



LESSON NINE

The Holy Spirit: God Dwells in Us

Opening Prayer

Come, Holy Spirit, and move upon the waters of my heart.

Create in me a new heart!

Renew in me a steadfast spirit that I may never be cast from your presence.

Fill me with your love so that it overflows into the hearts of all those around me.

Holy Spirit, God who is love, help me to love well.

Amen.



INVITED

Lesson Objectives:

- ❖ Understand who the Holy Spirit is: the Third Person of the Trinity, the love of the Father and the Son, not a force or a symbol.
- ❖ Recognize how the Spirit dwells in each baptized person, prays within us, and distributes gifts for the building up of the Body of Christ.
- ❖ Become aware of the presence and work of the Holy Spirit in the life of the Church, at Pentecost and in the sacraments, and how he gives strength to the Church's mission.
- ❖ Become familiar with the concept of receiving grace through the sacraments, and be able to explain grace as God's life in us.

BURNING QUESTIONS

❖ Who, or what, is the Holy Spirit? Is the Spirit a force, a presence, or a person?

How do people experience the Spirit? What do you believe about God's nearness and personal presence in the world?

❖ It isn't too difficult to relate to the Father and the Son, but how can we relate to the Holy Spirit?

If we forget about one of the Persons of the Trinity, what does it say about our faith? Is a relationship with the Holy Spirit truly necessary?

St. Philip Neri

Feast Day: May 26

Lived: July 21, 1515 – May 26, 1595 · Florence, Italy · Patron of Joy, Humor

Known as the Apostle of Rome and the Apostle of Joy, Philip Neri spent long hours in prayer in the Roman catacombs. During one such prayer, a globe of fire entered his heart, filling him with overwhelming love for God. His contagious laughter and selfless service among the poor, the sick, and young people drew countless souls to Christ. He founded the Congregation of the Oratory and taught that holiness is found in small, everyday acts of love opened wide to the Holy Spirit.



"The Holy Spirit is the master of prayer, and causes us to abide in continual peace and cheerfulness."

St. Philip Neri

Who Is the Holy Spirit?

Third Person of the Trinity

The Holy Spirit is not a force or a feeling. He is the Third Person of the Holy Trinity, fully God, coequal and coeternal with the Father and the Son. The Nicene Creed calls him “the Lord, the giver of life, who proceeds from the Father and the Son.” He is not an “it.” He thinks, wills, speaks, and loves.



The Spirit in Scripture

Scripture reveals how the Holy Spirit has been present and active from the very beginning. Before the world was formed, “the Spirit of God was moving over the face of the waters” (Genesis 1:2). The *Catechism* declares that the Holy Spirit prepared humanity for Christ and continues to prepare hearts to welcome him (see CCC 702–716).

“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?”

1 Corinthians 6:19

The Spirit Throughout Salvation History

In the Old Testament

The Spirit worked wonders and inspired the prophets, giving hope to the Israelites (see Ezekiel 37:1–14) and promising a new outpouring: “I will pour out my spirit on all flesh” (Joel 2:28). He prepared humanity to receive God’s Son.

In the Life of Christ

The Spirit descended on Jesus at his Baptism and drove him into the desert. He worked through every act of Jesus’ ministry. At Pentecost, he was poured out on the Church, transforming frightened disciples into bold witnesses.

In the Church and in Us

The Spirit unifies the Church in one faith and distributes charisms for its service. He intercedes for us in prayer, leads us to truth, and makes us holy, pouring God’s grace into our souls.

“I will ask the Father, and he will give you another Counselor, to be with you for ever, even the Spirit of truth.”

John 14:16–17

The Spirit's Gifts and Our Response

Gifts and Fruits

The Church names seven gifts of the Holy Spirit (wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord), given at Baptism and strengthened at Confirmation. The fruits of the Spirit—love, joy, peace, patience, and others—are signs that the Spirit is at work in a soul.

Opening to the Spirit

St. Philip Neri taught that God often speaks through gentle nudges: a moment of peace, a desire to help someone, a sudden understanding of what is right. Learning to listen for these movements and respond with docility is the heart of the Spirit-filled life.

For all who are led by the Spirit of God are sons of God.

Romans 8:14



Discussion Questions

- ❖ How do you see the Holy Spirit working to transform fear into courage in your own life? Where might God be calling you to step out in faith rather than remain in the “upper room” of fear?
- ❖ How can we be more open to the Spirit's unifying work in our parish communities and relationships?
- ❖ What does it mean in practical terms to be an “empty vessel” for the Holy Spirit? What might we need to let go of to make more room for the Spirit?

Faith and Fun

Which saint is known as the “Doctor of the Holy Spirit” because of his writings on the Spirit’s role in the Church and the soul?

a. St. Thomas Aquinas

b. St. Basil the Great

c. St. Augustine

d. St. Gregory the Great

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St. Basil the Great is a Doctor of the Church and wrote a treatise on the Holy Spirit. He contributed significantly to the theological understanding of the Trinity and defended the divine nature of the Third Person of the Trinity against heresies.

Signs and Symbols of the Holy Spirit

Wind and Breath

The Hebrew word *ruah* and Greek *pneuma* both mean breath or wind. The Spirit moved over the waters at Creation and breathed life into Adam. At Pentecost, a mighty wind filled the *upper room*. Wind cannot be seen, but its effects are unmistakable—a fitting image for the Spirit, who moves in hidden but powerful ways.

Fire

Tongues of fire appeared over the disciples at Pentecost. Fire gives light and warmth and purifies. The Spirit sets hearts ablaze with love and burns away what holds us back.

Epiclesis

At Mass, the priest extends his hands over the bread and wine during the epiclesis, calling down the Holy Spirit to transform them into the Body and Blood of Christ.



Living It Out:

Look up paragraphs 683–686 of the *Catechism* this week and spend time reflecting on how the Holy Spirit is already present and active in your life.

Closing Prayer

*Come, Holy Spirit, fill the hearts of your faithful
and kindle 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.*

Amen.

Announcements / Reminders — add notes here