

LEADER'S OVERVIEW

What does the Holy Spirit do for me?

Gifts for the Journey

The purpose of this lesson is to introduce candidates to the gifts of the Holy Spirit, which are “permanent dispositions” (CCC 1830) that allow us to follow the promptings of the Holy Spirit. These gifts, which are strengthened in us at Confirmation, are intended to help us grow in holiness—and to empower us to help others grow as well.

In this lesson, we talk about the two types of gifts of the Holy Spirit: the seven gifts listed in Isaiah 11, which help us to grow in holiness and produce in us the fruits of the Holy Spirit, and the *charismatic* gifts, which the Holy Spirit gives us to empower us to lead others to holiness and to build up the kingdom of God on earth.

The gifts of the Holy Spirit, received at Baptism and strengthened through Confirmation, help us to live the Christian life. As with any gift, however, we must be willing to *open* the gift in order to use it. The more we cooperate with and exercise a particular gift, the stronger we grow in using it.

Objectives of This Lesson

1. ***Talk about how the gifts of the Holy Spirit equip us for the journey of faith.*** We receive these gifts at Baptism, and they are “increased” in us (see CCC 1303) at Confirmation.
2. ***Describe the gifts of the Holy Spirit listed in Isaiah.*** They are wisdom, understanding, counsel, fortitude (courage), knowledge, piety, and fear of the Lord (see Isaiah 11:1-2; CCC 1831).
3. ***Explain charisms,*** or charismatic gifts, that help individuals serve the Church for the common good (see 1 Corinthians 12; Romans 12:6-8; CCC 799, 2003–2004).
4. ***Identify the fruits of the Spirit,*** the “first fruits of eternal glory” (CCC 1832). The fruits of the Spirit are twelve “perfections,” or qualities, that prove the Holy Spirit is at work in our lives as we grow in virtue. These fruits are charity (love), joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity (see Galatians 5:22-23).

Notes



LESSON 13
(Gifts for the Journey)

What does the Holy Spirit do for me?

Opening Prayer

Veni Sancte Spiritus (Come Holy Spirit)

"Come, Holy Spirit, send forth the heavenly radiance
of your light.

Come, father of the poor.

Come, giver of gifts.

Come, light of the heart.

Greatest comforter, sweet guest of the soul, sweet consolation:
in labor, rest; in heat, temperance; in tears, solace.

O most blessed light, fill the inmost heart of your faithful.

Without your grace, there is nothing in us, nothing that is
not harmful.

Cleanse what is unclean,

Water what is dry.

Heal what has been wounded.

Flex what is inflexible.

Warm what is chilled.

Correct what has gone astray.

Give to your faithful, those who trust in you,
the sevenfold gifts.

Grant the reward of virtue, the deliverance of salvation,
and our eternal joy. Amen."

If you could ask God for one superpower, what would it be, and why?

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STEP 1

WELCOME / REVIEW GAME / KICKOFF QUESTION

(7 minutes)

Welcome the class and lead them in the video Review Game for the previous lesson. Then direct them to answer the Kickoff Question at the bottom of the page in the Student Workbook, and take a few minutes for the class to share their answers.

The gifts and fruits of the Holy Spirit are actual superpowers. They come from above, from God, and build on our natural gifts and talents. Asking candidates about superpowers is a fun way to introduce the concept of the power of the sacramental grace.

STEP 2

"CHALLENGE OF THE WEEK" REVIEW (4 minutes)

Ask if anyone would like to share a challenge experience from the previous week. Try to draw candidates out by prompting them with basic questions about last week's challenges (e.g., "Did anyone choose the first challenge?").

STEP 3

OPENING PRAYER (3 minutes)

Lead the class in the Opening Prayer. Leader's notes are provided in the blue box below: The red text provides guidance, and white text is for you to read aloud. You begin with the words in white, and the class joins in with the prayer in the Student Workbook.

OPENING PRAYER

Search YouTube for "Veni Sancte Spiritus Gregorian sequence" and you will find several renditions of this beautiful chant. Consider playing it in the background as class begins and introducing it to your class with the following words:

Since the eleventh century, "Veni Sancte Spiritus" (Come Holy Spirit) has been chanted before the Gospel on Pentecost Sunday. The prayer beautifully shows our need for the Holy Spirit in our lives and how helpless we are without him. Let's read it together now. In the name of the Father ...

**STEP
4****“DIVE IN” (5 minutes)**

Read this story aloud, have a candidate read it aloud, or have the class read it silently before watching the video segments. This thought-provoking story ties in with the lesson’s topic and sets up the video presentation.

DIVE IN:**Horvath’s Violin**

When the aging farmer discovered an unexpected gift under the roof space of his family’s ancient farmhouse, he had no idea that his life was about to change. Sixty-eight-year-old Imre Horvath had spent his entire life scratching out an existence by selling poultry and eggs as a chicken farmer on the farm his father had built.

“Here lies the difference between those who are good Christians but remain until death in mediocrity and those who strive for, and reach, sanctity. It is up to us! And, strange as it may seem, when God sees we appreciate the grace we have by using it, he gives us more.”

—Servant of God Fr. John Hardon, SJ

When Imre was young, his father, Zoltan, was called off to war. His father never returned, and the priceless gift he had hidden in the attic of the family farm lay, undiscovered, for decades. When at last Imre uncovered his father’s violin, he knew it was a beautiful instrument. But when he took it to the city to have the violin appraised, Imre received astounding news: The violin was a Stradivarius!

Stradivarius violins are among the most highly valued in the world. Antonio Stradivari (1644–1737) is believed to have crafted about 1,100 instruments; only about 650 survive. A Stradivarius can sell at auction for up to \$16

million. All those years, Imre had an AMAZING gift that could have changed his life ... but he never “cashed in” on it or used it. He simply didn’t know it was there.

That’s us with the Holy Spirit!

The Holy Spirit is called “the gift of God” because he lavishly pours out his gifts on us! The gifts you’ve been given in Baptism, which will be strengthened in you in Confirmation, *probably* won’t make you a millionaire, but they are valuable currency in the kingdom of God.

The Holy Spirit comes to give us everything we need to become the people he made us to be and to fulfill the mission he has called us to accomplish in this world.

Are you cooperating with those gifts? Are you asking for them? Are you cashing in?

**Segment 1 Discussion Questions**» **What was the most exciting gift that you have ever received? What made it exciting?**

- What was the most helpful gift that you have ever received? How and why was it helpful to you?
- What are some of the qualities that you would look for in someone you would seek advice from? How are those qualities related to the gifts of the Holy Spirit?
- The gifts connected to our intellect are wisdom, understanding, knowledge, and counsel. What are some ways that you can grow in these gifts?

Segment 2 Discussion Questions» **Pick one of the seven gifts of the Holy Spirit and talk about how it would be helpful in daily life.**

See Isaiah 11:2-3.

- How can these gifts help you to fulfill your purpose and mission as a student, as a son or daughter, as a teammate, or as a coworker?



WATCH IT!

SEGMENT 1: Gifts of the Spirit (Part 1)

- Which gift of the Holy Spirit helps us put “first things first and second things second” (that is, love of God first, love of neighbor second, and fitting in the other details of life with those two priorities in mind)? Wisdom
- T or F?** The gift of counsel is also called “right judgment.” It helps us to choose to do what’s right.
- What was wrong with Chris’ jacket?
 - ☒ A) missing a button
 - ☐ B) torn sleeve
 - ☐ C) wrinkled collar
 - ☐ D) hole in elbow

SEGMENT 2: Gifts of the Spirit (Part 2)

- Three gifts are oriented toward the will, to help us to love God. They are fortitude, fear of the Lord, and piety
- T or F?** The gift of fortitude is also called “courage.”
- Fear of the Lord is the beginning of all _____.
 - ☐ A) understanding
 - ☒ B) wisdom
 - ☐ C) piety
 - ☐ D) fortitude

SEGMENT 3: The Twelve Fruits of the Holy Spirit

- The fruits of the Holy Spirit flow from the gifts of the Holy Spirit.
- Which of the following is NOT a fruit of the Holy Spirit?
 - ☐ A) joy
 - ☐ B) kindness
 - ☒ C) judgment
 - ☐ D) self-control



DISCUSSION PREP GUIDE

The gifts and fruits of the Holy Spirit are relevant to reaching our deepest potential and becoming who God created us to be. Help the candidates to make the connections to the themes of true happiness and what they are really seeking in their lives.

Some helpful tips:

- Point the candidates toward considering how the Holy Spirit is the source of these gifts and fruits.
- Ask the candidates to consider the reality of a gift versus the reality of a fruit. A gift is freely given as opposed to earned, and a fruit is the result of healthy growth and nutrition.
- Help the candidates to understand how the gifts and fruits of the Holy Spirit relate to our larger purpose and also to our everyday tasks and relationships.

STEP
5

“WATCH IT!” / SMALL GROUP DISCUSSION (50 minutes)

Play the video for Lesson 13, segment 1 (video 13.1), and then have the candidates fill in the “Watch It!” questions. Review the correct answers with the class.

Next, lead the candidates in a small group discussion about segment 1. See the Discussion Prep Guide above for an introduction and tips for the discussion.

Follow the same steps for video segments 2 and 3. Allow about 10 minutes for discussion after each segment.

- In what ways could you grow in the gift of fortitude, or courage? Do you have to feel courageous in order to act courageously?

Segment 3 Discussion Questions

Note: Ask a candidate to read aloud to the class the twelve fruits of the Holy Spirit. They are listed on page 123 of the Student Workbook under FRUITS OF THE HOLY SPIRIT.

- » **How would your life be different if you encountered these fruits in your closest relationships on a daily basis?**
- How can you cultivate these fruits in your life?
 - If you could witness these fruits to others, how might it change their attitude toward you and toward God?
 - Have you selected a Confirmation saint’s name? How did that saint show the fruits and gifts of the Holy Spirit in his or her life?

**STEP
6**

“TO THE HEART” (10 minutes)

After the small group discussions, read this story aloud, have a candidate read it aloud, or have the class read it silently. After the story (written by this week’s video presenter), read the thought-provoking question provided in the red box below. Time permitting, ask follow-up questions and encourage discussion.

118  Chosen

“Jesus gave us the Holy Spirit ... to comfort and guide us.”

TO THE HEART with

When I was a young child, my mother taught me my very first Bible verse:

The Lord is my light and my salvation; whom shall I fear?

The Lord is the stronghold of my life; of whom shall I be afraid? (Psalm 27:1)

Knowing that the Lord was with me and that I needn't worry became a great consolation for me as I grew older, my parents were divorced, and I began to struggle to find my way in life. I grew up hearing songs and stories from Scripture about Jesus and God the Father. I was encouraged to value and foster a personal relationship with Jesus.

It wasn't until my mother started taking me to a charismatic Protestant church that I recall hearing about the Holy Spirit. I have unique memories of that church: people falling down and raising their hands in prayer and praise. More than anything, I wanted the

Holy Spirit to pour over me and make me speak in tongues like I'd seen so many others do. I begged the Lord to give me that gift.

But he never did. Not once. Those around me cried and called out, as though they were connected directly to heaven. But I felt ... nothing. *Why not me, Lord? Am I unworthy of the Spirit's gifts?* I didn't understand.

It wasn't until I became Catholic that I *did* begin to understand it ... or more precisely, began to understand *him*: the *Person* of the Holy Spirit. As I searched the Scriptures and learned of the actions of the Holy Spirit in the early Church, I realized that, just as the Spirit is not a dove or a flame of fire, the Holy Spirit is also not a *feeling*.

Jesus gave us the Holy Spirit, the third Person of the Trinity, to comfort and guide us. The Spirit reminded the early apostles of all that Jesus had said and done, so that we could have a consistent picture of Christ.

QUESTION

The gifts of the Holy Spirit are a reflection of God's love for us, and we need them more than we can possibly know. What gift would you most like to focus on? What gift do you think is least common or least used by people?

The Spirit enabled the early Church to endure great difficulties ... and this same Spirit is in our lives, helping us to grow in holiness.

At Baptism, the Holy Spirit gives each of us seven special gifts: wisdom, understanding, counsel, knowledge, piety, fortitude, and fear of the Lord. These gifts are strengthened at Confirmation, and as we exercise them and grow in virtue, our lives begin to bear beautiful fruit: charity (love), joy, peace, patience, kindness, goodness, generosity, gentleness,

faithfulness, modesty, self-control, and **CHASTITY**. In this way, we show that we are truly “children of God,” shining the love of our Father into a dark and lonely world. Jesus gave us the Holy Spirit, the Comforter, so we’d truly have no reason to fear.

In time, I came to understand that I already *had* all the gifts the Holy Spirit wanted to give me. He hadn’t held anything back. I had everything I needed to do the things God wanted me to do. All I had to do was ask!

Chris Padgett

Find It!

Where in the Bible do we find the outpouring of the Holy Spirit at Pentecost?

Acts 2

OPTIONAL ACTIVITIES FOR LESSON 13

	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3
Title	“Veni Sancte Spiritus”	“Gift Match”	“Fruits of the Holy Spirit Object Lesson”
Suggested Timing	After the Opening Prayer	After video segment 2	After video segment 3
Location in Director’s Manual	Page 64	Page 65	Page 67

All activities are available with *Chosen* Online Leader’s Access.

“HERO OF THE WEEK”

(5 minutes)

This saint's story helps highlight and reinforce the lesson's topic. You may choose to read it aloud, have a candidate read it aloud, or have the class read it silently.

HERO

of the

Week



Born:

August 28, 1774

Died:

January 4, 1821

Memorial:

January 4

Patron Saint of:

- orphans
- grieving parents
- widows

ST. ELIZABETH ANN SETON

Elizabeth was raised in a home of wealth and privilege in New York, but it wasn't long before she experienced great losses in her life.

Her mother died when she was only three years old. Her stepmother, whom Elizabeth adored, taught her social responsibility and how to tend to the needs of the poor and sick.

Elizabeth married a prominent young businessman, William Seton. When his father died unexpectedly, William and Elizabeth helped to raise William's younger siblings. Then William's business went bankrupt, and he contracted tuberculosis. The family moved to Italy, where they hoped the climate would improve William's health. But when the ship docked in Europe, they were placed in quarantine, in conditions that made William's illness worse. When William died not long after, Elizabeth and their four children became completely dependent on the kindness of strangers—her husband's business partners in Italy, Antonio and Filippo Filicchi.

In the midst of these horrific losses, Elizabeth experienced amazing grace. Five months after she returned to America, she converted to the Catholic faith—in no small part because of the kindness of her Italian friends, who reached out to her family when they needed help most. Elizabeth's conversion represented no small challenge or sacrifice. At a time when she needed the support of family and friends most, she was criticized and rejected for her newfound faith. And yet she once again took up the task she believed God was calling her to do.

Years later, Elizabeth took up a second calling as a religious and founded the Sisters of Charity. Mother Seton established the first free Catholic school for girls in Baltimore. The order she founded has expanded to include work for the poor in hospitals, schools, and charitable institutions.

Elizabeth became the first American-born canonized saint. In his homily for her canonization, St. Paul VI gave a great definition of a saint: “A saint is a human creature fully conformed to the will of God.” While the stories of other saints are full of drama and bloodshed, Elizabeth’s story is different. There is no over-the-top drama, no “special effects.” Her obedience did not make her life easier—just the opposite, in fact. And yet in her we see a wonderful example of what happens when the Holy Spirit is unleashed in a heart fully open to receiving his transforming grace.

St. Elizabeth Ann Seton, pray for us. Help us to open our hearts to the Holy Spirit.

Notes

[illegible]

CHALLENGE

of the

Week

- Give a gift.** This week, do a favor, buy a present, create something artistic for someone, or help someone do some work. Watch for signs that your gift has strengthened, encouraged, or inspired the other person. Write what you did in the space below, and be ready to talk about it next week.

Do some weight lifting. First, measure your biceps with a measuring tape. Write the measurement below. Then select light weights and curl them until your muscles burn. Rest for a count of fifteen and repeat. Now measure again. Did the number change? Reflect on how using your gifts makes them expand and grow stronger.

Read Isaiah 11:1-9. The Holy Spirit frequently predicted the coming of the Messiah through the prophets of the Old Testament. Read this passage slowly and carefully, and think about how it applies to Christ. As followers of Jesus, how can we put these gifts of the Spirit to better use in our own lives?

[illegible]

Closing Prayer

“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.” -Isaiah 11:2

Lord, you don't just demand holiness from us; you offer us spiritual treasures that help us get there. It's a great mystery to us that you delight in such weak creatures, pouring your graces out on us whenever we approach you in humility. Your life-changing gifts are there for the asking. Give us the grace to ask, so that we may receive. Amen.

[illegible]

STEP 9 **HOMEWORK INSTRUCTIONS** (2 minutes)

Remind candidates to read “Wrap-Up” and “What’s That Word?” in the “Taking It Home” section of the Student Workbook. They should also review the “Watch It!” questions and Memory Verse to prepare for the next Review Game. Consider assigning “Find It!” for review at the next class too.

STEP 10 **CLOSING PRAYER** (2 minutes)

As a way of building up community, ask if there are any prayer intentions. Write them down (or have candidates share them aloud), and after praying for those intentions, have the class read the Closing Prayer in the Student Workbook together.

TAKING IT HOME

For next week's Review Game, be sure to read over the following ...

1. **Watch It!** questions (page 117)
2. **Wrap-Up**
3. **“What’s That Word?”**
4. **Memory Verse**

Don't forget to do your
Challenge of the Week (page 121)

Wrap-Up

In the last chapter, we talked about who the Holy Spirit is and how he has worked throughout salvation history—up to the present day—in the life of the Church. We explained that the Holy Spirit guides both the Church and individuals within the Body of Christ if they are willing to live their lives according to God's revealed will.

“love [charity], joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22-23). These fruits help us grow in personal holiness.

In addition, the Holy Spirit grants, “charismatic” gifts to be used in service of the Church. While you can’t grow in holiness without the gifts of the Holy Spirit found in Isaiah 11:2-3, you can’t spread the Gospel without the charismatic gifts.²

Some charismatic gifts are extraordinary, such as the gift of “speaking in tongues” (the ability to speak a foreign language one has never studied), prophecy, or healing.* Other, more common gifts include the gifts of counsel, preaching, and teaching. A list of gifts is found in 1 Corinthians 12:4-11.’

To help us understand and follow God's plan for our lives, the Holy Spirit gives us certain gifts. These "gifts of the Holy Spirit," outlined in the book of Isaiah, are: wisdom, understanding, knowledge, counsel, piety, fortitude (or courage), and fear of the Lord.¹ These supernatural gifts complete and perfect the natural virtues to produce the **FRUITS OF THE HOLY SPIRIT**: chastity, modesty, and generosity, as well as

Did You Know?

Because she was willing to die, St. Thecla is considered a martyr even though the various attempts to execute her (for her faith and for refusing to marry)—by burning, wild animals, and, finally, poisonous snakes—were thwarted by miracles.

* If God does give you a more extraordinary charismatic gift to serve the Church, it would be wise to speak to a priest about it. In 1 John 4:1, we are encouraged to “test the spirits to see whether they are of God.”

Notes

[illegible]

“What’s That Word?”

CHARISMS, CHARISMATIC GIFTS

The word *charism*, from a Greek word that means “gift,” is found in several places in Scripture, including 1 Corinthians 12, Romans 12:5-8, and Ephesians 4.³ **CHARISMS** are specific gifts given by the Holy Spirit to certain individuals to serve the Church in a particular way. Different people receive different *charisms*, depending on their role in the Church. In addition to “charismatic” gifts, such as gifts of healing, prophecy, and tongues, God grants some people special charisms of administration, teaching, or hospitality to serve the needs of the local Church.

FRUITS OF THE HOLY SPIRIT

In his letter to the Galatians, St. Paul speaks of the “fruit of the Spirit.” These fruits, the defining qualities of all Christians, are charity (love), joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.⁴ As these fruits ripen and mature, their “sweetness” can often draw others into a relationship with the Lord and into the Church—and they are an important way for us to track the progress of our own spiritual growth.⁵

GIFTS OF THE HOLY SPIRIT

The seven *Gifts of the Holy Spirit* are listed in Isaiah 11:2-3: wisdom, understanding, knowledge, counsel, piety, fortitude, and fear of the Lord.⁶ This Scripture passage is a prophecy describing the Messiah that the people of God were hoping would come to deliver them. These same gifts are also given to all of us who are baptized, and they remain in us as long as we remain in a state of grace. The gifts of the Spirit make it possible for us to live and act as the Holy Spirit leads us.

³ CCC 2003

⁴ Gal 5:22-23

⁵ CCC 1829

⁶ Is 11:1-3; CCC 1831

Memory Verse:

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.”

—Galatians 5:22-23



Any Questions?

How can I grow in the gifts of the Holy Spirit?

Simply following God every day makes your heart more and more open to these special strengths from the Holy Spirit. You follow God by engaging in daily prayer and Scripture reading, attending Mass and receiving the Eucharist whenever possible, making yearly retreats, getting involved in your parish, joining a good Catholic youth group, making regular confessions, and serving others.

The Sacrament of Confirmation will increase these gifts in your soul in a special way. But if there is a specific gift you need to develop to become the person you're meant to be, just ask the Holy Spirit for it!

Notes
