Father, Son, and Holy Spirit – want to share with them.

Here are the key concepts from the session.

1. The Holy Spirit is distinct from yet inseparable from Christ.
2. The Holy Spirit awakens the faith of God in us.
3. The Holy Spirit is part of the Trinity.
4. The Holy Spirit dwells among us. We know this by the fruits that we exhibit.
5. The Holy Spirit inspires us, guides us, encourages us.
6. The Holy Spirit is the love that exists between the Father and the Son.

**Introduction:** We began the session with a review of the three habits that all of us should develop: Praying regularly, listening to God, receiving the Sacraments regularly. Everyone should be working to spend time in prayer each day, to be reading Scripture as often as possible and to fulfill our weekly obligation to receive the Eucharist.

**FORMATION** – We began with a short self assessment that the students completed on several characteristics. Once that was completed, we talked about the Holy Spirit, covering the key concepts. Next we viewed a video called [The Fruits of the Holy Spirit](#). We divided the video up into 3 sections. After each section, the small group will talk about what they saw. Below are the questions that we discussed.

**Video – Part One– Presence of the Holy Spirit: How the Holy Spirit can animate you.**

Discussion Questions:

1. The sister in the video talks about silence and how silence creates a space for the Holy Spirit in one's life. How comfortable are your friends with silence? How often do you sit in silence? Have you ever felt the true peace of God?
2. We are told that we will be known by the fruit we bear. When a person meets you, what fruit would you like them to see? What do you think they see?
3. Do people's actions impact you or those around you? How do people who display the fruits of the Holy Spirit impact you? How do people who display the fruits of the flesh impact you?

## **Video – Part Two - Journeying with the Holy Spirit**

Discussion Questions:

1. Have you ever made a choice that has brought you great joy? Tells us about it. Have you ever made a choice that has sapped or drained your joy?
2. Father Dave admits that self-control is a hard fruit for him. How hard is it for you to remain in control of yourself? What situations make it difficult for you to remain in control of yourself? Are there any situations where you find it easy to remain in control?
3. Have you ever prayed to the Holy Spirit and asked Him to help you stay in control of yourself?
4. When you run into frustration or become anxious or angry, you have a choice to either choose to live a fruit of the Holy Spirit or a quality of the flesh. What were some of the suggestions given in the video that can help you choose the fruit of the Holy Spirit?

## **Video – Part Three – The Holy Spirit wants to give you His fruit so that you can share the fruit with others.**

Discussion Questions:

1. Which fruit did Father call the “banana”? (Patience) Why does he think it is like a “banana”? Do you agree?
2. Do you know anyone who lives the fruits of the Holy Spirit in their life? Tell us about him or her.
3. Love is the ultimate fruit of the Holy Spirit. How might a person’s life change if they always chose to will the good of another?

**We urge you to watch this video and discuss the same questions.**