

SESSION PLAN

CONFIRMATION PROGRAMME

8

With the Spirit's help

Letting the Holy Spirit work in me

AIMS

1. To further reflect on the Holy Spirit as our Promised Helper and Guide.
2. To reflect on how the same Holy Spirit has helped Jesus himself, Mary, the Saints and others in the Church.
3. To be able to identify and understand the significance of the Fruits of the Spirit - special qualities or virtues present in those who let the Spirit work in them.

PRAYER

- Recall the theme discussed in the last session - The Holy Spirit and his Gifts. Say that today's session follows up on the same theme.
- Read the opening prayer and leave a few moments for silent reflection.

KEY WORDS

- Holy Spirit
- Helper and Guide
- Fruits of the Spirit

RESOURCES

- Worksheet 8
- Prayer Sheet 8
- Bible
- Images of Jesus, Mary, St Stephen
- Quiet music

NOTES

The theme of the Fruits of the Holy Spirit lends itself nicely to an activity for a church display. Candidates could work on drawings and other artwork related to this theme for display as part of their Confirmation celebration.

MAIN SESSION

- Begin by making links to the previous session to emphasize the fact that the **Holy Spirit** is so central to the celebration of Confirmation. Ask questions about the meaning of the Gifts of the Holy Spirit. Also recall the discussion about dilemmas and the difficulties we sometimes face when trying to live as true Christians.
- Read through Part A to develop the idea of the Holy Spirit as the **'Helper'** and **'Guide'** and to show that he has guided Jesus himself, Mary, the saints and all those who chose to follow the Christian way of life.
- Move on to Part B: For each of the different parts invite someone to read the Bible passage then open the discussion and invite candidates to say how did the Holy Spirit help Jesus, Mary and Stephen in those situations.
 - a. **Jesus** (Mt 4:1-11): The HS helped Jesus to reject the devil and his temptations.
 - b. **Mary** (Lk 1:26-38): Mary was able to say 'Yes' to God's call even though she didn't fully understand how this could happen.
 - c. **Stephen** (Acts 7: 55-60): The HS helped Stephen to be able to give up his life as a witness to Christ - a martyr.
- For the final part of this section, explain that the Holy Spirit is still working through many people today. Invite candidates to give examples of someone else they know or someone they have heard about who is clearly letting the Holy Spirit work in them (e.g. Christian leaders; parishioners who are active in the church; missionaries; others who have suffered because they are Christians; etc.).
- Move on to Part B: Introduce the **'Fruits of the Spirit'** as good qualities or virtues shown by those who let the Holy Spirit work in them. Explain how St Paul and the Church's tradition lists 12 of these 'Fruits'.
- Go through each of the 12 fruits as shown in Worksheet 8. For each one invite candidates to suggest examples from real life situations when as Christians we need to show that we have these good qualities; for example:

Charity/Love: showing Christian love to everyone in all situations
Patience: to show endurance and help also in difficult situations
Modesty: to show decency and moderation in speech, dress and behaviour
Self Control: to be able to control emotions in order not do anything that is against the will of God.

CONCLUSION/REFLECTION

- Create a prayerful atmosphere. Encourage the group to think of the presence of the Holy Spirit whom we cannot see but who is ready to be our helper in order that we may be able to be true followers of Christ
- Play some quiet music. Slowly read and reflect on the Concluding prayer.