

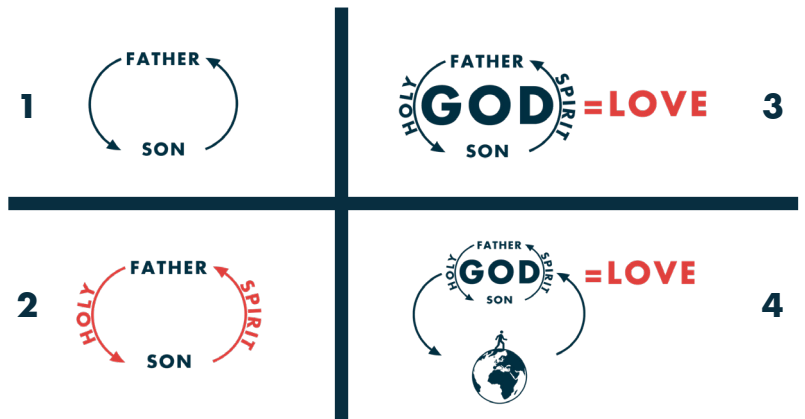
# Belonging

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 1

### Main Points:

- We feel alone when we do not have life-giving relationships.
- Pope Benedict XVI called the Holy Spirit “the most neglected person of the Trinity,” meaning we often forget that the Holy Spirit is God and we have access to Him through our baptism, confirmation, and prayer.
- The Catechism describes the Trinity as:
  - The Trinity is One (CCC #253)
  - The divine persons are really distinct from one another (#254)
  - The divine persons are relative to one another (#255)

1. *The Father loves the Son and the Son loves the Father.*
2. *The love between the Father and Son is so real that it is a Person, the Holy Spirit.*
3. *The Father, Son, and Holy Spirit are the three persons of the Trinity. The Trinity is God. And this is how we can claim “God IS love.”*
4. *“God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to share in his own blessed life.” CCC 1.*



### Commit:

This week commit to ask one person what they think of when they think of the Holy Spirit.

### Theme Verse

**JOHN 16:7**

“But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you.”

**“I used to think the worst thing in life was to end up all alone; it’s not. The worst thing in life is to end up with people that make you feel all alone.”**

*- Actor Robin Williams*

**“God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”**

*- Romans 5:5*

**“[The Holy Spirit] is in some ways the neglected person of the Holy Trinity.”**

*- Pope Benedict XVI*

**“God’s very being is love (1John 4:8). By sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange.”**

*- CCC 221*

The one thing I want to remember is...

A personal challenge I want to give myself is...

# Notes



# Guided

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 2

### Main Points:

- Another title for the Holy Spirit is “Paraclete” which translates into “Counselor,” “Advocate,” or more literally “one who comes alongside.”
- Discernment means asking for God’s guidance and help in making decisions.
- The Holy Spirit often guides us through ways outside of our direct prayer such as through friends, mentors, and most obviously through the Church.

### Commit:

This week’s challenge is often called “The Heroic Minute.” As soon as you wake up in the morning, before you even get out of bed, simply pray: **“I love you, Jesus. What do you want of me today?”**

### Theme Verse

#### JOHN 16:12-13

“I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming.”





# Empowered

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 3

### Main Points:

- We have access to the same Holy Spirit given to the apostles at Pentecost through the grace of the sacraments and prayer.
- The Holy Spirit empowers us to share our faith, to be bold witnesses.
- Miracles are still possible if we cooperate with the Holy Spirit.

### Commit:

This week, ask the Holy Spirit to inspire you to reach out to someone and share your faith. But before you do, ask the Holy Spirit to give you wisdom to know what to say and do and courage to actually do it. (By the way, wisdom and courage are two of the seven gifts of the Spirit.)

### Theme Verse

**ACTS 1:8**

“But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.”





# Alive

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 4

### Main Points:

- God is the only one who satisfies our deepest desires.
- At baptism, you received what the Church calls, “sanctifying grace” – when the Holy Spirit is infused into your soul and you are given the capacity to live a holy – or sanctified – life.
- If we do not cooperate with the grace given us, it can remain “tied up” and inactive in our souls.
- The Holy Spirit sheds light on the areas of our lives that need to change, on sin, and gives us the power to overcome sin. (see *Catechism of the Catholic Church* 1433)

### Commit:

1. Pray “Come, Holy Spirit” multiple times throughout your day, every day.
2. Think more about where in your life you want a greater outpouring of the Holy Spirit. Next time we meet we will be praying specifically for these things.

### Theme Verse

**JOHN 7:37-39**

“On the last and greatest day of the feast, Jesus stood up and exclaimed, “Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says, ‘Rivers of living water will flow from within him.’” He said this in reference to the Spirit that those who came to believe in Him were to receive. There was, of course, no Spirit yet, because Jesus had not yet been glorified.”

**"I believe in the Holy Spirit, the Lord the giver of Life."**

- Nicene Creed

**"Trying to fill the God-sized hole in our hearts with things other than God is like trying to fill the Grand Canyon with marbles."**

- Peter Kreeft

**"What I do, I do not understand. For I do not do what I want, but I do what I hate."**

- Romans 7:15

**"[The Holy Spirit] brings sin to light [and] is also the Consoler who gives the human heart grace for repentance and conversion."**

- CCC 1433

**"Come, Holy Spirit"**

- Ancient prayer of the Church

The one thing I want to remember is...

A personal challenge I want to give myself is...

# Notes





# Prayer for the Release of the Holy Spirit

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 5

### Main Points:

- You receive the Holy Spirit at baptism and confirmation, but we have to “release” Him, consciously invite Him, to be active in our lives.
- It is important not to just say to people “I’ll pray for you,” but to actually pray with one another.

### PRAYER FOR THE RELEASE OF THE HOLY SPIRIT

*Merciful Father, free me from the Enemy. I reject Satan, his works, and his empty promises. Jesus Christ, I offer my life to you and truly desire to obey you as Lord. Spirit of God, I open myself to you. Release all of the graces, gifts and power to help me live as a firm, committed follower of Jesus. Amen.*

### Commit:

Look for the fruit of the Holy Spirit in your life this week since we prayed for you. Galatians 5:22-23 outlines the fruit of the Holy Spirit: love, joy, peace, patience, generosity, faithfulness, gentleness, self-control.

### Theme Verse

#### 2 TIMOTHY 1:6-7

“For this reason, I remind you to stir into flame the gift of God that you have through the imposition of my hands. For God did not give us a spirit of cowardice but rather of power and love and self-control.”

**“The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.”**

*- Galatians 5:22-23a*

**“The grace of [baptism and confirmation], although given directly within the sacramental celebration, lie dormant, as it were, in a person until activated through personal commitment and prayer, then they come forth into consciousness overwhelming a person’s life with faith in and commitment to Jesus.”**

*- Fr. Killian McDonnel*

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# Notes